

The Acorn Angle...

June 5th, 2018



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

Hello!

June is dairy month! Although we are not a dairy farm, it is a great time to think about farmers and all the ways they feed us. Farms come in all shapes and sizes. It is important to consider where your food comes from and how you spend your food dollars. If you want to see small farms succeed, try to find a way to support them. We REALLY appreciate your commitment to our farm this season. THANK YOU!

It has been HOT! Holy moly. Last week we offered radishes, but the heat wrecked them prematurely. Radishes grow best in cool temperatures. We will have to wait until Fall to enjoy them again!

We still have starter plants. You can use your credit to purchase edible plants. Link: <https://goo.gl/forms/pxM3kVbDuj3Dfv2V2>

Just a reminder, you cannot spend your CSA credit on meat or flowers.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Rhubarb scones.
Lunch - Tuna salad sandwich.
Snack - Crackers and herb butter made from thyme & oregano
Dinner - Pasta with mushrooms, asparagus and green onions.
Dessert - Rhubarb sauce on greek yogurt.

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

Tuna Salad

3 5 oz. cans chunk light tuna in water
3 stalks celery
3 whole **green onions**
1/4 cup chopped walnuts
1 med lemon
1/3 cup light mayonnaise
salt and pepper to taste

Wash the celery and green onions. Cut the celery into very small pieces by slicing each stalk into 4-5 thin strips length-wise and then cutting across. Slice the green onions thinly. Use both the green and white ends for this recipe.

Combine the celery, green onions, chopped walnuts, juice from half of the lemon and freshly ground black pepper in a bowl. Drain the tuna well and add to the bowl.

Add mayonnaise until you have your desired consistency. Use approximately 1/3 cup. Stir until everything is combined. Give the mixture a taste and adjust the salt, pepper and lemon juice to your liking. Serve immediately or chill until ready to eat.

Herb Butter

1/2 cup (1 stick) unsalted butter, softened to room temperature
1/4 cup finely chopped **mixed herbs** (such as basil, thyme, sage, parsley, dill, chives, oregano, or rosemary)
1 teaspoon coarse sea salt
1 teaspoon freshly ground black pepper

In a small bowl, combine all ingredients. Mix well until herbs are distributed evenly. Dump onto a piece of waxed paper or parchment, shape into a cylinder or disk, and seal ends by twisting, or pack into a ramekin (however you prefer to store and serve it) and cover with plastic. Chill in refrigerator until firm, at least an hour. Will keep in refrigerator for about 2 weeks, and in the freezer for a few months.