

The Acorn Angle...

May 8th, 2018



WHAT'S FRESH THIS WEEK? Burdock Root, Dandelion Greens, Nettle Greens, Radishes, Rhubarb, Sunchokes, Herbs (chives)

Find our order link at: www.oldoakfamilyfarm.com/direct-orders - Additional information and prices will be detailed.

Hello!

We are excited to start our new CSA model. This season, you have the ability to pick and choose exactly what you want on the weeks that are convenient for you. Each week I will create a newsletter that highlights what we have growing fresh in the fields. I will include recipes, vegetable information, preparation tips, and farm updates.

Unlike our CSA in the past, we will not include all of the produce listed at the top of this newsletter in each box. You will determine your own selection. Each week that you want a CSA box of produce, you will need to go online and choose from the produce listed on our Google form. The link will always be emailed to you on Friday morning and can also be found at: www.oldoakfamilyfarm.com/direct-orders

Our online ordering form also includes flowers and meat. Your CSA credit **can not** be used to purchase these items. You can, however add on these items to your CSA box for an additional charge.

Please don't hesitate to contact us with questions or suggestions about our new CSA format.

We know that our first CSA offering is limited in variety. Please don't worry, before you know it we will have more vegetables than you can handle! AND you have 6 months to enjoy it all!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Please read our weekly **NEWSLETTERS**. This is our main means of communication with members.

Remember to bring your own **BOX or BAG** to transfer produce from our CSA tubs. Returning our CSA tubs right away helps to minimize the number of boxes we lose each year.

RECIPE IDEAS

Rhubarb Coffee Cake

1/2 cup butter
1 1/2 cup sugar
1 egg
1 tsp vanilla
2 cups flour
1 tsp baking soda
1/2 tsp salt
1 cup milk
2 cups chopped **rhubarb**

Topping

1 cup brown sugar
1 tsp cinnamon
1/2 cup chopped
nuts (walnuts or
pecans)

Directions: Cream butter and sugar. Add eggs and vanilla. Mix dry ingredients. Add dry ingredients and milk to mixture. Fold in rhubarb. Pour 1/2 batter into greased 9x13 pan. Sprinkle 1/2 of topping on batter. Add remaining batter and then the rest of topping. Bake at 350 for 40 minutes.

Roasted Sunchokes

1lb **Sunchokes** (Jerusalem Artichokes), scrubbed
1/2 tablespoon extra virgin olive oil
1 teaspoon sea salt
1/2 teaspoon fresh ground black pepper
1 tablespoon fresh chopped italian or curled parsley

Preheat oven to 450 degrees

Scrub the Sunchokes with a potato brush and chop into 1 inch bite-size chunks

Toss in a medium sized bowl with olive oil, salt and pepper until coated

Place onto a baking sheet and bake for 20-25 minutes, turning once, until the skin is slightly browned

Sprinkle with fresh parsley. Serve plain or with a side of ketchup