
The Acorn Angle...

August 2009, box #9



What's Fresh?

How do I prepare it?

BEANS

- Make green bean casserole.
- Add to a stir fry.

BLACKBERRIES

- Sprinkle on creamy vanilla ice cream.
- Add to your morning oatmeal or cereal.

BROCCOLI

- Add to casseroles, quiches, or top a pizza.
- Peel broccoli stems, slice into sticks and eat as a raw vegetable alone or with dip.

CABBAGE

- Shred cabbage and use as a taco topping.
- Add to a stir fry.

CARROTS

- Add to vegetable soup.

CUCUMBERS

You don't need to peel cucumbers unless the recipe calls for it (or if they are waxed from a grocery store).

- Slice and add to a sandwich.
- Chop and add to a fresh salad.

LETTUCE

- Make a BIG salad, and enjoy the crisp, fresh, taste in every bite.

ONIONS - Walla Walla

- Make homemade vegetable onion dip.

SUMMER SQUASH

- Add to a vegetable soup.
- Sauté with olive oil and garlic, top with parmesan cheese.

ZUCCHINI

- Add to an omelet.
- Make zucchini bread.

HERB - MINT

- Make a refreshing Mojito drink and add sliced cucumbers.

Keep mint fresh in the refrigerator by sticking the stems into water. Make sure none of the leaves are in the water. If you want to grow your own mint plant, put the stems in water, but keep out on the counter. In a week or two, roots will develop and you can plant the mint stems in a pot, or in your garden.

Hello!

We have a few new items this week: blackberries, broccoli, (HUGE) cabbage, cucumbers and mint. Wild blackberries are a special treat, as they require a bit of searching throughout our woods, and a few battles with very sharp thorns.

We are always looking for new recipes to share. Please drop us a line if you have a favorite recipe, or can provide tips on how to prepare specific vegetable varieties.

Next week we will be handing out a mid-season evaluation form. We would like your feedback, so that we can continue to meet your needs for the remaining 10 weeks. Please start thinking about any comments, ideas, or concerns that you may have.

Happy Eating!
~Kyle, CSA Manager
608.386.8066

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

NEWSLETTERS can be found on line. If you want to check out past newsletters, or share recipes with a friend, visit:
www.oldoakfamilyfarm.com/whatsfresh/CSAnewsletter.html

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...

Summer Squash Pasta Salad with Mint

1 box penne or bowtie pasta
About 2 teaspoons olive oil
About 2 medium **summer squash**, cut into half moons
2 cloves garlic, minced
1 handful **mint**, chopped finely
1 handful parsley, chopped finely
Juice from one lime
2 teaspoons walnut or hazelnut oil (optional)
Salt to taste

Cook pasta until al dente and set aside. Heat olive oil in a skillet over medium high heat. Add garlic and squash. Cook stirring occasionally until squash begins to brown slightly. Remove from heat. Toss together pasta, squash mixture herbs, lime zest and juice. Drizzle with nut oil and salt to taste. This dish is great served hot or cold.

Tzatziki (Greek Yogurt Dip)

1 cup plain yogurt
1 cup **cucumbers**, seeded and grated (or finely cut)
2 cloves garlic, pressed
1 tablespoon olive oil
¼ cup chopped fresh **mint**
Salt and pepper to taste

Mix all ingredients together and refrigerate. Serve cool. **Use as a dip with pita bread or as a side dish with grilled food.**

Freezer Coleslaw

1 head **cabbage**, shredded
1 **carrot**, shredded
1 green pepper, shredded
1 tsp. salt
1 cup vinegar
2 cups sugar
1 tsp. celery seed
1 tsp. mustard seeds

In a large bowl, combine vegetables with salt. Let stand 1 hour. In a medium saucepan, bring remaining ingredients to a boil; boil 1 minute. Cool mixture. Drain liquid off vegetables. Stir vinegar mixture into vegetables, stirring well. Divide slaw equally between freezer containers. Freeze until ready to use. When ready to use, thaw and serve.

Recipe makes 1½ to 2 quarts.

Per ½ cup serving: 160 calories, 0 g. fat, 1 g. protein, 39 g. carbohydrate, 2 g. fiber, 210 mg. sodium



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