
The Acorn Angle...

August 2009, box #10



What's Fresh?

How do I prepare it?

BEANS

- Try the bean & bacon recipe on the back.

BEETS

- Leave about 1" of stem attached to the beet. Leave the skins on and boil for about 40 minutes, or until easily pierced by a fork. Slide skins off the cooked beets. Cut beets into small pieces and mix with butter, garlic, and a touch of vinegar.

CARROTS - Dragon (red carrots)

CUCUMBERS

GARLIC

Store garlic in the refrigerator or in a dry, dark place. The bulb should last several months.

ONIONS - Walla Walla

POTATOES - Yukon Gold

SUMMER SQUASH

- Sauté squash with olive oil and garlic, when tender, add freshly grated parmesan & mozzarella cheese.

TOMATOES

- Top sliced tomatoes with a piece of cheese and broil in the oven until the cheese becomes bubbly and melted.
- Slice and eat fresh on a salad, burger, or in a sandwich.

ZUCCHINI

- Try the pasta recipe on the back.

HERB - BASIL

- Enjoy fresh basil salad with sliced tomatoes, fresh mozzarella and a bit of olive oil.
- Add a few leaves to a salad or on a sandwich.

HERB - DILL

Dill is a wonderful compliment to a grilled salmon fillet: lightly salt & pepper the fresh fillet, brush on a bit of melted butter, rub with a minced garlic clove, top with chopped fresh dill, wrap in a foil pouch, place on the grill and cook at medium heat until the fish begins to flake (around 7-15 minutes, depending on the size of the fish).

Hello!

It is officially tomato season on our farm! The warm weather is just what they needed to ripen up. On hot days it is amazing to watch the tomatoes on the vine seem to simply ripen before your eyes.

We have reached the half-way point in this CSA season. However there are still so many delicious goodies to anticipate: squash, tomatillos, red raspberries, radishes, watermelon, peppers, lima beans, and brussels sprouts...yes I did associate the term "delicious" with brussels sprouts. I have an amazing recipe I will share with you, that might change your mind about this much despised vegetable.

Happy Eating!

~Kyle, CSA Manager
608.386.8066

Please take a few minutes to fill out our mid-season **EVALUATION FORM**. Our goal is to provide you with a variety of high-quality, great tasting, seasonal produce. Please share your feedback so that we can ensure that your CSA experience is meeting your expectations.

We are running short on **BOXES**, please remember to return them.

EXTRA PRODUCE can be ordered from our farm. Email us to be included on our weekly direct order list.

FRESH FLOWERS are available from our gardens. If you are interested in adding some color to your box, let us know and we will create a flower bouquet to be picked up with your box. Large bouquets are \$10 and include flowers from our garden (sunflowers, celosia, zinnias, snapdragons, gladiolas, etc.) and wildflowers from our fields (bergamot, vervain, queen anne's lace, grasses, etc.).

In addition to great produce our farm offers:

- **EGGS:** \$2.00/dozen
- **BEEF:** see website for prices
- **CHICKEN:** now available! Frozen, whole, all-natural chicken (cage-free, fed organic grain, and veggies). 5-7 lbs. \$2.50/lb.

If you are interested, please call or email the day before you pick up your box. These orders can be available when you pick up your weekly box.

Recipes of the week...

Cucumber Salad with Fresh Dill

3 small **cucumbers**, thinly sliced
3/4 cup **onion**, peeled and thinly sliced
Pinch of salt
1/3 cup cider vinegar
2 tsp sugar
1 tsp fresh **garlic**, minced
1/4 cup fresh **dill**, chopped

In a glass or stainless steel bowl, combine the sliced cucumbers and onions. Sprinkle with a large pinch of salt, mix well and let it all stand in a cool place for 10-15 minutes. Add the cider vinegar, 3-4 table spoons of water and chopped dill to the cucumber mix. Toss all ingredients together well and marinate them in the refrigerator for a few hours. Serve cool.

Pasta with Zucchini & Chickpeas

12 oz pasta (Penne works well)
2 TBS olive oil
3 cups **zucchini** (about 3 small zucchini) OR **summer squash** - cut thin into half-moons
1/2 tsp salt
15 oz can of chickpeas, rinsed
2 cloves **garlic**, sliced
1/4 tsp. crushed red pepper flakes
1/2 cup grated Parmesan (divided)

Cook pasta according to the directions. Reserve 1/4 cup of the pasta water, drain and return pasta to the pot. Meanwhile, heat the oil in a large skillet over medium heat. Add the zucchini and salt. Cook, tossing often, until tender, 4-5 minutes. Add the chickpeas, garlic and red pepper and cook until heated through, 2 to 3 minutes. Toss the pasta with the reserved pasta water and 1/4 cup of the Parmesan. Divide the pasta among bowls and top with the zucchini mixture and the remaining 1/4 cup of Parmesan.

Fresh Green Beans with Bacon

1 lb. fresh **green beans**
6 slices bacon
1/4 cup water
1/4 tsp. dried marjoram
1/2 tsp. sugar
1/4 cup milk
Salt and pepper to taste

Wash and trim green beans and set aside. In a large skillet, cook bacon over medium heat until crisp. Remove bacon to paper towel-lined tray to drain and cool; reserve one tablespoon bacon drippings in the skillet. Add green beans, water, marjoram and sugar to pan. Bring just to boiling; reduce heat, cover and simmer about 10 minutes, stirring occasionally, until beans are tender-crisp. Stir in milk. Season with salt and pepper, and then bring back to a simmer for one minute longer. Crumble cooled bacon and sprinkle on beans and serve hot.

Serves 4. Per serving: 110 calories, 7 g fat, 5 g protein, 9 g carbohydrate, 4 g fiber, 440 mg sodium



N6370 Niedfeldt Rd. • Bangor, WI 54614
608.486.4205 • niedfeldtfarms@yahoo.com
www.oldoakfamilyfarm.com

The Niedfeldt family:
Jerry & Connie Niedfeldt
Kyle, Eric, & Owen Zenz
Jacey, Ric, Breck & Joelle Heller