
The Acorn Angle...

June 2011, box #2



What's fresh?

How do I prepare it?

ASPARAGUS

- ☞ Steam, cool then add to a pasta salad with other veggies and Italian dressing.

GARLIC, GREEN

Use in place of regular garlic, just add twice the amount of green garlic as the recipe calls for.

KALE

Nutritionally, kale is vastly superior to most vegetables. Kale is also the highest in protein content of all the cultivated vegetables.

- ☞ Substitute for spinach in recipes.
- ☞ Store kale in a sealed plastic bag in the refrigerator, it will last a week or longer.
- ☞ Add a few leaves to a smoothie for added nutrients and a bit of color.

LEEKS

These leeks have been overwintered, so please make sure to slice vertically, and wash through layers and remove any older leaves.

LETTUCE

Enjoy our mixed variety of head lettuce - especially the beautiful red spots of the variety, Trout Back.

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.

ONION - GREEN

- ☞ Chop and add at the end of a stir fry.

RADISH

- ☞ Spread a toasted bagel with an avocado and top with chopped radishes.

RHUBARB

- ☞ Chop and freeze on a cookie sheet. After frozen, place into a bag, freeze and save for later use.

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.

Hello!

Life is always busy on our farm, but we have a great crew of folks helping us every step of the way. Farming has been a way of life for our family for over 100 years.

My dad, Jerry and mom, Connie live and work on the farm. I am a 4th generation farmer. I live in Black River Falls with my husband, Eric and son, Owen and daughter, Iris. My sister, Jacey and her husband, Ric and two kids, Breck and Joelle live in Waukesha and visit the farm often to help with many aspects of planting and harvesting. We have several part-time employees who help with day to day farm work and at the Cameron Park Farmer's Market.

We also have partners, Bill and Jane who grow a few specialty crops for us. They are certified organic under our certificate, and have been growing great produce for us for the last few years. Bill and Jane live about five miles from us in a valley with terrific soil. You will get a chance to sample some of their great produce, including favorites like blueberries and apples (that is, if mother nature cooperates).

Our farm wouldn't be what it is without the labor and love of many people - including YOU! Thank you for supporting our family farm with your CSA membership.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

***Kyle's favorite blog recipe for the week: Napa Cabbage Chinese Salad - oldoakfamilyfarm.wordpress.com**

Looking for an all-natural **MEAT** source? We raise chickens and beef cattle on our farm. At the end of June we will be processing both. If you are interested in purchasing either, let us know. Our chickens are sold whole. Beef is sold by the individual cut, or as a whole, half or quarter cow.

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. Medium bouquets are \$6 and large bouquets are \$10. Flowers are from our garden and fields (sunflowers, celosia, zinnias, snapdragons, gladiolas, daises, bergamot, etc.)

Don't forget to **WASH** all produce. We typically rinse most veggies, but they may contain a bit of soil, or on occasion a hidden field pest.

Recipes of the week...

Asparagus-Parmesan Risotto Recipe shared by Lisa

4 TBS butter, divided
1/3 cup finely chopped onion
2 cups uncooked arborio rice
2/3 cup dry white wine
5 1/2 cups vegetable broth
2 1/2 cups fresh **asparagus** pieces
2/3 cup frozen peas
1 cup grated Parmesan cheese
Salt and black pepper

Variations:

*Add 1 cup chopped **kale** or spinach instead of peas.*

Add 2 cups chopped or shredded chicken.

Melt 3 TBS butter in large saucepan over medium heat. Add onion; cook and stir 2 to 3 minutes or until tender. Stir in rice; cook 2 minutes or until rice is coated with butter, stirring frequently. Add wine; cook, stirring occasionally, until most of wine is absorbed.

Bring broth to a simmer in medium saucepan over medium-high heat; reduce heat to low.

Add 1 1/2 cups hot broth to rice mixture; cook and stir 6 to 7 minutes or until most of liquid is absorbed. (mixture should simmer but not boil.) Add 2 cups broth and asparagus; cook and stir 6 to 7 minutes or until most of liquid is absorbed. Add remaining 2 cups broth and peas; cook and stir 5 to 6 minutes or until most of liquid is absorbed and rice mixture is creamy.

Remove from heat; stir in remaining 1 TBS butter and Parmesan cheese until melted. Season to taste with salt and pepper. Garnish with parmesan.

500 Club Veggie Pockets

1/2 cup **lettuce** or spinach leaves
1 whole wheat pita pocket
1/4 cup shredded carrots
4 oz. cooked chicken breast, diced
1/4 cup sliced cucumbers
1 Tbsp. low-fat ranch dressing
1/4 cup sliced **radishes**



In a medium bowl, combine vegetables with chicken and lightly coat with ranch dressing. Cut the pita pocket in half and gently spoon half of the mixture into each pouch. For a complete meal that includes all five food groups, serve veggie pockets with low-fat yogurt mixed with berries or milk and a piece of fruit.

Makes 2 servings. Per serving: 160 calories, 5 g fat, 13 g protein, 16 g carbohydrate, 3 g fiber, 450 mg sodium



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