
The Acorn Angle...

August 2011, box #10



What's fresh? How do I prepare it?

CARROTS

CORN - Sweet

Corn is high in soluble fiber and is a good source of the B vitamin, folic acid and the antioxidant lutein.

- ☞ Steam corn, slice off kernels with a knife, and add to salads, or other recipes.
- ☞ If you find a worm in the tip of your corn, simply cut off the tip and enjoy!

CUCUMBERS

LETTUCE

ONIONS - Red

Onions contain a number of sulfides similar to those found in garlic which may lower blood fats and blood pressure.

SUMMER SQUASH

- ☞ Slice 1/4" thick and layer on baking sheet lined with parchment paper. Brush with melted butter and sprinkle with grated parmesan. Bake at 400 for 20 minutes or until cheese is golden brown. Season with salt and pepper.

TOMATOES - Red & Heirloom

The flavor of heirloom tomatoes makes up for their less than "perfect" appearance. The heirloom varieties for this week include: Cherokee Purple (reddish-greenish-purple color) Brandywine (reddish-yellow), Nyagous (browinish-green) and Garden Peach (yellowish-peach color) - *you may get one or more of these varieties in your box*. Ripeness for heirloom tomatoes must be determined by feel, instead of color.

TOMATOES - baby mix

These "cherry" tomatoes are a mix of sungold, red pear, and isis candy.

HERB - CILANTRO

- ☞ Try making fresh salsa. Check our blog or web for recipes.

HERB - DILL

- ☞ Add fresh dill to a salad, mix in mashed potatoes, or add to diced tomatoes.

Hello!

Growing up I have learned to live in harmony with garden pests. Well, maybe "harmony" isn't the right word, but I do accept them as part of our organic garden.

This time of year, we find many critters sharing our bounty. For the most part they are pretty harmless, so we do little to stop them. We do routinely pick potato beetles off the plants, and search for cabbage worms after some crops have been harvested, but for many others we just let them be.

The result of critters sharing our bounty can be seen as a few holes in a leaf of swiss chard, or as a corn worm in an ear of sweet corn (which you may find this week).

We hope you will be able to look past a tiny hole on a leaf or a small insect in your CSA box, and remember that you are eating chemical-free produce, full of great flavor! We strive to maintain the health of YOU our customer, our farm ecosystem and beyond.

We have actually had customers at the farmer's market who are happy to find a cabbage worm in their broccoli. They usually comment that they would rather eat a worm or two, than eat something sprayed with pesticides. Plus, the worm packs a hidden bonus of extra protein! ;)

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Cucumber Salad with Fresh Dill (look under keyword: Dill)** - oldoakfamilyfarm.wordpress.com

Watch your email inbox for a link to our mid season **EVALUATION**. We want your feedback. How is the CSA season working for you and your family? Is it what you expected? What comments do you have to share? Your feedback is important to the success of our CSA.

FRESH FLOWERS are available from our gardens. If you are interested in adding some color to your box, let us know and we will create a flower bouquet to be picked up with your box. Large bouquets are \$10 and include flowers from our garden and field. We also do special request flower arrangements for weddings, parties, etc.

EXTRA PRODUCE and MEAT can be ordered from our farm. Email us to be included on our weekly direct order list.

Recipes of the week...

Cucumber Dill Dip

- 1 small **cucumber**, peeled and seeded
- 1 cup plain yogurt, greek style works best
- 1 TBS finely chopped fresh **dill**
- 1/2 to 1 tsp salt
- 1 TBS olive oil
- 1 small garlic clove, pressed (optional)

Grate the cucumber with a cheese grater. Lightly squeeze the pieces to remove some of the liquid. In a small bowl, stir together the cucumber with the remaining ingredients. Refrigerate for 30 minutes or more to combine flavors.

Cilantro Peanut Dip, *from Bill Brewer*

- 1/4 cup oil (olive or canola)
- 1-2 cups **cilantro**
- 1 cup unsalted peanuts
- 3 cloves garlic
- 1/4 cup soy sauce
- 2 TBS rice wine vinegar
- 1/3 cup sugar
- 1 TBS lemon juice
- 1 small hot pepper - to taste
- 1 small sweet pepper

Add everything in a food processor and blend to a smooth consistency. Use as a dip for veggies, crackers, or my favorite - pretzels!

Gazpacho Soup

- 1 lb. fresh **tomatoes**, chopped
- 3/4 cup tomato juice
- 1/2 cup peeled and chopped **cucumber**
- 1/4 cup chopped **onion**
- 2 Tbsp. chopped green pepper
- 1/2 tsp. garlic powder
- 1 Tbsp. white distilled vinegar
- 1/2 tsp. salt
- 1/4 cup dry croutons
- Dash hot pepper sauce
- Pinch black pepper

In a blender container combine all ingredients; pulsate until desired consistency. Serve chilled.

Serves 4 (about 1 cup each). Per serving: 50 calories, .5 g fat, 2 g protein, 11 g carbohydrate, 2.5 g fiber, 465 mg sodium

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