

The Acorn Angle...

July 24th 2018



WHAT'S FRESH THIS WEEK?

Beets, Blueberries, Eggplant, Tomatoes, Beans, Fennel, Napa Cabbage, Garlic, Broccoli, Onions, Zucchini, Summer Squash, Green Bell Peppers, Cucumbers, Carrots, Green Onions, Kale, Lettuce, Herbs (Basil, Italian Parsley, Cilantro, 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 am writing this week's newsletter from the beach. I am enjoying a vacation in Pentwater, MI. Sun, sand, relaxation...and lots of great food!

Every year I eagerly anticipate the fresh blueberries, peaches, and sweet cherries that Western Michigan's climate produces. I just returned from the local farmers' market and have a slight stomach ache from overindulging in SO many sweet, sweet cherries.

I love seeking out markets in new cities, and talking to the farmers about their crops, and practices. As you plan your summer vacation, be sure to check out the local food scene. Look for local food on menus at restaurants, seek out farmers' markets, roadside stands, or even schedule a farm visit.

I have a few friends who have planned extended vacations around visiting farms. There is a program called "World Wide Opportunities on Organic Farms" (WWOOF). In return for volunteer help, the farm offers food, accommodations and opportunities to learn about organic farm life. Find local food, farmers, and markets at: www.localharvest.org Learn more about "World Wide Opportunities on Organic Farms" at: www.woof.org

Happy eating! ~Kyle, CSA Manager, 608.386.8066

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

We are working to update your **CSA CREDIT** totals. We will be emailing you soon with your credit balance. If you have any questions in the meantime, don't hesitate to ask.

If you are missing anything from your **CSA ORDER** or if your total is incorrect, please let us know. Kyle: 608.386.8066

RECIPE IDEAS

Refrigerator Pickles

adapted from Carol Heller's recipe

Makes enough for 5 pint jars

8 medium **cucumbers**, sliced 1/4" thick (a mandolin or the slicer section on a cheese grater box work well)

2 cups sliced onions, I like the slices to be pretty big

Pack jars 1/3 full with cucumbers, then layer about 1/4 cup onions, repeat until jars are full. (layers: cukes, onions, cukes, onions, cukes)

Brine:

1 tsp celery seed

1/4 cup salt

1 tsp mustard seed

2 cups sugar

1 tsp turmeric powder

3 cups vinegar

Mix these all together in a bowl until dissolved.

Pour liquid mixture into jars, covering the cucumbers. Keep in the refrigerator. Spices will settle to the bottom, so it is helpful to shake up the jars. Flavors won't fully develop until about 48 hours after pickling. Pickles will keep for several months in the refrigerator.

Meal ideas for the week:

Breakfast - Omelet with veggies.

Lunch - Pasta salad with cucumbers.

Snack - Refrigerator pickles.

Dinner - Spaghetti and pesto with cubed summer squash.

Dessert - Beet chocolate cake.