

The Acorn Angle...

July 3rd, 2018



WHAT'S FRESH THIS WEEK? Beets, Fennel, Zucchini, Snap Peas, Black Raspberries, Garlic scapes, Green Onions, Kale, Kohlrabi, Lettuce, Rhubarb, Herbs (Thai basil, Holy basil, oregano, thyme, mint, comfrey, dill)
Find our order link at: www.oldoakfamilyfarm.com/direct-orders - Additional information and prices will be detailed.

Hello!

Hang on for the heat wave! Some of our plants will flourish in this heat and some will just try to hang on. Luckily we have some moisture in the ground to prevent things from drying out too much.

We have some new vegetables available this week. Have you ever tried fennel? You can eat it raw, or cooked. My favorite way is to roast the bulb - either on the grill or in the oven.

Challenge yourself to try some new vegetables this summer. Make vegetables the star of your dinners, instead of the side. Grab a cooking magazine from the store, or spend some time searching online for new inspirations.

A cool crisp summer salad is perfect for these hot days. Think of all of the things you can add to a salad. Chicken, seafood, cheeses, nuts, fruit, beans, and more. It is also really easy to make your own dressing.

Embrace the heat, and find creative and tasty ways to stay cool!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Rhubarb scones.

Lunch - Stir fry with fresh veggies.

Snack - Fresh snap peas and ranch dip.

Dinner - Steak and grilled zucchini and fennel.

Dessert - Fresh black raspberries over ice cream.

If you ever find something **MISSING** from your CSA order, please let us know. We will make it up to you right away.

Please read our weekly **NEWSLETTERS**. This is our main means of communication with members.

RECIPE IDEAS

Kyle's Stir Fry

2 TBS olive oil

2 garlic cloves, minced OR 2 stems of **garlic scapes** minced.

1 TBS minced fresh ginger

2 TBS Braggs Liquid Aminos OR Soy Sauce

2-3 carrots, thinly sliced

2-3 stalks celery, thinly sliced

1 cup canned garbanzo beans, drained

1 cup chopped cabbage, bok choy, or napa

1-2 cups additional veggies: broccoli, cauliflower, peas, **pea pods, kohlrabi, zucchini** peppers, etc.

Rice, cooked

Sauté garlic and ginger in olive oil in a large skillet until translucent.

Add Braggs or soy sauce and carrots and celery. If you have other harder veggies (broccoli stems) add those with the carrots and celery. Stir until they become tender, add the garbanzo beans and other tender vegetables. If you have very tender vegetables, or very thinly sliced veggies, add those towards the end.

I cover the skillet with a lid to steam the softer veggies (cabbage, pea pods, etc.). You may need to add additional soy sauce or water in the pan.

Serve over rice.

****I never have a recipe when I make this,
so I did my best to write it down.
Experiment and have fun!****