

The Acorn Angle...

July 10th 2018



WHAT'S FRESH THIS WEEK? Beets, Fennel, Green Beans, Zucchini, Summer Squash, Snap Peas, Snow Peas, Cucumbers, Carrots, Garlic Scapes, Green Onions, Kale, Kohlrabi, Lettuce, Herbs (Basil, Italian Parsley, 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!

It always seems that once July rolls around things get extra busy at the farm. This is the time of year we are constantly picking zucchini, cucumbers, summer squash and beans to keep up with their rapid growth.

This is also the time of year to get creative with zucchini. It is so versatile. Maybe this will be the year I challenge myself to eat zucchini every day. Last night I had chocolate zucchini cake, so I guess I am off to a good start!

Some of you have met our employee, Olivia at your CSA pick up site. Olivia is a UW-La Crosse student working on a research project related to CSA models. She is gathering data about our farm, our CSA and member feedback. All of the information she gathers from members can be confidential. The final information our farm sees will not be tied to any individual names, so please feel free to honestly share your experience with her.

As always, if you are happy with your CSA, please tell a friend. If you are every unhappy with anything, please tell us!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Quiche with thinly sliced zucchini.
Lunch - Pasta with sautéed zucchini, basil and parmesan.
Snack - Cucumber salad.
Dinner - Grilled chicken topped with garlic scape pesto.
Dessert - Zucchini bread.

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

Garlic Scape Pesto

10 large **garlic scapes**, with the bulb removed, cut in to 1/2 inch pieces

1 cup (lightly packed) clean and dry **basil leaves**

1/2 cup pine nuts or walnuts

1/4 - 1/2 teaspoon Kosher salt

1/2 to 1 cup (or more depending on how thick you want your pesto) of good quality olive oil

1/2 to 1 cup of grated Parmesan Cheese

How to Make It

Add garlic scapes, basil and salt to the large bowl of a food processor.

Start processing, adding oil slowly.

Stop processing and scrape down the sides of the bowl with a rubber spatula.

Once a smooth paste has been achieved, add parmesan and process until completely mixed in.

Stop processing and add all of the nuts.

Pulse processor until nuts are roughly chopped and fully mixed in. This gives the pesto a great texture.

Storage Suggestions:

Put in an airtight container and cover with a thin layer of olive oil. Will keep refrigerated for a week or two.

Spoon garlic scape pesto into ice cube trays. When cubes are frozen, remove and transfer to a plastic freezer bag.

Serving Suggestions:

Grill sausage, chicken or fish and serve it with pasta and garlic scape pesto

Spread fresh ricotta cheese on a toasted baguette and cover with garlic scape pesto

Use garlic scape pesto on sandwiches instead of mayo

Add frozen scape pesto cubes to soups, pasta sauces or stews for a great, rich flavor

Add additional olive oil to thin down pesto and drizzle over tomatoes and mozzarella