

# The Acorn Angle...

July 31st 2018



## WHAT'S FRESH THIS WEEK?

Beets, Blueberries, Cabbage, Tomatoes, Beans, Onions, Zucchini, Summer Squash, Green Bell Peppers, Cucumbers, Carrots, Kale, Lettuce, Herbs (Basil, Italian Parsley, Curly Parsley, Cilantro, Thai Basil, Holy Basil, Thyme, Mint, Dill)

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

Hello!

We have had a good season so far. Up to this point, the rain has been timely and the temperature warm. However, our last rainfall was a week ago so now we are past due!

We are in the thick of the season, keeping busy harvesting, weeding, and still planting. Today we started more lettuce, cabbages, and sunflowers in our greenhouse. Directly in the fields we are planting carrots, radishes, spinach, and greens.

We still have lots of new vegetable varieties to offer in the upcoming weeks. Our CSA goes all the way to the end of October - squash season!

We love to hear your feedback. Please let us know how the CSA experience is going for you. I love hearing about new successful recipe experiments as well. Please share!

Happy eating! ~Kyle, CSA Manager, 608.386.8066

### Meal ideas for the week:

Breakfast - Eggs benedict with a tomato on top.

Lunch - Tabbouleh.

Snack - Salsa and chips.

Dinner - Minestrone soup.

Dessert - Chocolate Zucchini Bread.

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

If you order this week, you will get a print out of your up to date **CSA CREDIT** total. If you don't order, we will email you. 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

### Quinoa Tabbouleh

4 cups cooked quinoa (cooled)  
1/2 tsp salt  
1/4 tsp pepper  
1/4 cup freshly squeezed lemon juice (2 lemons)  
1/4 cup good olive oil  
1/2 cup thinly sliced **green onions**, white and green parts (2-3 green onions)  
1/2 cup chopped fresh **mint** leaves  
1/2 cup chopped fresh **parsley**  
1 **cucumber**, unpeeled, and medium-diced  
2-3 **tomatoes**, diced  
Feta cheese – sprinkle on top of individual portions

Prepare quinoa according to directions. Cool quinoa. In a large bowl, combine the olive oil, lemon juice, scallions, mint, parsley, salt and pepper. Add the quinoa and mix well. Fold in the cucumbers and tomatoes. Top each serving with feta and taste for seasonings. Serve at room temperature or refrigerate and serve cold.

### Ground Beef & Cabbage Skillet

1 pound grass-fed ground beef  
1 onion, chopped  
1/2 - 1 head **cabbage**, chopped  
1 tablespoon butter  
1 clove garlic, minced  
2 cups diced **tomatoes**  
1 (8 oz) can tomato sauce or pasta sauce  
salt and pepper, to taste

In a large pan, brown ground beef until no longer pink. Add onion and continue cooking until translucent. Drain extra fat if needed (or leave it and don't use the butter). Add garlic and continue cooking for 1 minute. Add butter, cabbage, tomatoes, tomato sauce, salt and pepper to the pan and stir to combine. Cover and simmer about 20 - 30 minutes until the cabbage is soft.