
The Acorn Angle...

June 2009, box #3



What's Fresh? How do I prepare it?

BEETS

Although some people dislike beets, I encourage all of you to give them another try. Freshly cut & cooked beets are deliciously sweet. Make sure to eat the leaves as well as the beet. For a great treat, try the "beet fries" recipe on the front page.

- Steam beets, chop and add butter
- Peel raw beets, grate and add to salads

CARROTS

- Enjoy the first carrots of the season raw - they are great and crunchy.

CHARD

- Use in any recipe that calls for cooked spinach
- Blanche and freeze for future recipes

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.

PEAS (SHELLING)

These peas have fat shells as oppose to the flat snow peas. The round peas inside need to be shelled out of their "wrapper". I hope you enjoy shelling these peas the old-fashioned way. Kids and adults alike will enjoy this novelty.

- Eat peas raw as a sweet snack
- Add peas to soup, salad, or hotdish

SNOW PEA PODS

Eat the entire pea pods raw or cooked.

HERB - TARRAGON

It enhances salads, fish, pork, beef, lamb, poultry, vegetables, vinegar, soups and eggs. In general, it should be used lightly as it can overpower other flavors and should not be

Hello!

Life on the farm this time of year is very busy. In addition to harvesting the early summer varieties, we are still planting crops that will mature throughout the summer. It is an exciting time, as every week new veggies will be finding their way into your boxes.

If you ever have additional questions about what you find in your box or how to prepare it, please don't hesitate to call.

Happy eating!
~Kyle, CSA Manager
608.386.8066

Beet 'fries'

Bunch of beets
1 clove of crushed garlic
Olive oil

You can do this with beets alone, or beets and potatoes. Preheat your oven to 375 degrees. Remove leafy green tops from beets (and save!!). Peel beets (or scrub and leave the skin on) and cut into French-fry like sticks. If you're using potatoes too, wash and dry but don't peel, and cut into sticks too. Put beets, potatoes and garlic in a bowl and toss with olive oil to coat. Spread out on a baking sheet and sprinkle liberally with salt and bake for 45 minutes, scooping and turning (or otherwise rearranging) once or twice during cooking time with a spatula, until browned on the outside and soft in the middle. Dump onto a platter and pass around while still hot. They are so good and sweet!

In addition to great produce our farm offers:

- EGGS: \$2.00/dozen
- BEEF: see website for prices
- CHICKEN: will be available after July 7th

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...

Swiss Chard Tuna Salad From: foodiefarmgirl.blogspot.com/

1/2 cup mayonnaise
1 teaspoon dijon mustard
2 teaspoons balsamic vinegar (I like white balsamic)
1/4 cup chopped kalamata olives (about 10 olives)
2 teaspoons brine from the olives (or more balsamic vinegar)
2 6-ounce cans tuna (oil or water packed), drained
3/4 cups chopped **Swiss chard stems**
2 to 3 cups chopped **Swiss chard leaves**
1/4 cup loosely packed chopped fresh parsley, preferably Italian flat leaf
1 cup (or more) chopped scallions (green onions), white and green parts (about 10 small)
Salt & pepper to taste

Optional:

Few handfuls of canned kidney beans, drained and rinsed

Combine mayonnaise, dijon mustard, balsamic vinegar and olive brine in a medium bowl and mix well. Stir in olives, tuna, chopped Swiss chard stems and leaves, parsley, and scallions. Add salt and pepper to taste and more mayonnaise and/or vinegar if desired. Stir in kidney beans if using. Tuna salad will keep for three days in the refrigerator.

Snow Pea, Broccoli & Rice Salad

1 6 oz.-pkg. long-grain and wild rice mix
1½ cups chopped broccoli
1/3 cup sliced green onions*
1/4 cup low-fat Italian dressing
1 Tbsp. lemon juice
1/2 tsp. lemon pepper
1½ cups **snow peas**
1/3 cup slivered almonds

Prepare rice mix according to package directions; cool slightly. In a steamer or microwave-safe container with small amount of water, steam broccoli in the microwave until crisp-tender; drain. In large bowl, combine rice mixture, broccoli and remaining ingredients; mix well. Refrigerate for at least 1 hour to chill and allow flavors to blend before serving.

*a mixture of red and green onions may be used for color

Makes 4 servings. Per serving: 250 calories, 6 g fat, 9 g protein, 42 g carbohydrate, 4 g fiber, 670 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