



# The Acorn Angle...

August 2011, box #11

## What's fresh? How do I prepare it?

### BEANS - Green

- ☞ Boil or steam green beans, and top with Italian dressing.

### CABBAGE - Red

- ☞ Shred and add to salad or make coleslaw.

### CARROTS

- ☞ Try roasting carrots in the oven with olive oil and garlic.

### CUCUMBERS

- ☞ Fill a pitcher with water and add sliced cucumbers for a refreshing taste.

### FENNEL

You can eat the bulb and fern tops.

- ☞ Add thin slices of the bulb along with mandarin oranges to a salad.
- ☞ Add chopped fern tops to eggs, pasta, or salad.

### KALE

Try the kale and bean pasta recipe on back. It was suggested by one of our customers.

### ONIONS - Walla Walla

### PEPPERS - Sweet & Hot

There is 1 green pepper, 1 large sweet (red or yellow) pepper, and 2 smaller hot peppers in each box.

### POTATOES - All Red

These potatoes are pink throughout. They have a great flavor, and you can make pink mashed potatoes, or try roasting them.

### TOMATOES - Red & Heirloom

Heirloom tomatoes are prized for their flavor and unique colors. You can determine ripeness by feel.

### WATERMELON - Sugar Baby

You can store melons out of the refrigerator for up to a week. Once sliced, keep wrapped, and store in your refrigerator.

### ZUCCHINI

- ☞ You can slice, boil for 2 minutes, and freeze zucchini for future use.

### HERB - CILANTRO

- ☞ Try adding to Kyle's curry recipe.
- ☞ Add to black beans and rice.

Hello!

A good vegetable harvest on our farm usually translates to lots of stirfry meals at my house. That is until I discovered the endless possibilities of curry dishes. After trying a few recipes, I developed my own version of a basic dal curry, and I have found countless ways to prepare it with fresh, frozen, or even canned vegetables.

If you have never tried curry before, I encourage you to try this recipe (below). It is amazing - mildly sweet, salty, and full of flavor.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

\*Kyle's favorite blog recipe for the week: **Watermelon Aqua Fresca** (look under keyword: **Watermelon**) - [oldoakfamilyfarm.wordpress.com](http://oldoakfamilyfarm.wordpress.com)

## Kyle's Dal Curry

6 TBS olive oil	1 tsp ground coriander
1 cup chopped <b>onion</b>	2 tsp tumeric
1/4 to 1/2 tsp chili powder	3 cups vegetable or chicken broth
1/2 tsp black pepper	2 cups red lentils, rinsed
2 tsp cumin	1/2 can coconut milk
Salt & pepper to taste	

Bring broth to a simmer and add lentils. Simmer until lentils are soft.

In a separate skillet add olive oil and sauté onions until translucent. Add all spices and cook for 3 minutes.

Combine cooked lentils, seasoned onions, and coconut milk together. This will produce a chunky texture. If you prefer a smoother consistency, you can blend in a food processor.

### Options:

For a simple version, add fresh diced **tomatoes** and **cilantro**, and serve over rice. OR include more vegetables: Steam or boil a variety of vegetables (**carrots**, broccoli, cauliflower, **zucchini**, summer squash, swiss chard, fresh basil, **beans**, etc.). Top cooked vegetables with the curry.

The possibilities are endless. I usually make a double batch of the curry, and freeze half. It makes a great, fast, easy meal. Just add vegetables or rice and serve. Or just eat with pita bread.

# Recipes of the week...

## Fennel & Zucchini Pasta

1 box pasta  
1 medium **fennel bulb**, diced  
1 medium **zucchini**, diced  
3 cloves garlic, minced  
1/2 cup shredded parmesan cheese  
salt and pepper to taste  
2 Tablespoon oil, divided

*\*\*Try topping, or serving with diced tomatoes\*\**

Prepare pasta as directed on the package. While the pasta is cooking, heat 1 Tablespoon oil in a sauté pan over medium heat. Add the fennel, zucchini and garlic and sauté until softened, approximately six minutes. Remove from heat.

Drain and rinse the pasta. Place the pasta in a bowl. If desired, drizzle a tablespoon of olive oil over the pasta to reduce stickiness. Toss the pasta. Add the vegetables and stir in the cheese. Add salt and pepper if necessary.

## Pasta with Kale and Beans

3 TBS extra virgin olive oil  
4 garlic cloves, minced  
1/4 tsp crushed red pepper flakes (optional)  
1 can (15 oz.) cannellini beans, rinsed and drained, or 1 1/2 cups cooked cannellini beans  
1 pound **kale**, stems discarded and leaves shredded (about 12 cups lightly packed)  
1/2 cup vegetable or chicken broth  
1 pound bowties, penne, or other short pasta  
1 1/2 cups freshly grated Parmesan cheese  
Salt and pepper to taste

Cook pasta until al dente. Reserve 1 cup of the pasta cooking water. Heat the oil over medium-low heat in a large saucepan. Sauté the garlic and hot pepper flakes (if using) in the oil until the garlic is fragrant, about 3 minutes. Stir in the beans, kale, and broth. Cover and simmer until kale is partially wilted and almost tender, 5 to 8 minutes.

Combine pasta and kale mixture, and toss well. Add as much of the reserved water as needed to moisten the pasta. Add 1 cup of the Parmesan cheese, season with salt and pepper and toss well. Serve immediately, and sprinkle with additional Parmesan cheese.

## Mozzarella Sandwiches

8 slices sourdough bread, toasted  
1/4 cup wasabi mayonnaise  
4 oz. part skim mozzarella cheese, sliced  
2 medium **tomatoes**, sliced

8 thin slices **cucumber**  
4 thin slices **sweet onion**  
8 fresh basil leaves



Spread toast with mayonnaise. On four slices, layer the remaining ingredients; top with remaining slices.

Serves 4. Per serving: 560 calories, 18 g fat, 23 g protein, 77 g carbohydrate, 4 g fiber, 1080 mg sodium

*500 Club® foods are not only delicious but also controlled in calories and fat.*

*Visit [500-club.org](http://500-club.org) or call (608) 775-3447 to learn more and find out where 500-Club selections are served.*



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