
The Acorn Angle...

June 2010, box #2



What's fresh?

How do I prepare it?

CARROTS

- ✦ Enjoy the great flavor of fresh carrots raw.

GARLIC SCAPES

These are the flower stalk of garlic and are milder than clove garlic, but tasty. (cut off and discard flower bud)

- ✦ Slice scapes thinly and add to a stir-fry
- ✦ Use in any recipe that calls for garlic - substitute 1 garlic scape (thinly sliced) for 2 cloves of garlic.

KOHLRABI

Kohlrabi has a fresh, mild taste and can be enjoyed raw or cooked.

- ✦ Peel kohlrabi and cut into cubes, boil or steam until tender. Try it plain or top with butter, lemon juice, or fresh dill.
- ✦ Peel kohlrabi and slice into sticks. Enjoy alone as a raw veggie treat or with a dip.

LETTUCE

- ✦ Make lettuce wraps - add pasta or tuna salad.

NAPA CABBAGE

Napa will keep well for up to 2 weeks - store in the crisper drawer of your refrigerator.

- ✦ Chop napa cabbage into a salad.
- ✦ Substitute napa in a traditional coleslaw.
- ✦ Add to a stir fry or fried rice.
- ✦ Try the VERY delicious recipe from CSA newsletter #11, 2009 www.oldoakfamilyfarm.com.

RADISH

- ✦ Slice into a fresh salad

RHUBARB

- ✦ Try our coffee cake recipe found on-line in our CSA newsletter #1, 2009.
- ✦ Rhubarb can be frozen for later use. Slice it and freeze raw, or blanch for 1 minute before freezing.

SWISS CHARD

- ✦ Use in any recipe that calls for cooked spinach.
- ✦ Use it in place of lettuce for a salad.

HERB - MINT

- ✦ Try topping a fresh fruit salad with minted sugar (pulse 1/2 cup mint leaves and 3 TBS sugar in a food processor until finely ground). Sprinkle over an assortment of fresh fruit.

Hello!

The passing of the summer solstice means summer has officially begun. The garden will explode with vegetables before long, so it's time to discuss how to get the most out of your CSA box. First, be proud of yourself! You've made a commitment to yourself and your family to be healthy this summer. Now, my favorite part of the commitment, the EATING healthy!

The faster and easier I can make a snack for my family the more likely they are to eat that snack. They can grab a bag of clean carrots just as easy as they can grab a bag of chips. Make the most out of your CSA box by cleaning and preparing the vegetables the evening you bring the box home. Yes, I know it will take a little time to clean and cut up the veggies, but by preparing the vegetables the night you bring them home you'll give your family the opportunity to enjoy a healthy snack all week long and make dinner preparation easier.

Tips to extend the life of your CSA veggies:

- ✦ It is a good idea to wash your produce before eating. We typically rinse most of our vegetables, but from time to time a little dirt is left behind.
- ✦ Use a salad spinner to wash lettuce, kale or swiss chard. Place cleaned leaves into a plastic bag or container with a paper towel - to soak up excess moisture. Dry leaves stay fresh longer.
- ✦ Remove top leaves from veggies such as radishes, carrots, and beets. The leaves can be eaten and saved, but should be separated from the main vegetable to maintain maximum freshness.
- ✦ Most vegetables keep best when stored in the crisper drawer of your refrigerator, or in a sealed plastic bag or container.
- ✦ Herbs can be kept in the refrigerator in a plastic bag for a few weeks or you can hang them upside down in a closet or cupboard to dry.
- ✦ Consider freezing vegetables if you aren't able to eat them all in a timely manner. It is always nice to pull out a "fresh" bag of frozen vegetables during the winter months.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

We are offering **CHICKENS** for sale in early July. These will be whole, frozen, shrink-wrapped chickens. Our chickens are cage-free, and fed organic grains, and our organic veggies. They are all-natural, but not certified organic. Chickens will be \$3.25/lb. Our last batch sold out quickly. Please pre-order if you are interested.

We also raise **BEEF** and **EGGS** for sale. Check out our website or email us for more information.

Recipes of the week...

Napa Cabbage, Chicken and Noodle Stir Fry

- 1 package egg noodles
- 2 T Peanut Oil
- 1/4 c plus 3 T Soy Sauce
- 2 T Rice Vinegar
- 1 T Brown Sugar
- White Pepper
- 1/2 boneless Chicken Breast, cut across the grain in thin strips
- 1 medium yellow onion
- 1 Red Pepper seeded and thinly sliced
- 3 **Garlic scapes** minced
- 1 head **Napa Cabbage**, shredded (easiest to cut horizontally through entire head)

Boil noodles until slightly tender, but not fully cooked. Remove from pan and drain. Make the sauce: In a small bowl mix 1/3 cup warm water, Soy Sauce, Vinegar, Sugar and Pepper— stir to dissolve sugar. **(In a large pot or dutch oven)** add 1 T of oil and heat. Add chicken and fry until brown, 2-3 minutes. Use a slotted spoon to remove chicken, transfer to bowl. Return pan to high heat and add remaining oil. Add the onion, peppers, and fry until tender, about 5 minutes. Stir in the garlic, fry for 20-30 seconds, add cabbage and cook until it begins to wilt, about 3 minutes. Pour in the sauce and bring to boil. Stir in the noodles and chicken and mix well with the vegetables, cover and reduce heat to low, and cook, together until noodles are fully cooked.

Swiss Chard and Quinoa Pilaf Salad

- 1/2 Tbsp. olive oil
- 1/2 small onion, diced
- 1 tsp. minced garlic (can use **garlic scapes**)
- 1 cup uncooked quinoa, rinsed
- 1/2 cup cooked lentils
- 1 cup chopped fresh mushrooms
- 2 cups vegetable broth
- 3 cups chopped **Swiss chard** greens
- 6-ounce bag dried cranberries
- 1/2 cup poppy seed dressing

What is quinoa??

Quinoa is a great rice or grain alternative. It cooks faster than rice, and provides all 9 essential amino acids, making it a complete protein. Quinoa is actually a seed, native to South America. It tastes great and can be found boxed in many grocery stores, or available in bulk from food co-ops. The most common quinoa variety is tan in color, but red quinoa is also available.



Heat the oil in a large pot over medium heat. Stir in onion and garlic; sauté 5 minutes or until the onion is tender. Mix in quinoa, lentils, mushrooms and broth. Cover and simmer 20 minutes; remove from heat. Gently mix chard into the pot; cover and let sit 5 minutes or until chard is wilted. Stir in cranberries and dressing; chill at least one hour to allow flavors to blend.

Makes about 5 cups. Per 1/2 -cup serving: 170 calories, 5 g fat, 3 g protein, 28 g carbohydrate, 3 g fiber, 230 mg sodium



We are a proud member of Gundersen Lutheran's 500 club! Every week we will be including healthy recipe ideas that are controlled in fat and calories and are designed to make healthy eating easy and delicious.

The 500 Club's philosophy is that all foods are good when consumed in moderation. Translation: It's okay to indulge now and then - there are no good or bad foods - it's how you eat most of the time that's important. Making a variety of healthy food choices in moderation not only promotes health but assists in the management of a healthy weight and body fat.



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