
The Acorn Angle...

September 2009, box #12



What's fresh? How do I prepare it?

APPLES - Paula Red

Our partners, Bill & Jane have a wonderful apple orchard that produces these great apples. This variety is just starting, so you are getting your first sampling of fresh apples.

BROCCOLI

➤ Add to a casserole or pasta dish.

CARROTS - Dragon (red carrots)

CUCUMBERS

LETTUCE

We are happy to have lettuce back in the boxes. Lettuce prefers cooler temperatures, so it doesn't always germinate or grow during the heat of summer.

ONIONS - Walla Walla

POTATOES - Kennebeck

RADISHES

Radishes also prefer cooler weather, and grow best in the spring and late summer. Enjoy these "pink beauty" radishes.

RASPBERRIES

➤ Enjoy fresh raspberries as a topping for vanilla ice cream.

SUMMER SQUASH

SWEET CORN

This wasn't the best year for sweet corn production. Even though we had 4 separate plantings, we didn't get nearly the yield that we had hoped for. The ears are small, but very tasty!

TOMATOES

Tomatoes are best stored at room temperature. When refrigerated, tomatoes tend to lose flavor and become mealy.

ZUCCHINI

➤ Try the zucchini chocolate chip cookie recipe on the back.

Hello!

We have had a rough last few days on the farm. Saturday morning we awoke to a massive barn fire around 5:30am. Our barn, 200 round hay bales (to feed the cattle in the winter), two tractors, and other equipment were lost to the fire. We don't know the cause of the fire, but luckily no one was hurt, and no animals were lost. The shed where we pack our produce wasn't affected. Our gardens were also not affected. Therefore, we still have great produce to offer you this week.

Some of you have already asked if there is any way to help out. At this point we aren't exactly sure. We need to wait for the fire to completely extinguish in the remaining hay bales (that could take weeks, or a good rain) before clean up can begin. We will keep you updated if we schedule a clean-up day. We REALLY appreciate your thoughts and well wishes. Tough times with good friends nearby makes everything easier.

~Kyle, CSA Manager
608.386.8066

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...

Zucchini Chocolate Chip Cookies

1 egg, beaten
1/2 cup butter, softened
1/2 cup brown sugar
1/3 cup honey
1 tsp vanilla extract
Combine in a large bowl

1 1/4 cup white flour
1 cup whole wheat flour
1/2 tsp baking soda
1/4 tsp salt
1/4 tsp cinnamon
1/4 tsp nutmeg
Combine in a separate, small bowl and blend into liquid mixture

1 cup finely shredded **zucchini**
12 oz chocolate chips

Stir these into other ingredients, mix well. Drop by spoonful onto greased baking sheet, and flatten with the back of a spoon.
Bake at 350, 10 to 15 minutes.

Simply Delightful Salmon Supper

1 medium **zucchini**, chopped
1 small **yellow squash**, chopped
1 small red bell pepper, chopped
4 skinless salmon fillets (1 lb.)
1 can (14.5 oz.) diced tomatoes, drained or the equivalent of **fresh, diced tomatoes**
1/2 cup low-fat sun-dried tomato dressing
3 cups brown rice, cooked as directed

Preheat oven to 375°F. Spray a 9x13-inch baking dish with cooking spray. Add zucchini, squash and pepper; mix. Place salmon fillets on top of vegetables. In a separate small bowl, mix tomatoes and dressing; spoon over salmon. Bake 20 to 25 minutes or until salmon flakes easily with fork. Serve over hot rice. Enjoy!

Serves 4. Per serving: 380 calories, 10 g. fat, 28 g. protein, 44 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