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# The Acorn Angle...

July 2011, box #4



## What's fresh?

### How do I prepare it?

#### **BROCCOLI**

- ☞ Enjoy fresh or steamed.

#### **CARROTS**

Carrots' health benefits have been renowned for over 2,000 years. Particularly, they are an excellent source of vitamin A.

- ☞ Remove the tops before storing them in your refrigerator. They will last longer.
- ☞ Scrub carrots instead of peeling - you will retain more nutrients found in the skin.

#### **CHARD**

- ☞ Roughly chop chard into a salad. Add thin carrot slices, sliced green onion, mandarin oranges, slivered almonds, and vinaigrette.
- ☞ Use chard as a substitute for spinach in almost any recipe.

#### **GARLIC SCAPES**

What are those curly green pig tails? A garlic scape is the flower stalk of the garlic plant. On the farm we remove them before they flower to encourage growth to the garlic bulb. Break off the flower tip, and use the remaining section of the scape.

- ☞ Mince green stalk and use cooked or raw.
- ☞ Slice into 1" sections and add to a stir fry.

#### **KOHLRABI**

Kohlrabi is a member of the turnip family and is rich in potassium and vitamin C.

- ☞ Remove off outer layer with a vegetable peeler or knife.
- ☞ Tastes great raw, steamed, or roasted.

#### **LETTUCE**

- ☞ Add seasonal fruit and nuts to a lettuce salad.

#### **ONION - GREEN**

#### **PEA PODS - Snap & snow**

The entire pod is edible, and has a great sweet flavor. Eat alone as a great snack or add to a salad or stir fry.

#### **HERB - MINT**

- ☞ Chop fresh into a salad.
- ☞ Make a delicious Mojito drink.
- ☞ Dry and use for tea.

Hello!

With the passing of the Fourth of July, I am reminded of our fond, or should I say obsessive relationship with food during celebrations and gatherings. Food is not just center stage during Thanksgiving and Christmas, but we tend to build most of our gatherings around food no matter what the season or occasion. Next time you are planning or attending a celebration, consider these thoughts:

#### **Eat Real Food**

Eating with friends and family should make us feel great and energized not sluggish or overly stuffed. One way to prevent this all too often occurrence is to avoid serving overly processed foods. Make and serve fresh, homemade dishes, and be sure to include fruits and vegetables. You may even find that picky eaters might reach for carrot sticks if potato chips are no where to be found.

#### **Eat Local and Organic**

Before you open up your cookbook and plan to make butternut squash soup in July, think about seasonal options. What is in your CSA box? What is available at the farmer's market? What is growing in your garden? Plan your meals around food that is ultra-fresh with low food miles attached.

#### **Make it a Pot Luck**

Reduce your workload by asking guests to bring a dish to pass. You can request a type of dish (salad, dessert, main dish) or just ask everyone to follow a theme, like "what did you find at your farmer's market this week?". Have guests label their dishes, including ingredients. You can even vote for favorites or pass around recipes following the meal.

#### **Consider Those with Allergies or Food Preferences**

Planning in advance for vegetarians, and those with special dietary restrictions is important and can really make your guests feel special and included. Include at least one or more dishes that are meat-free, dairy-free, gluten-free, and low in sugar.

#### **Eat Fruit for Dessert**

Chocolate chip cookies and cakes can definitely have their place, but consider putting out a beautiful and mouthwatering fruit plate at the end of the meal instead of the standard sweets. (try my favorite blog recipe this week)\*

Enjoy eating your way through celebrations this summer! Create new food traditions and enjoy your time spent with good company.

~Kyle, CSA Manager, 608.386.8066

\*Kyle's favorite blog recipe for the week: **Summer Fruit Salad with Mint Sugar** - [oldoakfamilyfarm.wordpress.com](http://oldoakfamilyfarm.wordpress.com)

## Recipes of the week...

### Creamy Broccoli Soup

1 tablespoon olive oil  
1 medium onion, chopped (could use 2-3 **green onions** as a substitute)  
1/8 teaspoon crushed red pepper (optional)  
2 cups low-sodium vegetable broth  
1 bunch **broccoli**, florets roughly chopped and stems peeled and sliced (about 7 cups)  
1 large russet potato (about 8 ounces), peeled and cut into 1/2-inch pieces  
salt and black pepper  
1/2 cup sharp white Cheddar, grated

Heat the oil in a large saucepan over medium heat. Add the onion and red pepper (if using) and cook, stirring occasionally, until the onion is soft, 4 to 6 minutes.

Add the broth, broccoli, potato, 2 cups water, 1/2 teaspoon salt, and 1/4 teaspoon black pepper to the saucepan and bring to a boil. Reduce heat and simmer, covered, until the vegetables are very tender, 18 to 20 minutes.

In a blender, working in batches, puree the soup until smooth, adjusting the consistency with water as necessary. (Alternatively, use a handheld immersion blender in the saucepan.) Top with the Cheddar, before serving.

### 500 Club Zesty Carrots with Apricots

Serves 6 (about 1/2 cup each)

8 **carrots**, sliced  
10 dried apricots, sliced  
1 Tbsp. butter  
1 Tbsp. packed brown sugar  
1 Tbsp. snipped fresh dill or 1 tsp. dried dill weed  
1/2 tsp. fennel seed, crushed  
1/2 tsp. prepared mustard

In a saucepan over medium-high heat, cover carrots with water and bring to boiling. Cover and cook carrots 8 minutes or until crisp-tender; drain. Add remaining ingredients and stir until blended and butter is melted.

Per serving: 90 calories, 2 g fat, 1 g protein, 18 g carbohydrate, 4 g fiber, 75 mg sodium



N6370 Niedfeldt Rd. · Bangor, WI 54614  
608.486.4205 · [oldoakfamilyfarm@yahoo.com](mailto:oldoakfamilyfarm@yahoo.com)  
**blog:** [www.oldoakfamilyfarm.wordpress.com](http://www.oldoakfamilyfarm.wordpress.com)  
**web:** [www.oldoakfamilyfarm.com](http://www.oldoakfamilyfarm.com)

***The Niedfeldt family:***  
*Jerry & Connie Niedfeldt*  
*Kyle, Eric, Owen & Iris Zenz*  
*Jacey, Ric, Breck & Joelle Heller*