
The Acorn Angle...

July 2010, box #8



What's fresh?

How do I prepare it?

CARROTS

CUCUMBERS

These are one of the oldest cultivated vegetables. They are a very good source of fiber that helps to reduce constipation and potassium that is important for heart health.

GREEN BEANS

KALE - Lacinato

This dark green kale is delicious, and holds up well when cooked or added to soup.

ONIONS

This is a very disappointing year for us as far as growing onion goes. This year we planted more onions than we ever have before, and our harvest will be the lowest ever - in size and quantity.

SUMMER SQUASH

➤ Add to a pasta dish or dice and put in a vegetable soup.

SWEET CORN

Enjoy a sampling of our sweet corn crop. Hopefully there will be more in your boxes later, with our second planting.

TOMATOES

You will find regular tomatoes in your box and at least 1 heirloom tomato. Our heirloom varieties for this week are either Cherokee Purple or Green Zebra. With heirloom tomatoes, ripeness must be determined by feel - considering they often have unusual color patterns.

- If your tomatoes aren't quite ripe enough, place them in a paper bag, roll down the top and set on your counter.
- Keep tomatoes out of the refrigerator - cold temperatures tend to give them a mealy texture.

ZUCCHINI

- Make zucchini bread or muffins.
- Try the delicious zucchini sticks recipe on back.

HERB - CILANTRO

- Make salsa or guacamole.
- Add to rice and beans.

Hello!

This week is National Farmer's Market week! Do you know when and where your local market is? Even though I am a farmer, and grow my own produce, I still love to visit other farmer's markets to check out what is fresh, to get new ideas, and to meet other farmers.

We sell our produce weekly on Friday nights (4pm to 8pm) at the Cameron Park Market in La Crosse, next to the People's Food Co-op. Stop by sometime and say "hi".

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

Did you know?

Food travels on average 1,300 miles from farm to table.

- Most fresh fruits and vegetables produced in the U.S. are shipped from California, Florida, and Washington.
- Fruits and vegetables shipped from distant states and countries can spend as many as seven to fourteen days in transit before they arrive in the supermarket.
- Most fruit and vegetable varieties sold in supermarkets are chosen for their ability to withstand industrial harvesting equipment and extended travel not taste. This results in little variety in the plants grown.

Taste the difference in fresh, local food and judge for yourself!

- Premium Taste. Locally grown fruits and vegetables are usually sold within 24 hours of being harvested. Produce picked and eaten at the height of ripeness has exceptional flavor and, when handled properly, is packed with nutrients.
- Maximum Freshness. By choosing local produce at farm stands, farmers markets, pick-your-own farms and grocery stores, you pay for taste, not transportation and packaging.
- Unique Varieties. Local farmers often grow a large assortment of unique varieties of products to provide the most flavorful choices throughout the season.

Fun facts about KALE..

Kale is the oldest member of the cabbage family and among the earliest cultivated. The largest buyer of kale in the United States is Pizza Hut, but not for eating—it is used only to decorate the salad bar. Nutritionally, kale is vastly superior to most vegetables. It is very rich in vitamins A, C, and the mineral calcium. B vitamins and other minerals are also in excellent supply. Kale is also the highest in protein count of all the cultivated vegetables.

Recipes of the week...

Oven-fried Zucchini Sticks from *Sneaky Veggies*

- 1/4 cup bread crumbs
- 1/2 cup grated Parmesan cheese
- 2-3 medium **zucchini**, cut into 3-inch spears
- 1 egg, lightly beaten

Preheat the oven to 400 F. Line a cookie sheet or a jelly roll pan with foil, shiny side down. Spray or drizzle oil on the foil.

Combine the bread crumbs, Parmesan, and salt in a medium bowl until well mixed. Dip the zucchini spears into the egg and then into the bread crumb mixture. Lay the spears on the prepared sheet pan. Place in the oven and bake for 5-7 minutes, then turn the spears over and return to the oven for another 5-7 minutes or until golden and crispy. Best served hot.

Black Bean Burgers

- 1/3 cup coarsely chopped **onion**
- 2 cloves garlic, peeled
- 1 teaspoon cumin
- 1 1/2 cups canned black beans (or black soybeans), rinsed and drained
- 1/2 cup dried bread crumbs
- 1/3 cup chopped **cilantro** leaves
- 3/4 cup walnuts, toasted and finely chopped
- 1 large egg, beaten
- salt and pepper

In a food processor fitted with a metal blade, place onion, garlic, and cumin; pulse until coarsely chopped. Add beans, and cilantro; pulse until just combined (don't puree). Transfer mixture to bowl. Add walnuts to food processor and finely chop. Add chopped walnuts and bread crumbs to bean mixture. Season with salt and pepper. Fold in egg and stir until combined. Form into patties. (If burgers seem very wet, add 1/4 cup bread crumbs.) Chill patties, covered, at least 1 hour, and up to 1 day. In a large skillet, heat oil over medium heat until hot; cook patties until light brown, 4-6 minutes on each side. (we usually brush patties with olive oil, and cook on an outdoor grill, or an indoor foreman grill, until heated throughout. I usually make a double batch and freeze extras for a quick, easy meal.)

Spaghetti with Kale and Garlic

- 6 ounces spaghetti
- 2 teaspoons extra virgin olive oil
- 1 cup **onions**, thinly sliced
- 1 bunch **kale**, cleaned and chopped
- 6 garlic cloves, chopped
- 1 1/2 cups **tomatoes**, diced and juice drained off
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 2 tablespoons grated parmesan cheese



1. Cook the spaghetti according to package directions. Drain, reserving 1/2 cup of the pasta cooking liquid. Return the spaghetti to the pot; keep warm.
2. In a large nonstick saucepan, heat the oil. Sauté the onions until light golden, 7-8 minutes. Add the kale and garlic; cook, stirring, until the kale is wilted, about 1 minute. Stir in 1/2 cup water; reduce the heat and simmer, covered, until the kale is tender, 8-10 minutes.
3. Add the tomatoes, the pasta cooking liquid, pepper and salt; heat through. Add the spaghetti and cook, stirring, 1 minute. Stir in the cheese.

Makes 4 Servings: Per serving: 230 calories, 4.5 g fat, 8 g protein, 41 g carbohydrates, 4.5 g fiber, 1140 mg sodium



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