

The Acorn Angle...

June 2008, box #1



What's Fresh?

How do I prepare it?

ASPARAGUS

- Steam and mix with pasta
- Eat raw in a salad
- Add to a white sauce, serve over toast with cheese

RADISHES

- Chop and add to salad
- Slice and put between slices of bread and butter
- Add to soup

LETTUCE

- Add to a sandwich
- Make lettuce wraps - add fried rice, or pasta salad, etc.

GARLIC (young)

- Sauté with asparagus, add to pasta
- Sauté in stir fry

GARLIC SCAPES

(flower stalk of garlic - eat stalk below flower head)

- Sauté with asparagus, add to pasta
- Add to soup
- Toss in a stir fry

ONIONS (spring)

- Add to soup
- Chop and add to salad

SWISS CHARD (rainbow)

- Chop and add to a fresh salad
- Stem and eat as cooked greens
- Use in any recipe that calls for cooked spinach

RHUBARB

- Add to coffee cake
- Cook into a sauce and put on ice cream

HERBS - SAGE

- Dry for future recipes
- Add to chicken dishes

Hello!

Welcome to our 2008 CSA season. Our newsletter will serve to inform you about what you receive in your box, in addition to recipes, farm news, and general perspectives about growing and eating food.

I love springtime and all of the fresh produce that the season brings. My all-time favorite, fresh veggies and fruit happen to arrive early in the season. I can distinctly remember eating fresh asparagus for lunch most days while I was young. My mom prepared it by steaming it and combining it with a white sauce. We then toasted bread, topped it with asparagus and sauce, and added grated cheese. This is still my favorite lunchtime meal. I also love rhubarb cake, fresh salads, and strawberry shortcake - all springtime treats.

We are thrilled to be providing you with our best, freshest, tastiest produce available. Please don't hesitate to let us know your thoughts about how the season is going.

Happy eating and please remember to return your box next week for a new one!

~Kyle, CSA Manager

Rain, Rain, Go Away...

This has been a wet, cold, and slow spring for all of us. Our crops are all at least two weeks behind due to the below average temperatures. Although a great deal of rain has fallen within the last few weeks, we are fortunate to have escaped crop damage. We don't have any streams on our property, and our garden fields are located on flat slightly sloping land, therefore flooding issues are quite rare on our property.

Our thoughts and prayers go out to other farmers and everyone else who has been recently affected by flooding conditions.

Recipes of the week...

Rhubarb Coffee Cake

1/2 cup butter
1 1/2 cup sugar
1 egg
1 tsp vanilla
2 cups flour
1 tsp baking soda
1/2 tsp salt
1 cup milk
2 cups chopped **rhubarb**

Topping
1 cup brown sugar
1 tsp cinnamon
1/2 cup chopped nuts (walnuts or pecans)

Cream butter and sugar. Add eggs and vanilla. Mix dry ingredients. Add dry ingredients and milk to mixture. Fold in rhubarb. Pour 1/2 batter into greased 9x13 pan. Sprinkle 1/2 of topping on butter. Add remaining batter and then the rest of topping. Bake at 350 for 40 minutes.

Asparagus, Spring Onion and Mushroom Pasta

1 pound **asparagus**
3/4 pound mushrooms
2 TBS extra-virgin olive oil
1/4 pound **spring onions**
1/4 cup chopped **garlic scapes** (1/4" long)
1/4 cup dry white wine
1/2 cup vegetable broth
4 TBS unsalted butter
8 ounces fettuccine
1 TBS chopped chervil or flat-leaf parsley

Heat oil in a 12-inch sauté pan over medium-high heat. Add sliced mushrooms and cook, stirring, until lightly browned, about 5 minutes. Add sliced onions and chopped garlic scapes, cook 1 to 2 minutes, until softened. Add asparagus and sauté 2 minutes. Add wine and simmer until liquid has evaporated, 1 to 2 minutes. Add vegetable broth and bring to a boil. Add butter and toss until melted into vegetables. Season to taste with salt and pepper.

Meanwhile, in a large pot of boiling, salted water, cook pasta until al dente. Drain and transfer to a large bowl. Mix in the sauce and chervil. Season with additional salt and pepper, and serve.



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