

# The Acorn Angle...

June 12th, 2018



**WHAT'S FRESH THIS WEEK?** Asparagus, Beet Greens, Green Onions, Kohlrabi, Napa Cabbage, Nettle Greens, Rhubarb, Herbs (chives, garlic chives, oregano, thyme, Russian tarragon)

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

Hello!

School is out and the Summer Solstice is right around the corner. It is time for summer cook-outs, cool salads, and great fresh veggies. Do you crave anything specific in the summer? Tomatoes? Zucchini? Watermelon? I am especially looking forward to fresh green beans. I love eating them straight out of the garden.

We have been busy planting many varieties out in the fields. Just yesterday we planted over a thousand sweet potato slips. A "slip" is a shoot grown from a mature sweet potato. These are shipped to us from North Carolina. When we plant the slips they don't have roots yet. They take hold in the soil and magically turn into sweet potatoes! *(It only takes 4 months).*

Last chance to order plants for your garden! 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 muffins.

Lunch - Market veggie soup.

Snack - Kohlrabi sticks with dip.

Dinner - Grilled chicken and roasted asparagus.

Dessert - Rhubarb lemonade.

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

### Market Veggie Soup

- 1 tablespoon olive oil
- 1 large **kohlrabi bulb**, peeled and chopped
- 4 celery ribs, chopped
- 2 medium onions, chopped
- 2 medium carrots, chopped
- 3 garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon coarsely ground pepper
- 6 cups vegetable stock or water
- 2 cans (15-1/2 ounces each) great northern beans, rinsed and drained
- 2 bay leaves
- 2 medium tomatoes, chopped
- 2 tablespoons minced fresh parsley
- 2 tablespoons minced fresh **tarragon**
- 2 tablespoons minced fresh **thyme**

In a stockpot, heat oil over medium-high heat. Stir in kohlrabi, celery, onions and carrots; cook 5 minutes or until onions are softened. Add garlic, salt and pepper; cook and stir 5 minutes.

Stir in stock, beans and bay leaves. Bring to a boil over medium-high heat. Reduce heat; simmer, covered, until vegetables are tender, 20-25 minutes. Add remaining ingredients; simmer 5 minutes more. Discard bay leaves.

Yield: 11 servings (2-3/4 quarts).