

The Acorn Angle...

August 28th, 2018



WHAT'S FRESH THIS WEEK?

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

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

Hello!

Back to school means a smaller crew on the farm. Every year we say goodbye to some of our student and teacher farm employees who are returning to a new semester. We still have a few die-hard workers who will remain with us throughout the end of the season. That is good news, because before we know it, the heavy work of squash and pumpkin harvesting will be upon us.

September brings transition with our vegetable crops. Soon enough our summer staples like cucumbers and zucchini will be gone and replaced with winter squash. We have plenty of other new varieties of vegetables that will make their way into your boxes within the next two months.

With the return to school, many people feel that summer is over, but don't worry, there will be still be more warm days, and good food to look forward to.

Just a reminder - we are taking off on September 4th, following Labor day.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Red Flannel Hash with eggs.

Lunch - Chickpea and dill salad.

Snack - Fresh veggies with hummus.

Dinner - Zucchini casserole.

Dessert - Carrot cake.

There will be **NO CSA ORDERS** 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.

All of you should have been notified by email or with a paper copy of your current **CSA CREDIT**. We will update you again at the beginning of September. Please contact Kyle at any point if you have questions or want to check your balance.

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

Red Flannel Hash

- 1 **onion**, thinly sliced
- 1 teaspoon salt
- 3 cloves garlic, minced
- 1 teaspoon oregano
- 1 teaspoon thyme
- 1/2 teaspoon black pepper
- 3-4 **potatoes**, diced small (with or without skins)
- 3 **beets**, peeled and diced small
- 1/2 head **cabbage**, core removed and thinly sliced
- 4-6 large eggs

Heat one tablespoon of olive oil in a large skillet over medium-high heat. Add the onions and 1/2 teaspoon of salt, and cook until the onions become soft and translucent, about 5 minutes. Stir in the garlic, herbs, and 1/2 teaspoon of black pepper. Stir until the garlic becomes fragrant, about 30 seconds.

Add the potatoes, beets, and another 1/2 teaspoon of salt. Stir everything together, cover the pan, and turn the heat down to medium. Cook for 10-12 minutes, stirring every few minutes, until the beets are tender. Don't worry if the potatoes start to fall apart a little - they are meant to! As you stir, be sure to scrape the bottom of the pan every so often to work in the browned bits from the pan.

When the beets are tender, stir in the cabbage. Cover and cook for another 3-5 minutes, until the cabbage is wilted. Give the mash a taste and add more salt and pepper if desired. At this point, you can serve the mash right away or you can turn down the heat and let it simmer for as long as a half an hour. You can also take the mash off the heat completely and re-heat it when you're ready to serve.

Five minutes before you're ready to serve, crack the eggs around the circumference of the pan. Cover the pan and let the eggs poach for 5 minutes for runny yolks or 7 minutes for firm yolks. Scoop onto plates and serve.