

# The Acorn Angle...

May 22nd 2018



**WHAT'S FRESH THIS WEEK?** Arugula, Asparagus, Dandelion Greens, Green Onions, Nettle Greens, Radishes, Rhubarb, Herbs (chives)

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

Hello!

We are in the thick of spring planting. Today we planted squash, and watermelon seeds in the greenhouse. These seedlings will be moved outside in 3 weeks when the weather is consistently warm. We also have been planting potatoes, onions, broccoli, kale, lettuce, and more in the fields. Hopefully our peppers, tomatoes, and eggplants will go into the fields within the next week. We want to be certain that a late frost doesn't hit us.

This time of year we have many happy plants growing in our large hoop house. This a large structure covered with plastic. It is not heated by us, but by the sun's warm rays.

If you are looking to supplement your CSA share, try growing your own! Order some starter plants. You can use your credit to purchase edible plants. Link: <https://goo.gl/forms/pXm3kVbDuj3Dfv2V2>

Happy eating!

~Kyle, CSA Manager, 608.386.8066

## Meal ideas for the week:

Breakfast - Omelets with asparagus and chives.

Lunch - Turkey sandwich with sliced radishes and green onion.

Snack - Sliced radishes and veggie dip made with chives.

Dinner - Chicken with green onion sauce & roasted asparagus.

Dessert - Rhubarb cake bars.

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 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 Sauce

3 cups sliced fresh or frozen **rhubarb**

1/2 cup sugar

1/4 cup water

1/8 tsp ground nutmeg

1/4 tsp vanilla extract

In a saucepan, combine the rhubarb, sugar, water and nutmeg. Bring to a boil.

Reduce heat; simmer, uncovered, for 6-8 minutes or until rhubarb is tender. Remove from the heat; stir in vanilla. Serve warm or cold over ice cream.

### Chicken with Green Onion Sauce

1 (14-ounce) can chicken broth

2 tablespoons all-purpose flour

2 garlic cloves, minced

1/4 teaspoon dried thyme

Cooking spray

4 (4-ounce) skinless, boneless chicken breast halves

1/3 cup finely chopped **green onions**, divided

1/8 teaspoon salt

1/8 teaspoon pepper

Combine 1/4 cup broth and flour in a small bowl, stirring with a whisk until smooth. Add remaining broth, garlic, and thyme; set aside.

Place a large nonstick skillet coated with cooking spray over medium-high heat until hot. Add chicken, and cook 4 to 5 minutes or until lightly browned. Turn chicken; add 2 tablespoons green onions. Pour broth mixture over chicken; sprinkle with salt and pepper. Reduce heat, and simmer, uncovered, 15 to 20 minutes or until chicken is done, basting often.

Remove chicken from pan; keep warm. Bring sauce to a boil over medium-high heat. Scrape bottom and sides of pan, using a rubber spatula. Cook 2 minutes or until sauce is reduced to 3/4 cup. Pour sauce evenly over chicken, and top with remaining green onions.