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# The Acorn Angle...

June 2009, box #2



## What's Fresh? How do I prepare it?

### ASPARAGUS

One way to lengthen the life of cut asparagus is to stand it in a glass of water in the refrigerator.

### BEET GREENS

Beet greens are very good for you, providing generous amounts of A and C in addition to calcium and iron. You can eat the greens and the baby beets themselves raw or cooked.

- Boil greens in a small amount of water for 2-4 minutes. Watch for the color to brighten; this signals cooking is complete.
- Substitute beet greens in any recipe that calls for cooked spinach (lasagna, artichoke dip, pasta, etc.)

### GARLIC SCAPES

- These are the flower stalk of garlic and are milder than clove garlic, but tasty.
- Slice scapes thinly and add to a stir-fry
- Use in any recipe that calls for fresh garlic - substitute 1 garlic scape (thinly sliced) for 2 cloves of garlic.

### LETTUCE

"Heads" of lettuce should last a week or more if kept intact. Place a paper towel in the bag to absorb any extra moisture. Wash leaves just before eating.

### PEA PODS

- Steam and add to pasta recipe on back
- Add to a stir fry

### RADISHES

- Chop and add to salad
- Steam 8-12 minutes, until tender but not mushy. Roll in butter and add salt & pepper.

### HERB - OREGANO

- Great compliment to Italian dishes
- Dry and save for future recipes

Hello!

I hope you enjoyed your first CSA box of the season. Throughout the summer we will provide you with a balanced selection of what we have available. This time of year, however we are providing you with a selection of pretty much everything that is ripe. Pickings are slim this time of year. As the weeks continue, you will be pleased to find the contents in your box expanding.

I encourage you to try all that we offer. Even if you have found some vegetables distasteful in the past - I challenge you to give them another try. Sometimes you may find that fresh picked vegetables taste much better than vegetables that have traveled 1000+ miles, and several days to reach your plate, or you may find a new tasty way to prepare something. Perhaps you may just realize that fresh veggies taste much better than the canned ones you may have grown up eating.

I would be happy to hear any of your new-found vegetable "success stories" and any new recipes you may be interested in sharing.

Happy eating!

~Kyle, CSA Manager  
608.386.8066

Don't forget to **WASH** all produce. Heavy rains splash lots of dirt on the plants. We typically rinse off most of our veggies, but they still may contain a bit of soil, or on a rare occasion, an unwanted garden critter.

Please remember to return your produce **BOX** every week. We have a limited number of boxes to swap out.

### In addition to great produce our farm offers:

- Farm fresh, cage free **EGGS** for \$2.00/dozen
- Whole, natural **CHICKENS** for \$2.50/pound. (Chickens won't be available until July 7th—but you can reserve yours now!)
- All natural Herford **BEEF**. Prices available on-line:  
[www.oldoakfamilyfarm.com/directsales](http://www.oldoakfamilyfarm.com/directsales)

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...

## Beet Green Pasta

- 1 bunch **beet greens**
- 1 medium red onion, chopped
- 2 garlic cloves, minced or (4 **garlic scapes**)
- 1/4 c olive oil
- 8 oz dry pasta (spaghetti and linguine work best)
- (optional; 2 tbsp fresh herbs like **oregano**, basil, thyme)
- 1/4 c grated Parmesan cheese
- 4 oz creamy goat cheese (optional - but does make it nice and creamy)

Cook pasta according to directions and drain. Wash beet greens, separate the leaves from the stems, and chop the leaves coarsely.

Sauté onion and garlic over medium-high heat in oil for about 5 minutes, until the onions are translucent. Add the beet leaves and continue to cook 5 minutes more, covered. Uncover the beets greens and season with salt, pepper, and optional chopped fresh herbs.

Toss pasta with sautéed vegetables (pea pods), goat and parmesan cheese, moistening it with a 1/4 cup of pasta water if necessary. Makes 3-4 servings.

## Garlic Scape Mashed Potatoes

- 1 1/2 lbs potatoes
- 1/2 cup butter
- 1/2 cup **garlic scapes**, very finely chopped
- 1/4 cup sour cream or plain yogurt

Cook potatoes in salted boiling water until tender. Melt butter & sauté scapes for about 5 minutes. Remove from heat & stir in cream. Drain potatoes & mash. Add garlic mixture & combine well.

## Veggie Pockets

- 1/2 cup **lettuce** or spinach leaves
- 1 whole wheat pita pocket
- 1/4 cup shredded carrots
- 4 oz. cooked chicken breast, diced
- 1/4 cup sliced cucumbers
- 1 Tbsp. low-fat ranch dressing
- 1/4 cup sliced **radishes**

In a medium bowl, combine vegetables with chicken and lightly coat with ranch dressing. Cut the pita pocket in half and gently spoon half of the mixture into each pouch.  
2 Servings. Per serving: 160 calories, 13 g Protein, 16 g Carbohydrate, 5 g fat



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