
The Acorn Angle...

July 2011, box #5



What's fresh?

How do I prepare it?

BLACK RASPBERRIES - Wild

These berries are definitely a special treat. It takes A LOT of berries to fill a container, and a lot of time to pick them in our woods.

BROCCOLI

One cup of raw broccoli has only 30 calories and it has as much calcium as milk (ounce for ounce).

CARROTS

🌀 Remove the tops before refrigerating.

CAULIFLOWER

I am very excited to be offering cauliflower in our CSA boxes. We haven't had a lot of luck growing it until this year. Perhaps it is the variety?! You may notice a yellowish tint to the cauliflower. This does not affect the flavor and in no way indicates the cauliflower has "gone bad". The color is simply due to sunlight exposure.

GARLIC

These garlic bulbs are freshly dug. Since they have not been dried, you will find that the husk surrounding each clove feels fleshy instead of papery. Simply remove it like you normally would to get to the cloves.

KALE

Try the green surprise dip found on our blog.

LETTUCE

SUMMER SQUASH & ZUCCHINI

I am always excited about the start of the zucchini season...towards the end of the season (when there is more than I can deal with)...the excitement drastically fades!

🌀 Enjoy raw or cooked.

HERB - BASIL

Basil has a relatively short life once it is harvested. Use within a couple of days and store in a plastic bag in the refrigerator.

🌀 Chop, mix with garlic and olive oil and put on a cheese pizza.

🌀 Add to a sandwich, or salad.

🌀 Make pesto - recipe on back.

HERB - PARSLEY - Curly or Flat Leaf (Italian)

🌀 Use fresh or dry for future uses.

Hello!

Some say it's the wait that makes the crop.

My son, Owen, loves berries. His enthusiasm for the sweet fruit builds throughout the early summer. He searches for the first flowers on the plants that will become the berries. He enjoys the thrill of the hunt for the tiny, green, immature fruit. Finally, the pleasure of discovering mature bright, juicy berries is worth the wait!

Owen loves picking berries and doesn't even devour them right away. He likes to save and share them, realizing how special the berries are.

It's hard to teach a child to wait for the good things in life. Luckily, I don't have to. Mother nature does a great job for me. Berry picking requires patience, and it's the wait that gives the value to the prize.

"Let the seasons guide your diet. The earth grows what you need, when you need it". *Thoughts on Whole Living, by Terri Trespicio*

Happy Eating

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Green Surprise Dip (look under keyword: Kale)** - oldoakfamilyfarm.wordpress.com

Are you receiving our **EMAILS**? Please add our email address: oldoakfamilyfarm@yahoo.com to your address list. If you haven't been receiving emails, check your junk mail folder. Our primary means of communication is through email. Every Sunday we send out "our best guess" list for CSA produce for the upcoming week.

Please make sure to **WASH** your produce, (especially the basil, lettuce, and parsley) as it might be a bit sandy due to the rain early this week.

Wondering how to prepare certain vegetables? Check out our **BLOG**. On the right side of the page, you can choose a specific vegetable by using the drop down box. Once you select an item, a new page will open with several recipes we have featured in the past. www.oldoakfamilyfarm.wordpress.com

Our **BEEF** has now been processed. Check our website for prices, and let us know if you are interested. If you are looking for a lot of meat, consider buying or sharing a quarter of a steer. Our prices for quarters are \$430. This is equivalent to \$2.50/hanging weight plus processing fees.

We also have fresh **WHOLE CHICKENS** in our freezer. These chickens are \$3.50/lb and range in size from 5 lbs. to 8 lbs.

Recipes of the week...

Basil Pesto

1 cup packed fresh **basil** leaves and tender stems

1-3 cloves **garlic**

1/3 cup pine nuts, walnuts or hazelnuts (toasted)

3-6 TBS Parmesan cheese (grated)

1/2 tsp salt or to taste

Finely chop above ingredients together in food processor

1/3 to 1/2 cup olive oil - Add gradually while food processor runs to make a thick paste. Serve at room temperature with any kind of hot pasta, or spread on sandwich.

Chicken and Vegetable Casserole

2 TBS plus 1 TBS olive oil

1 tsp salt

1/2 tsp ground black pepper

1 TBS minced fresh **parsley**

1 TBS minced fresh **basil**

1 tsp minced **garlic**

3 **zucchini**s, chopped

1 green bell pepper, chopped

1 red onion, chopped

3/4 cup celery, chopped

1 lb. skinless chicken breast (4 breasts)

1 cup vegetable stock

Preheat oven to 375 degrees. In a large bowl, stir together 2 TBS olive oil, 1/2 tsp salt, 1/4 tsp pepper, parsley, basil and garlic. Add vegetables, mix well and arrange in a casserole dish. Mix 1/2 tsp salt, 1/4 tsp pepper and 1 tsp oil; brush the mixture over the chicken breasts, place chicken on vegetables. Bake about 20 minutes then add 1 cup of vegetable stock. Bake 25 more minutes more or until chicken is cooked and internal temperature reaches 165 degrees.

Serves about 4 (1 cup/serving). Per 1 serving: 240 calories, 11 g fat, 26 g protein, 7 g carbohydrate, 2 g fiber, 890 mg sodium



Broccoli Cauliflower Slaw

1 1/2 cups **broccoli** florets

1 1/2 cups **cauliflower** florets

1 red onion, minced

2 **carrots**, shredded

1 cup chopped cabbage

1/4 cup chopped fresh **parsley**

2 tsp. salt substitute

4 tsp red wine vinegar.

In a large bowl, combine all ingredients. Refrigerate 1 hour to allow flavors to blend.

Serves 4. Per serving: 50 calories, 0 g fat, 3 g protein, 11 g carbohydrate, 4 g fiber, 45 mg sodium



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