

The Acorn Angle...

August 2011, box #12



What's fresh? How do I prepare it?

BEANS - Green

- ☞ Coat with olive oil, nut oil, or dressing and roast in oven at 350 for 45 minutes or until tender.

CABBAGE - Green

- ☞ Place in a plastic bag in the refrigerator. Cabbage can last for a month or more. After refrigerating, remove outer leaves to find crisp, clean leaves underneath.

CARROTS

- ☞ Cook and blend into homemade tomato sauce to add sweetness.
- ☞ Sauté in butter with a little onion, salt, and fresh herbs of your choice.

CUCUMBERS

Store in the crisper drawer of your refrigerator for a week or more.

- ☞ Add to a sandwich.
- ☞ Top a cracker with veggie dip and a cucumber.

ONIONS - Red

POTATOES - Kennebec

- ☞ Try roasting with seasoned salt in oven.

RASPBERRIES

These delicious berries are very perishable and should be eaten as soon as possible. Keep them unwashed and refrigerated.

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/SUMMER SQUASH

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

HERB - BASIL

This basil has great flavor - and the garden nibblers agree!

- ☞ Eat fresh within a couple of days or hang upside down in a dark, dry closet to dry.

Hello!

I'm sure many of you have heard the term "eat the rainbow". Health-protective phytonutrients are found in deeply colored plant foods. Learn more about these nutrients and where to find them:

- ☞ A precursor to antioxidant vitamin A, beta-carotene helps bolster your immune system; sibling alpha-carotene may be even more effective at squelching development of liver, lung, and skin cancer cells
- ☞ Lycopene has been linked to a reduced risk of prostate and lung cancers.
- ☞ Anti-inflammatory anthocyanins may assist in combating cancer cells as well as diabetes.
- ☞ Heart health gets a boost from resveratrol and flavonols.
- ☞ Lutein aids in preventing cardiovascular disease and protects your eyes from cataracts and macular degeneration.

RED - tomato, watermelon (lycopene); strawberries (anthocyanins)

ORANGE - carrot (alpha-carotene); yam, pumpkin (beta-carotene)

YELLOW - yellow bell pepper, table queen squash (beta-carotene)

GREEN - spinach (lutein); kale, broccoli (flavonols/lutein)

BLUE - blueberries (anthocyanins); concord grapes (resveratrol)

PURPLE - plum, eggplant, blackberries (anthocyanins)

Article from *Vegetarian Times*, March 2011.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Delicious Roasted Veggies** (look under keyword: **Cabbage**) - oldoakfamilyfarm.wordpress.com

Have you filled out your on-line, mid-season **EVALUATION**

FORM yet? Thanks to those who did. If you haven't, the link can be found in your email. Please take 2-3 minutes to fill out this form. It is very helpful to the success of our CSA program.

Do you have any favorite **RECIPES** to share? Send them our way. We would love to include them in our newsletter or on our blog.

Looking for new **DINNER IDEAS**? Check out our blog. On the right hand side of the page, you will see a drop down box labeled recipe ingredients. You can choose a vegetable or fruit, and you will find several recipes that we have featured in our newsletter in the past.

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...

Pasta with Fresh Tomato-Basil-Olive Sauce, *From Asparagus A to Z*

4 cloves garlic, crushed
10 large **basil** leaves
1/4 cup toasted pine nuts (or walnuts)
1 pound seeded, chopped **tomatoes** (about 4 medium)
3 TBS extra-virgin olive oil
2 TBS pitted green olives
4 TBS freshly grated Parmesan cheese
salt and pepper to taste
1/2 pound pasta

Puree all ingredients except pasta. Cook pasta in lots of salted, boiling water; drain and toss with sauce.

Great Greek Salad

1 cup diced **tomatoes**
1 medium **cucumber**, peeled and diced
2 large radishes, sliced
1 small **onion**, sliced
3 oz. feta cheese, crumbled
1/4 cup sliced black olives
2 Tbsp. lemon juice
3 Tbsp. olive oil
1/2 tsp. dried oregano
2 cups chopped Romaine or leaf lettuce



In medium bowl, combine tomato, cucumber, radish, onion, feta cheese and olives. Pour olive oil, lemon juice and oregano over vegetable mixture and stir. Cover and refrigerate for at least 1 hour to allow flavors to blend. Top lettuce with dressing mixture.

Serves 8 (1/2 cup). Per serving: 100 calories, 8 g fat, 2 g protein, 5 g carbohydrate, 1 g fiber, 210 mg sodium

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