

The Acorn Angle...

August 7th, 2018



WHAT'S FRESH THIS WEEK?

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

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

Hello!

This is the season to start preserving the bounty! We have been making zucchini bread, turning cucumbers into refrigerator pickles and regular pickles, freezing beans, and canning jam.

We don't always offer bulk purchases on our regular CSA orders, but we have an over abundance of cucumbers and zucchini. Please let us know if you are looking for bulk quantities.

This is also the time of year where people say that zucchinis randomly start appearing on doorsteps. Watch out, they might also start randomly appearing in CSA boxes!

I am looking forward to the changing in seasons. I'm not saying summer is over yet, but I have been loving these cool nights. Changes in the seasons bring new produce. Before we know it, squash will be here.

Happy eating!
~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Scrambled eggs with fresh salsa.
Lunch - Chicken breast with pesto.
Snack - Kale chips.
Dinner - Cabbage rolls.
Dessert - Carrot cake.

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

Cabbage Casserole

2 lbs. lean ground beef
1 **onion**, chopped
1 (28-oz) can tomato sauce or crushed tomatoes
1 head **cabbage**, chopped
1 cup uncooked long grain rice
1 tsp. salt
1/4 tsp. pepper
3/4 tsp. garlic powder
2 (14-oz) cans beef broth
monterey jack cheese, for serving

Preheat oven to 350° F. Spray a 9x13" pan (or two smaller dishes) with cooking spray.

Brown beef and soften onion in a saucepan on the stovetop. Drain if needed. Dump into a large bowl.

Add tomato sauce, cabbage, rice, salt, pepper and garlic powder. Stir together and pour into prepared pan(s).

Pour beef broth over the top of casserole. Do not stir.

Cover with foil and bake for 1 hour.

Take off foil, stir, recover with foil and cook an additional 30 minutes, or until rice and cabbage is tender.

Serve as is or with a sprinkling of monterey jack cheese on top! Enjoy!