
The Acorn Angle...

July 2011, box #7



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 :)

- ☞ Freeze in a single layer on a cookie sheet, then transfer to a plastic bag.

CABBAGE

Store in a plastic bag in the crisper section of your fridge.

- ☞ I just keep the whole head in a plastic bag, and just cut off chunks when I need it. It lasts almost a month or more!
- ☞ Add thin slices to salads, soups, stir fry, or on top of tacos/burritos.

CARROTS

- ☞ Slice in rounds, blanch and freeze for later use.

CELERY

This celery has a stronger flavor than the lighter colored celery you find in the grocery store. You can eat it raw, but also consider adding it to soup for amazing flavor.

- ☞ Chop the tops for soup, or add to spaghetti sauce.
- ☞ Slice, blanch and freeze for winter soups.

CUCUMBERS

You don't need to peel cucumbers unless the recipe calls for it (or if they are waxed from a grocery store).

ONIONS - Yellow

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

PEPPERS

- ☞ Add to soups, omelets, quiches, casseroles, and a stir fry.

SUMMER SQUASH

- ☞ Add to a pasta dish or soup.

ZUCCHINI

- ☞ Add thin slices to a homemade pizza.
- ☞ Try making cookies - recipe on back.

HERB - TARRAGON

- ☞ Add to sautéed zucchini and summer squash.

Hello!

We all survived last week's extreme heat (most plants included)! The timely rains at the end of the week were much appreciated. Some of our plants, lettuce especially, can't handle these hot days, so it will be absent from the boxes for several weeks.

This is a very busy time of year for us. Lots of new plant varieties are starting to mature, including LOTS of weeds. Weeds are a never-ending struggle for us as organic gardeners. However, weeding can be a very therapeutic and satisfactory experience. If any of you are looking for an experience like this, don't hesitate to let us know! :)

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Oven-fried zucchini sticks (look under keyword: Zucchini)** - oldoakfamilyfarm.wordpress.com

Tips to add more veggies into your diet: *(adapted from webMD)*

Add veggies you almost like to dishes you already love.

Layer zucchini slices, chopped spinach, or cooked carrots into lasagna. Stir broccoli florets into macaroni and cheese. Toss veggies into an omelet or quesadilla.

Sneak them into spaghetti and pizza.

Most people like spaghetti and pizza, which makes them a good place to sneak in some vegetables. Chop any vegetables your family likes (zucchini, onions, eggplant, broccoli, celery, carrots) and add them to the sauce or on top of the pizza.

Drink your vegetables.

Try making a smoothie or make juice from some veggies with a juicer. Add kale, cucumbers, some fruit and yogurt for a great tasting smoothie.

Grill, baby, grill!

You'll be amazed at how great grilled veggies taste. Before grilling, just brush veggies lightly with olive oil, light Italian dressing, or marinade.

Don't reward your kids (or yourself) for eating vegetables.

Studies suggest that when we are rewarded for eating something, then the reward becomes the treat and we will not see the food itself as enjoyable. When this is standard table practice for vegetables, we're taught indirectly that the vegetables are the punishment we have to get through to reach our reward.

It's all about the cheese.

When all else fails, you can always sprinkle a little grated, reduced-fat cheese over the top. If cheese sauce is more your style, drizzle it over vegetables like broccoli or cauliflower and suddenly, it's a whole different ball game.

Recipes of the week...

Zucchini Chocolate Chip Cookies

1 egg, beaten
1/2 cup butter, softened
1/2 cup brown sugar
1/3 cup honey
1 tsp vanilla extract
Combine in a large bowl

1 1/4 cup white flour
1 cup whole wheat flour
1/2 tsp baking soda
1/4 tsp salt
1/4 tsp cinnamon
1/4 tsp nutmeg
Combine in a separate, small bowl and blend into liquid mixture

1 cup finely shredded **zucchini**
12 oz chocolate chips
Stir these into other ingredients, mix well. Drop by spoonful onto greased baking sheet, and flatten with the back of a spoon. Bake at 350, 10 to 15 minutes.

Barley & Almond Salad

2 cups low-sodium vegetable broth
1 cup quick-cooking pearl barley
1 (15 oz.) can kidney beans, drained & rinsed
1 large red bell pepper, diced (OR **green pepper**)
3/4 cup diced **zucchini**
1/3 cup slivered almonds
1/3 cup diced scallions (OR fresh **onions**)
2 Tbsp. olive oil
1 Tbsp. balsamic vinegar
Salt and ground black pepper to taste*

In a medium saucepan, bring vegetable broth to a boil. Add barley, cover and reduce heat; simmer 10 to 12 minutes or until tender. Meanwhile in a large bowl, combine kidney beans, pepper, zucchini, almonds and scallions. Rinse cooked barley with cold water. Combine cooled drained barley with bean mixture. Add oil and vinegar; season with salt and pepper. Chill until serving.

*Salt and pepper not included in analysis

Serves 8 (3/4 cup) Per serving: 160 calories, 6 g fat, 6 g protein, 21 g carbohydrate, 7 g fiber, 40 mg sodium

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