

The Acorn Angle...

June 26th, 2018



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

Hello!

This week we are offering an option similar to our past CSA boxes. We put together a "best of the week" selection. Check this out on our order form. We hope to have an option similar to this most weeks.

July is fast approaching and this is the time of year we stop cutting our asparagus and rhubarb. Both plants are perennials, and they need many months to recharge before they shut down for the winter. This is the last week for asparagus. We will have one more week of rhubarb after this one.

Garlic scapes are on our availability list this week. They are only available for a few weeks each year. Scapes are the flower stalk of garlic. We snap these off so more energy of the plant is directed back to the root, rather than to the flower. Scapes can be used as a substitute for garlic in many recipes. The entire stalk is edible. Most people discard the flower bud, as it is a little tough.

The fields are a little soggy here at the farm. We are keeping our fingers crossed for a stretch of dry days.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Breakfast burritos with green onion and cilantro.

Lunch - Large summer salad.

Snack - Kale chips.

Dinner - Garlic scape pesto pasta with grilled chicken.

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

Garlic Scape Pesto Pasta

10 large **garlic scapes**
1/3 cup unsalted pistachios
1/3 cup finely grated Parmigiano-Reggiano
Kosher salt and black pepper
1/3 cup extra-virgin olive oil
1 pound spaghetti

Make the pesto: Puree the garlic scapes, pistachios, Parmesan, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a food processor until very finely chopped. With the motor running, slowly pour the oil through the opening. Season the pesto with salt and pepper to taste. (The pesto keeps in the fridge, covered, for 1 week or frozen for a month.)

In a large pot of heavily salted boiling water, cook the spaghetti until al dente. Reserve 1 cup of the pasta-cooking water, then drain the pasta. Whisk together 2/3 cup of the pesto and the reserved pasta water and toss with the pasta. Season with salt and pepper to taste and serve right away.

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.