

The Acorn Angle...

August 2011, box #8



What's fresh? How do I prepare it?

BEETS

Although some people dislike beets, I encourage all of you to give them a try. Freshly cut & cooked beets are deliciously sweet. The leaves are edible and delicious, but these leaves are a bit weathered, and might not be as tasty as young leaves.

- ∅ For a great treat, try the "beet fries" recipe on our blog.
- ∅ Steam beets, chop and add butter
- ∅ Peel raw beets, grate and add to salads

CABBAGE - Red

- ∅ Make a beautiful coleslaw.
- ∅ Cut small wedges and serve with dip.

CARROTS

CUCUMBERS

Cucumber is one of the oldest cultivated vegetables. It is very good source of fiber that helps to reduce constipation and potassium that is important for heart health.

- ∅ Try making tabouli salad, check the internet or our blog for recipes.

KALE

Give this superfood another try. Kale is packed with great vitamins and nutrients.

- ∅ Check out the recipe to the right. I have received many great reviews about this one - even from non-kale eaters.

LEEKES

Remove green tops to within 2 inches of the white section. Cut leek in half lengthwise and wash under water to remove soil trapped between the layers.

- ∅ Brush with olive oil and seasoned salt and put on the grill with other CSA veggies.

SUMMER SQUASH

- ∅ Add to an egg scramble or quiche.

ZUCCHINI

- ∅ Slice into sticks and eat raw.

HERB - BASIL

- ∅ Chop and toss in salads, or pasta.

HERB - PARSLEY

- ∅ Add pasta, salads, soups, tabouli salad.

Hello!

I am always looking for a quick, easy dinner. Tonight I made pasta primavera with veggies from the farm. You can use whatever veggies you have on hand. Below I listed a basic recipe outline.

Fresh veggies:

carrots, thinly sliced

Zucchini and Summer Squash, cut in half moons or quarters

Onions or leeks, chopped or sliced

Garlic, minced

Olive oil

Basil, coarsely chopped

Pasta of your choice, cooked

Jar of prepared tomato pasta sauce

Parmesan cheese

Sauté carrots, onions/leeks, and garlic in olive oil, until they begin to get tender. Add zucchini and summer squash and sauté until tender-crisp. Add prepared tomato pasta sauce and heat thoroughly. Serve over cooked pasta and top with basil and parmesan cheese.

This makes a super-quick dinner, and uses lots of veggies from your box. If you have any quick and easy recipes to share, please drop me a line!

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Beet Fries** (look under keyword: Beets) - oldoakfamilyfarm.wordpress.com

~~~Marinated Kale Salad~~~

4-6 cups coarsely chopped kale

1 cup finely chopped red onion

1/2 red bell pepper

1/2-3/4 cup chopped carrot (2 small carrots)

1 cucumber (2 cups chopped halves)

1 avocado, chopped

1 & 1/4 cup chopped grape tomatoes (or other variety)

1/2 cup mixed raisins and Goji berries

1/3 cup chopped walnuts

Dressing: 1 cup lemon tahini dressing or sesame ginger (Annie's brand is a good choice)

Chop vegetables and mix in a large mixing bowl. Reserve walnuts for sprinkling on top. Tear the leaves off of the kale and rip into bite-sized pieces. Wash and dry kale leaves. Mix the vegetables, kale leaves, and dressing in large bowl until thoroughly combined.

Place in fridge to 'marinate' for 10-15 minutes. Serves 4. Keeps in fridge in a sealed container for 1 day.

Recipes of the week...

Veggie and Bean Wrap

2 TBS cider vinegar

1 TBS olive oil

2 tsp finely chopped canned chipotle chile in adobo sauce

1/4 tsp salt

2 cups shredded **red cabbage**

1 medium **carrot**, shredded

1/4 cup chopped fresh cilantro

1 15-ounce can white beans, rinsed

1 avocado

1/2 cup shredded sharp Cheddar cheese

2 TBS minced red onion

4 8 to 10-inch whole-wheat wraps or tortillas

Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.

Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.

To assemble the wraps, spread about 1/2 cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

Blueberry Zucchini Breakfast Bread

3 eggs, lightly beaten

¾ cup applesauce

1 Tbsp. vanilla

1¾ cup sugar

2 cups shredded **zucchini**

1 cup shredded **carrots**

1½ cups all-purpose flour

1½ cups whole-wheat flour

1 tsp. baking powder

¼ tsp. baking soda

1 Tbsp. ground cinnamon

1 tsp. salt

2 cups fresh blueberries



Preheat oven to 350 degrees. Spray 4 mini-loaf pans with cooking spray. In a medium bowl, beat together eggs, applesauce, vanilla and sugar. Fold in zucchini and carrots. In a separate bowl combine flours, salt, baking powder, baking soda and cinnamon. Pour dry ingredients into wet ingredients; gently mix. Fold in blueberries. Transfer to mini-loaf pans. Bake 50 minutes, or until knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans and then turn onto wire racks to cool completely.

Serves 12. Per serving: 150 calories, 6 g fat, 9 g protein, 15 g carbohydrate, 1 g fiber, 340 mg sodium

This recipe is a Foot Steps to Health Recipe providing a serving of fruit or vegetable and is 500 Club approved.

500 Club® foods are not only delicious but also controlled in calories and fat. Visit 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
blog: www.oldoakfamilyfarm.wordpress.com
web: www.oldoakfamilyfarm.com

The Niedfeldt family:

Jerry & Connie Niedfeldt

Kyle, Eric, Owen & Iris Zenz

Jacey, Ric, Breck & Joelle Heller