

The Acorn Angle...

July 17th 2018



WHAT'S FRESH THIS WEEK?

Beets, Blueberries, Fennel, Zucchini, Summer Squash, Green Bell Peppers, Cucumbers, Carrots, Garlic Scapes, Green Onions, Kale, Lettuce, Herbs (Basil, Italian Parsley, Thai Basil, Holy Basil, Thyme, Mint, Dill)

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

Hello!

I would like to share a few easy ways to incorporate more local and seasonal food into your diet. Adapted from the book: From Asparagus to Zucchini by the Madison Area CSA Coalition.

Start slowly. Eating local and seasonal food often requires that you make some changes in food preparation, meal planning, and shopping. You may find that your tastes, and those of family members, also change as you learn to eat locally available food. Do not expect these changes to occur overnight. Set reachable goals by incorporating seasonal food slowly into your meals and shopping.

Develop a connection to your food. One of the most basic ways to do this is to plant a garden, even if it is only one potted tomato plant sitting on the porch. Another option is to become connected to the people from whom you buy food - at a farmers' market or through your CSA.

Learn how to substitute. Treat recipes as a starting point from which ideas can be generated, instead of something that must be followed exactly.

Plan for the winter. With a little planning and some work in the summer, you can enjoy local foods all winter long. It is relatively easy to can your own tomatoes, pickles and, jams, and even easier to put some food away in a freezer or store squash and root crops in a basement.

Enjoy it all. Enjoy the tastes, the challenge, the relationships you develop with producers, and the knowledge that you are doing something good for yourself and the earth.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Zucchini bread french toast.

Lunch - Chicken salad with fresh pesto.

Snack - Beet hummus with carrots and cucumbers.

Dinner - Zucchini casserole.

Dessert - Greek yogurt with blueberries.

We now have whole, frozen **CHICKENS**. If you are interested, please click on the link to purchase meat.

RECIPE IDEAS

Easy Cheesy Zucchini Bake

2 medium-sized **zucchini**, cut in half-moon slices

2 medium-sized **yellow squash**, cut in half-moon slices

2 – 4 T chopped fresh **basil**

2 T thinly sliced **green onion**

1/2 tsp. dried thyme

3/4 tsp. garlic powder

1/2 cup + 1/2 cup grated mozzarella or other mild white cheese such as Monterey Jack

(1/2 cup coarsely grated Parmesan, plus a little more for the top if desired)

(I would use less Parmesan if you only have the very finely grated Parmesan from a can.)

salt and fresh ground black pepper to taste

Preheat oven to 350F/180C. Spray an 8" x 8" or 8" x 11" baking dish with olive oil or non-stick spray. (I originally used the small size, but now I prefer a slightly bigger dish.)

Wash the squash and cut in slices or half-moon slices. Wash basil, spin dry or dry with paper towels and finely chop or slice. (I used a mini salad spinner to dry the basil and Herb Scissors to cut into thin slices.) Slice green onions.

Combine the sliced squash, chopped or sliced basil, sliced green onions, dried thyme, garlic powder, 1/2 cup grated mozzarella and 1/2 cup coarsely grated Parmesan and stir together until the veggies are coated with cheese and the herbs are well-distributed. Season with salt and fresh ground black pepper. Put the mixture in the baking dish and bake uncovered for about 25-30 minutes, or slightly longer. (Pierce a piece of zucchini with a fork to be sure it's mostly tender.)

When the zucchini is nearly cooked through, take the casserole dish out of the oven and sprinkle over the remaining 1/2 cup of grated mozzarella, plus a little more Parmesan if desired. Put the dish back in the oven and bake 10-15 minutes longer, or until the cheese is melted and nicely browned and zucchini is fully cooked. Serve hot.