

The Acorn Angle...

June 19th, 2018



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

Hello!

Slowly but surely new items will be appearing on our order form each week. Thanks for your understanding as we try a new CSA model this year.

The CSA experience is filled with:

Patience - waiting throughout the season for certain veggies: tomatoes, watermelon, squash, etc. to ripen.

Understanding - realizing that even with our best intentions mother nature may have other plans.

Commitment - taking the time and effort to prepare the veggies that you receive in your box.

Satisfaction - feeling good about eating and preparing healthy food.

Enjoyment - the wonderful taste of farm fresh veggies, eating new foods, and meeting and supporting your local farmer.

As farmers, we put a lot of effort into growing your food. Although, ultimately, you as the consumer must put in the hard, but tasty work that closes the circle from farm to table. I hope you have found satisfaction in eating and preparing fresh, local food that is good for you, the land, and the local economy.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Frittata with green onions, asparagus, basil.

Lunch - Fresh salad

Snack - Yogurt topped with rhubarb sauce.

Dinner - Stir fry with napa cabbage, asparagus, kohlrabi.

Dessert - Fruit salad with honey-mint lime dressing.

Meat (beef and chicken) is available on a separate order link.

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.

RECIPE IDEAS

Rhubarb Strawberry Lemonade

3 1/2 cups water

1/2 lb **rhubarb**, cut into 1 inch pieces (2 cups)

1/2 C sugar, or to taste

Two 3 in strips of lemon zest removed w/ a vegetable peeler, plus additional for garnish

1/2 teaspoon vanilla

2 cups sliced strawberries

1 cup fresh lemon juice

Directions: In a saucepan stir together the water, the rhubarb, the sugar, 2 strips of the zest, and the vanilla. Bring mixture to a boil, stirring until the sugar is dissolved, and simmer it, covered, for 8 minutes. Stir in 1 cup of the strawberries and boil the mixture, covered, for 2 minutes. Let the mixture cool and strain it through a coarse sieve set over a pitcher, pressing hard on the solids. Stir in the remaining 1 cup of strawberries and the lemon juice, divide the lemonade among stemmed glasses filled with ice cubes, and garnish each glass with additional zest.

Fruit Salad with Honey-Mint Lime Dressing

Juice of a small lime, approx. 3 Tbl.

3 Tbl. Honey

3 Tbl. Brown Sugar

3 Tbl. of finely chopped fresh **mint**.

8-10 cups of various fresh, cut, fruit in bite size pieces: strawberries, blueberries, peaches, kiwis, grapes, oranges, bananas, black raspberries, etc.

In a small bowl whisk together top 4 ingredients until well incorporated. Place in the refrigerator until ready to toss with fruit. In a large bowl, gently mix all the cut fruit and Honey Mint Lime dressing together. Garnish with additional mint sprigs.