

# The Acorn Angle...

August 14th, 2018



## WHAT'S FRESH THIS WEEK?

Sweet Corn, Tomatillos, Beets, Eggplant, Tomatoes, Beans, Green 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](http://www.oldoakfamilyfarm.com/direct-orders) - Additional information and prices will be detailed.

Hello!

Wow! August is here, moving fast, and I've realized I have a little confession to make. I have a bit of a love / hate relationship with August. Walking the fields, I love to see so many vegetable on the vine and ripening fast. I love my fridge full of tasty, healthy things to cook with. I love sharing the harvest and watching folks fall in love with new produce they have never tried! So, here's the hate part . . . Harvesting vegetables is really hard work. Long, hot days, bending stooping, carrying heavy boxes. Stressing about weather conditions and will harvest conditions last.. Farmer's endure a lot during the harvest season. However, in the end, the hate part is a small fraction of the giant love part. The hot, bug filled, sweaty days are worth connecting with customers over farm grown treats. I love your smiles as you explore your boxes each week. Keep sharing those smiles. I'll think of them the next time sweat is stinging my eyes in the field and it will keep me going . . .

Happy eating! ~Kyle, CSA Manager, 608.386.8066

### Meal ideas for the week:

Breakfast - Breakfast burritos with kale and tomatoes.

Lunch - Mediterranean Quinoa Kale Salad.

Snack - Fresh tomatoes with mozzarella cheese drizzled with balsamic vinegar.

Dinner - Burgers on the grill with corn on the cob.

Dessert - Zucchini bread with butter.

We will not have CSA orders available on Tuesday, September 4th. We hope you enjoy your long Labor Day weekend, and the start to school. We will resume with orders on Sept. 11th.

If you ordered last week, you received a spreadsheet printout of your current **CSA CREDIT**. Emails have been sent to those of you who didn't order.

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

### Mediterranean Quinoa Kale Salad

2 cups cooked quinoa, prepare according to directions  
3/4 cup sun-dried tomatoes, in oil, drained and chopped into bite-sized pieces

3/4 cup Kalamata olives, sliced

1 small **cucumber**, diced

3 cups chopped **kale or lettuce**

1 (14 ounce) can garbanzo beans, drained and rinsed

1/2 cup sliced almonds

4 ounces (about 3/4 cup) crumbled feta cheese

For the dressing:

1/2 cup olive oil

2 tablespoons red wine vinegar

1 tablespoon dijon mustard

1 tablespoon lemon juice

1 teaspoon Italian seasoning OR 1/4 teaspoon each of dried basil, dried oregano, dried rosemary, dried sage, dried tarragon

2 cloves garlic, minced

1/2 teaspoon salt

Combine quinoa with sun-dried tomatoes, olives, cucumber, kale, garbanzo beans, and almonds.

Make dressing by combining all dressing ingredients in a jar with a lid and shake until well combined.

Pour over salad mixture and toss well to combine.

Top with feta cheese.

**\*This one of my favorite recipes of summer. I make it and modify it often. Feel free to make substitutions with the vegetables. A great meal planning idea is make individual salads for the week ahead. I take 4 containers and put 1/2 cup quinoa in the bottom, followed by kale or lettuce, then topped with the veggies, nuts and feta. I reserve the salad dressing until right before I am going to**