

---

# The Acorn Angle...

August 2010, box #12



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

### CUCUMBERS

- Add sliced cucumbers to a pitcher or glass of water. Let sit for about 30 minutes and enjoy!

### KALE

Kale contains phytonutrients that act as antioxidants. Kale is a great source of beta-carotene necessary for a good vision. Vitamin C, an immune booster and antioxidant, is also abundant. In addition, kale is a good source of calcium.

### LETTUCE

### PEPPERS - Green

### PEPPERS - Jalapeno

### POTATOES - Russet

- Try a great baked potato topped with fresh veggies, salsa, or cheese.

### RADISHES

- Enjoy sliced radishes on a cool summer salad.

### SUMMER SQUASH

- Use a vegetable peeler to peel thin strips of summer squash and zucchini. Steam strips in boiling water for about 2 minutes. Top veggie "pasta" strips with tomato sauce or pesto.

### TOMATOES - Heirlooms

- Our "regular" tomatoes are not doing so good this year, but some of our heirloom tomatoes are hanging on. In your box you may find a combination of green zebra (yes they are supposed to be green), Nyagous, Brandywine, and Cherokee Purple. These tomatoes don't always look "perfect", but their flavor is always delicious!
- Due to the wet weather some of our tomatoes have a blight. This causes the leaves to die back and also contributes to some spots on the tomatoes. If your tomatoes develop spots, use them quickly, and just cut out the spots.

### WATERMELON

You can store melons out of the refrigerator for up to a week. Once sliced, keep wrapped, and store in the crisper of your refrigerator.

### ZUCCHINI

### HERB - PARSLEY

Hello!

I know it seems as if I am always writing about the weather, but in my profession, weather is everything! This year is unlike anything I have seen. Many vegetables and fruits have ripened and continue to ripen earlier than normal. On one hand this is nice, produce is ready ahead of schedule. On the other hand, some varieties are maturing too fast, and not producing the quantity and quality that we typically expect.

Several varieties of crops did not fare well with the excessive precipitation this summer. As you know, our raspberries have been affected by mold, and several other varieties of vegetable including tomatoes have been hit hard with blight and disease.

On a positive note, it is a great year for watermelon, potatoes, cucumbers, peppers, and basil!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

We are looking for **EXTRA HELP** at the farm. If you are interested in coming out to the farm during the next two months (September and October) to help out, please let us know. We can arrange payment in extra produce, or if you are interested in working a considerable amount of hours, we can discuss adding you as a paid employee. (Available times: Monday through Friday 8am to 5pm). Contact Kyle for more information.

### Watermelon Agua Fresca, from CSA Member Jill Peterson

½ to ¾ cup sugar

1 very ripe **watermelon**, about 12 lbs.

½ cup fresh mint leaves (optional)

2-3 cups cold water or sparkling water

Fresh mint leaves for garnish (optional)

2 quarts ice cubes

Cut the watermelon into thick slices. Cut off the rind, chop the melon into large chunks, and place in a large bowl. Don't worry about removing all the seeds. Working in batches, puree the watermelon in a blender or food processor. As each batch is ready, pour it through a medium-mesh strainer into another large bowl. Add ½ cup sugar and optional mint leaves to the puree and stir until the sugar has dissolved. Taste, and add additional sugar if necessary.

Pour the watermelon mixture into a large, clear glass jar or a few pitchers. Refrigerate until chilled, about 2-3 hours. Before serving, add the water and stir to combine. Add ice to the pitchers and serve.

# Recipes of the week...

## Fettuccine with vegetables in a light tomato sauce, *from Serving Up the Harvest*

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons butter
- 2-4 garlic cloves, minced
- 4 cups blanched, julienned vegetables, such as artichokes, asparagus, **bell peppers**, broccoli, broccoli rabe, carrots, cauliflower, **kale**, chard, corn, Belgian endives, fennel, leeks, peas, beans, spinach, **summer squash**, alone or in any combination
- 1/4 cup chopped or torn fresh herbs (basil, mint, oregano, **parsley**, alone or in any combination)
- 2 ripe **tomatoes**, seeded and diced, or 1 1/2 cups halved or quartered cherry tomatoes, or 1 1/2 cups canned diced tomatoes
- 1 cup chicken or vegetable broth
- Salt and pepper
- 1 pound fettuccine
- 1 cup Parmigiano-Reggiano cheese, plus more for serving

Begin heating a large pot of salted water for the pasta. Heat the oil and butter in a large skillet over medium-high heat. Add the garlic and sauté until fragrant, about 30 seconds. Add the vegetables and sauté until heated through, 3-5 minutes. Stir in the herbs, tomatoes, and broth and season to taste with salt and pepper. Keep warm.

Cook pasta until al dente. Drain briefly. Transfer the pasta to a serving bowl. Add the vegetable mixture and toss to coat. Add the cheese and toss again. Season generously with salt and pepper. Serve hot, passing additional cheese at the table.

## Tabouli Salad with Feta

- |                                   |  |                                |
|-----------------------------------|--|--------------------------------|
| 2 cups cracked wheat (bulgur)     | 1/2 cup fresh chopped mint             | Dressing                       |
| 2 cups very hot water             | 2 cups fresh chopped <b>parsley</b>    | 1/2 cup fresh lemon juice      |
| 1 <b>cucumber</b> , chopped       | 1 clove garlic, minced (optional)      | 3/4 cup extra virgin olive oil |
| 2 small <b>tomatoes</b> , chopped | 1 small package of chopped feta cheese | 1 tablespoon pepper            |
| 1 bunch green onions, sliced      |  |                                |

Soak the cracked wheat in the hot water until the water is absorbed, about 30 minutes. Drain any excess water, if necessary, and squeeze dry. Combine the salad ingredients, including wheat, in a medium bowl. Mix the dressing ingredients together and stir into the salad mixture. Serve chilled or at room temperature.

## Spaghetti with Kale and Garlic

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

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. In a large nonstick saucepan, heat the oil. Saute 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. Add the tomatoes, the pasta cooking liquid, pepper and salt; heat through. Add the spaghetti and cook, stirring, 1 minute. Stir in the cheese.

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



N6370 Niedfeldt Rd. • Bangor, WI 54614  
608.486.4205 • oldoakfamilyfarm@yahoo.com  
[www.oldoakfamilyfarm.com](http://www.oldoakfamilyfarm.com)

*The Niedfeldt family:*  
Jerry & Connie Niedfeldt  
Kyle, Eric, & Owen Zenz  
Jacey, Ric, Breck & Joelle Heller