



The Acorn Angle...

September 2011, box #15

What's fresh?

How do I prepare it?

APPLES - Spartan or Macintosh

Both of these varieties have been wiped off, but not washed. They are good for both eating and baking. Our partners, Bill & Jane have a great orchard where they grow several varieties of apples.

CARROTS

GARLIC

☞ Store at room temperature in a dark location (cupboard, or ceramic dish with breathable lid). For longer storage, keep in fridge in a paper bag.

LEEKS

The entire portion of the leek is edible. The top dark green leaves are often used for soup stock. This vegetable is very versatile and can be baked, roasted, grilled, or eaten raw. Leeks tend to hide a bit of dirt between the layers of their leaves. You can remove this dirt by slicing them lengthwise and rinsing the layers under water.

LETTUCE

NAPA CABBAGE

POTATOES - Kennebec

☞ Peel, cut into chunks and boil until tender. Mix with butter or olive oil and sprinkle with seasoned salt...delicious!

RASPBERRIES

They are still hanging on! Berries are very perishable and should be eaten as soon as possible. Keep them unwashed and refrigerated.

TOMATILLOS

Tomatillos are related to tomatoes, but have a slightly acidic taste with a hint of lemon. Tomatillos are most commonly used for making salsa verde (green salsa).

☞ Remove husk, and wash with soap and water to remove the sticky film left by the husk. Can be eaten raw or cooked.

HERB - DILL

☞ Top a salmon fillet with chopped, fresh dill, and butter. Make a foil pouch and grill or bake. SO delicious!

Hello!

Spring sprung late this year, and after the low temperatures of last week, it seems as if fall is coming early! Last Thursday and Friday mornings, we saw our first frost on the farm. Anytime we get frost before October, it is a little disappointing. A lot of our crops were beginning to slow down, but the cool temps brought them to a sharp halt.

We covered a few things to prevent frost damage, but on our farm it isn't feasible to cover everything. Most of the sensitive plants, like basil, tomatoes, peppers, and beans were affected. A few of these plants might bounce back a bit, as they were just nipped on the top. Time will tell.

We have a lot to be thankful for this season. We had warm weather with timely rain. A few crops weren't as productive as we hoped, but for the most part, this has been a great season.

However, it hasn't been a good season for many people in the drought-stricken South, and in other parts of the country and World. Rain is a precious thing, especially when you don't have it.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Adobo Chips with Warm Goat Cheese and Cilantro Salsa.** (look under keyword: Tomatillos)

- oldoakfamilyfarm.wordpress.com

8 Reasons to feel good about being a member of a CSA

1. Enjoy the freshest food possible (typically picked the day, or day before you receive it.)
2. Support the local economy, and the lives of local farmers.
3. Truly know where your food comes from. Meet the farmers who grow food specifically for YOU!
4. Help keep toxins out of the environment and your body by supporting organic farming and environmental stewardship.
5. Reduce your carbon footprint by eating produce grown within 50 miles of where you live.
6. Eat within the seasons, and learn when veggies are typically ripe - in our upper mid-western climate.
7. Feel healthier by eating fresh veggies, and enjoy the "challenge" of finding new ways to prepare familiar or unfamiliar vegetables.
8. Share the CSA bounty with your family, friends, or neighbors. Help others learn about unique veggies, cultivate your children's excitement about finding out what's in the box, and create conversation surrounding new menus, the love of fresh veggies, and the anticipation of your weekly veggie surprise!

Recipes of the week...

Potato and Leek Gratin

- 1 clove **garlic**
- 1 tsp butter
- 4 cups **potatoes**, peeled and sliced 1/8" thick
- 1 1/2 cups minced **leeks**, white and pale green parts only (2 to 3 medium leeks thinly sliced crosswise, then minced)
- Salt and freshly ground black pepper
- 1/2 cup whole milk or heavy cream
- 1/2 cup chicken/veggie stock
- 3/4 to 1 cup grated swiss cheese

Preheat the oven to 325 F. Cut the unpeeled garlic clove in half. Rub the bottom and sides of a glass 9x9 pan or ceramic oval gratin dish with the cut clove. Let the garlic juices dry, then grease the dish with butter. Arrange one-third of the potatoes in the dish, and top them with half of the leeks. Season with salt and pepper. Add another third of the potatoes, then the rest of the leeks. Season again with salt and pepper. Top with the remaining potatoes. Season with salt and pepper.

Whisk the cream and stock together and pour them over the potatoes. Cover the dish with aluminum foil and bake 30 minutes. Uncover the dish. Press the potatoes down lightly with a spoon and baste them with some of the liquid so that the surface is moist. Raise the oven temperature to 375 F.

Sprinkle the surface of the potatoes evenly with the cheese. Return the gratin to the oven uncovered and continue baking until it is well-browned, about 25 to 30 minutes.

Easy Stir Fried Greens

- 2 tsp. minced **garlic**
- 2 tsp. sesame oil
- 2 Tbsp. rice wine
- 2 Tbsp. soy sauce
- 6 cups fresh spinach leaves, loosely packed
- 6 cups Shredded **Napa cabbage**
- 2 tsp. olive oil
- 1/4 cup toasted pine nuts



In a small bowl, whisk together garlic, sesame oil, rice wine and soy sauce. In a large bowl, place spinach and cabbage; add garlic mixture and toss well. Heat a large skillet or wok over high heat. When very hot, pour the vegetable oil into the center and swirl it around to coat the sides. Add the greens mixture and toss, stirring quickly, just until they begin to wilt, about 1 minute. Immediately transfer the greens to a warm platter or bowl; sprinkle with pine nuts.

Serves 6 (about 1/2 cup). Per serving: 90 calories, 6 g fat, 3 g protein, 5 g carbohydrate, 2 g fiber, 46- mg sodium

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