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# The Acorn Angle...

July 2011, box #6



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

### BLUEBERRIES

Our partners, Bill & Jane grow these great treats. I'm sure they won't last long once you get them home...that is - IF you get home :)

- ☞ Add blueberries to oatmeal, cereal, or granola with yogurt.
- ☞ Add to a smoothie.

### CARROTS

- ☞ The tops of carrots are edible, and can be used in soups, salads, or dried and later used as a seasoning.
- ☞ Scrub carrots with a vegetable brush under running water. Peeling is unnecessary. Carotene and trace minerals are close to the carrot's skin surface.

### CHARD

You can eat both the leaves and stem of chard.

- ☞ Sauté the leaves in garlic butter or with onion.

### 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.

### LETTUCE

### ONIONS - Walla Walla

You can eat an inch or two of the green tops of these onions, since they are freshly dug.

### SUMMER SQUASH

### ZUCCHINI

- ☞ Use larger sizes to make zucchini bread or muffins.
- ☞ Beat the heat and grill zucchini slices with olive oil and seasoned salt. Put them on a skewer or in a grill basket.

### 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.

- ☞ Try adding to a grilled sandwich - check out our recipe on back.

Hello!

Last week I handed my husband a kohlrabi and asked him to cut it up for dinner. He looked at me like I handed him a moon rock. I was shocked he didn't know how to clean a kohlrabi for our salad. He's been eating kohlrabi for at least ten years! In his defense, kohlrabi wasn't a vegetable he grew up eating. So, in the past, when it came time to prepare the salad he just left the kohlrabi in the fridge.

I realize many of you are seeing new vegetables for the first time in your CSA box. That's great! I hope you're finding some new favorites! However, I realize it can be a little like finding a moon rock. What part do I eat? How do I clean it? My husband had the same questions with the kohlrabi.

Not surprising, there's lots of information on the Internet. My husband found a three minute video on YouTube showing him how to clean, and cut a kohlrabi. If you don't like the Internet, feel free to call or e-mail me with questions about new vegetables - plenty of folks do. From now on, please eat your "moon rocks" - they taste great!

Happy Eating

~Kyle, CSA Manager, 608.386.8066

\*Kyle's favorite blog recipe for the week: **Zucchini Bread (look under keyword: Zucchini)** - [oldoakfamilyfarm.wordpress.com](http://oldoakfamilyfarm.wordpress.com)

Are you receiving our **EMAILS?** Please add our email address: [oldoakfamilyfarm@yahoo.com](mailto: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.

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...

### Grilled Bread with Zucchini, Basil and Ricotta

- 4 1/2-inch-thick slices country bread
- 2 tablespoons olive oil
- 4 small **zucchini** (about 2 pounds), thinly sliced lengthwise
- 1 cup fresh **basil**, leaves torn
- 1-2 cloves **garlic**, minced
- 1/4 teaspoon crushed red pepper
- kosher salt
- 1 cup fresh ricotta

Heat grill to medium-high. Brush the bread with 1 tablespoon of the oil and grill until golden and crisp, about 1 minute per side. Transfer to plates.

Grill the zucchini until tender and slightly charred, 3 to 4 minutes per side.

Toss the zucchini in a large bowl with the basil, garlic, red pepper, 1/2 teaspoon salt, and remaining tablespoon of oil.

Top the bread with the zucchini and ricotta.

### Simply Delightful Salmon Supper

- 1 medium **zucchini**, chopped
- 1 small **yellow squash**, chopped
- 1 small red bell pepper, chopped
- 4 skinless salmon fillets (1 lb.)
- 1 can (14.5 oz.) diced tomatoes, drained
- 1/2 cup low-fat sun-dried tomato dressing
- 3 cups brown rice, cooked as directed



Preheat oven to 375°F. Spray a 9x13-inch baking dish with cooking spray. Add zucchini, squash and pepper; mix. Place salmon fillets on top of vegetables. In a separate small bowl, mix tomatoes and dressing; spoon over salmon. Bake 20 to 25 minutes or until salmon flakes easily with fork. Serve over hot rice. Enjoy!

Serves 4. Per serving: 380 calories, 10 g. fat, 28 g. protein, 44 g. carbohydrate, 4 g. fiber, 440 mg. sodium

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