

The Acorn Angle...

May 29th 2018



WHAT'S FRESH THIS WEEK? Dandelion Greens, Green Onions, Napa Cabbage, Nettle Greens, Radishes, Rhubarb, Herbs (chives, garlic chives, oregano, thyme)
Find our order link at: www.oldoakfamilyfarm.com/direct-orders - Additional information and prices will be detailed.

Hello!

Memorial Day is right around the corner and before you know it, summer will be in full swing. The plants are growing great and have enjoyed some of these hot days we have recently experienced.

Thanks for being patient with our springtime vegetables. Before you know it, there will be a large selection of vegetables for you to choose from. Don't worry if you haven't placed an order yet. There is plenty to come!

This week we will not have asparagus available. We just don't quite have the quantity available that we need to make everyone happy. Since asparagus is a perennial crop, we have to just go with the flow of how quickly it wants to grow.

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 - Rhubarb scones.
Lunch - Napa Cabbage Salad.
Snack - Bread and butter with rhubarb jelly.
Dinner - Vegetable soup with napa cabbage.
Dessert - Rhubarb cake.

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

Garden Napa Cabbage Salad with Butter Toasted Nuts

2 Tbs butter, divided
½ cup sliced almonds
¼ raw sunflower seeds
1/3 cup honey (liquid)
2 Tbs apple cider vinegar
1 Tbs coconut aminos or soy sauce
3 Tbs extra virgin olive oil
½ tsp sea salt
1 medium-sized head **Napa Cabbage**
1 cup thinly sliced **radishes**
4 **green onions**, white and green parts

First prepare the nuts by heating one tablespoon butter in a medium sauté pan. Add the sunflower seeds to the pan and cook for several minutes, stirring, until they turn golden brown. Season them with a pinch of salt and then remove from the pan.

Add another tablespoon of butter to the pan and add in the almonds. Again, cook for several minutes until golden brown, season with a pinch of salt and remove from the pan. Allow the nuts cool completely.

Make the dressing by whisking together the honey, apple cider vinegar, coconut aminos or soy sauce, olive oil and sea salt.

Napa cabbage leaves have a white rib in the center of them, and I just like to treat this center rib differently than the leafy part. I cut the white rib out and then slice it thinly. Then I take the leafy part and cut it into larger, but bite-sized pieces.

Throw all of the Napa cabbage into the bowl along with the thinly sliced radishes. Cut the green onions, both the white and green parts, into thin slices and add those to the bowl.

Toss the vegetables with the dressing and one third of the almonds and sunflower seeds. To serve, put the salad in a large bowl or platter and top with the remaining almonds and sunflower seeds. Serve immediately.