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# The Acorn Angle...

September 2009, box #14



What's fresh?  
How do I prepare it?

**APPLES - Spartan & Cortland**

**BROCCOLI**

**CARROTS**

**LETTUCE**

**NAPA CABBAGE**

- ✦ Chop and add to a salad.
- ✦ Try the delicious napa cabbage recipe from week #11.

**ONIONS - Walla Walla**

**PEPPERS**

So far, this has been a very poor year for peppers. Many of the plants haven't produced a single pepper. Hopefully with this stretch of warm weather, the plants will perk up!

**RASPBERRIES**

This has been an amazing year for raspberries. Our plants are taller than ever, and the berries seem to be ripening faster than we can pick them. Not that we are complaining though...

**TOMATOES**

**TOMATOES - Sungold cherry**

**ZUCCHINI**

Many people have a love-hate relationship with zucchini. Every spring I am convinced that I didn't plant enough zucchini, and think to myself - why not put in another row?! Two months later, as I pick endless buckets of zucchini, I wonder what the heck I was thinking?!

- ✦ Make some zucchini bread, and freeze for future use - recipe on back.

**WATERMELON**

You can store melons out of the refrigerator for up to a week. Once sliced, keep wrapped, and store in the crisper of your refrigerator.

**HERB - CILANTRO**

- ✦ Freeze leaves in a plastic zip-lock bag. Remove air, seal and freeze. Do not thaw before use.

Hello!

We are almost  $\frac{3}{4}$  of the way through our CSA season. I hope you have been enjoying the anticipation of each weekly box. We realize that you may love some items, and dislike others. Our hope is to provide you with a wide variety of seasonal, high quality, organic produce that will expand your palate.

The CSA experience is filled with:

- ✦ **Patience** - waiting throughout the season for certain veggies: tomatoes, squash, etc. to ripen.
- ✦ **Understanding** - realizing that even with our best intentions (like planting lots of peppers) mother nature may have other plans.
- ✦ **Commitment** - taking the time and effort to prepare the veggies that you receive in your box.
- ✦ **Satisfaction** - feeling good about eating and preparing healthy food.
- ✦ **Enjoyment** - the wonderful taste of farm fresh veggies, eating new foods, and meeting and supporting your local farmer.

As farmers, we put a lot of effort into growing your food. Although, ultimately, you as the consumer must put in the hard, but tasty work that closes the circle from farm to table. I hope you have found satisfaction in eating and preparing fresh, local food that is good for you, the land, and the local economy.

Happy Eating!  
~Kyle, CSA Manager  
608.386.8066

**TOO MANY VEGGIES?** Are you finding that you have veggies left over at the end of the week? Try freezing things like broccoli, carrots, onions, tomatoes, zucchini, or try drying things like herbs and tomatoes. If that doesn't work for you, give them away to friends and relatives.

**CANNING TOMATOES** are available for \$1.00/lb. If you are interested in 40 lbs or more, we will reduce the price to \$.50/lb.

**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.).

# Recipes of the week...

## Watermelon & Tomato Salad

- 2<sup>1</sup>/<sub>2</sub> cups **watermelon**, in 1-inch cubes (reserve juice)
- 2 cups **tomatoes** (mix regular and cherry), chop and drain off liquid
- 1/2 cup crumbled feta cheese
- 1/2 cup chopped **onion**
- 2 tbsp extra virgin olive oil
- 2 tbsp red wine vinegar
- 1/4 cup chopped **cilantro**

1. Combine the watermelon, tomato, cheese, scallions and salt in a bowl.
2. Whisk or blend together about two tablespoons of the watermelon juice, oil, and vinegar.
3. To serve, dress the salad with this mixture and garnish with cilantro.
4. Do not refrigerate and serve within 30 minutes.

Serves 6. Per serving: 140 Calories, 10g Fat, 7g Carbohydrate, 1g Dietary Fiber, 5g Protein

## Zucchini Bread

- 3/4 cup sugar
- 1/3 cup applesauce
- 1 egg
- 2 TBS extra light olive oil
- 1/2 tsp vanilla extract
- 1<sup>1</sup>/<sub>2</sub> cups ground whole wheat flour
- 1 tsp ground cinnamon
- 1/2 tsp fine sea salt
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 cup grated, unpeeled **zucchini**

1. In a large mixing bowl, combine sugar, applesauce, egg, oil and vanilla. Mix with electric mixer until well combined.
2. Add flour, cinnamon, salt, baking powder and soda. Continue mixing until well combined, scraping sides of bowl. Add zucchini and continue mixing until combined.
3. Pour into a greased 9x3x5-inch loaf pan.
4. Bake in a preheated 325 F oven for 45 minutes or until knife inserted in center comes out clean. Remove from pan and cool completely on cooling rack.

Serves 12. Per slice: 130 calories, 3 g fat, 3 g protein, 25 g carbohydrate, 2 g fiber, 170 mg sodium



N6370 Niedfeldt Rd. • Bangor, WI 54614  
608.486.4205 • niedfeldtfarms@yahoo.com  
[www.oldoakfamilyfarm.com](http://www.oldoakfamilyfarm.com)

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