
The Acorn Angle...

August 2011, box #9



What's fresh? How do I prepare it?

BEETS

- ☞ Beets will keep in a plastic bag in the refrigerator for months.
- ☞ Try making the beet cake recipe found on our blog.

CARROTS

CORN - Sweet

- ☞ Grill it! Soak corn in water with husks on for about 30 minutes. Grill on medium heat for about 10 -20 minutes - be sure to keep checking it and flipping it over.

CUCUMBERS

GARLIC - bag of cloves

Sometimes the husks on garlic bulbs tend to separate, exposing the cloves. These cloves are still perfect, but the whole bulb doesn't keep as long, so we cleaned them all and bagged them for you.

- ☞ Try grilling garlic! Recipe on back.

LEEKs

Remove green tops to within 2 inches of the white section. Cut leek in half lengthwise and wash under water to remove soil trapped between the layers.

- ☞ Try replacing leeks for onions in your favorite recipes.

LETTUCE

PEPPERS - Green & Hot

SUMMER SQUASH / ZUCCHINI

One cup sliced zucchini has only 26 calories and is a good source of folate, potassium and vitamin C.

TOMATOES - Red & Heirloom

The wait is finally over! Tomatoes are here. The heirloom varieties for this week include Cherokee Purple (reddish-greenish-purple color) and Garden Peach (yellowish-peach color). Ripeness for heirloom tomatoes must be determined by feel, instead of color.

HERB - SAGE

- ☞ Try the sage-roasted summer squash recipe found on our blog.

Hello!

Our season is nearing the halfway point, and things are looking good. Our tomatoes are finally ripening, and our sweet corn is extra sweet. This has been a very hot summer, however timely rains have helped keep our plants healthy and happy.

We still have plenty of new veggie and fruit varieties that will make their way into your boxes before our season is finished. We hope you are still looking forward to: potatoes, watermelon, eggplant, tomatillos, raspberries, winter squash, apples, and more!

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Sage Roasted Summer Squash (look under keyword: Sage)** - oldoakfamilyfarm.wordpress.com

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. Large bouquets are \$10 and include flowers from our garden and field. We also do special request flower arrangements for weddings, parties, etc.

NEWSLETTERS can be found on line. If you want to check out past newsletters or share with a friend, you can find them at: www.oldoakfamilyfarm.com/whatsfresh/CSAnewsletter.html

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

EXTRA PRODUCE and MEAT can be ordered from our farm. Email us to be included on our weekly direct order list.

Watch a **VIDEO** about our farm, made last summer by Climate Wisconsin. Their project featured a collection of stories about how climate change affects different people's lives and the environment across our state. <http://climatewisconsin.org/story/farming>

Recipes of the week...

Refrigerator Pickles, adapted from Carol Heller's recipe

Makes enough for 5 pint jars

8 medium **cucumbers**, sliced 1/4" thick (a mandolin or the slicer section on a cheese grater box work well)
2 cups sliced onions, I like the slices to be pretty big

Pack jars 1/3 full with cucumbers, then layer about 1/4 cup onions, repeat until jars are full. (layers: cukes, onions, cukes, onions, cukes)

| | |
|-----------------------|----------------|
| 1 tsp celery seed | 1/4 cup salt |
| 1 tsp mustard seed | 2 cups sugar |
| 1 tsp turmeric powder | 3 cups vinegar |

Mix these all together until dissolved.

Pour liquid mixture into jars, covering the cucumbers. Keep in the refrigerator. Spices will settle to the bottom, so it is helpful to shake up the jars. Flavors won't fully develop until about 48 hours after pickling. Pickles will keep for several months in the refrigerator.

Grill-Roasted Garlic

1 cup **garlic cloves** (peeled)
1 TBS butter
1 tsp olive oil (enough to lightly drizzle over cloves)
2 tsp to 1 TBS soy sauce
Sprinkle to taste with salt, pepper, or other seasonings you enjoy

Mix all ingredients together and let sit for 5 minutes.

Seal all ingredients in tinfoil packet, and place on grill. Grill on indirect heat for 15 to 25 minutes. Then open up foil, so that liquid can evaporate and grill for 5-15 more minutes.

Cloves can be eaten as is, added to pasta, or spread on a baguette or crackers.

Tex-Mex Chicken Skillet Meal

1 Tbsp. olive oil
1 **hot pepper**, minced (optional)
2 cups diced cooked chicken
1-oz pkg. taco seasoning mix
1/4 cup water
4 small **summer squash (such as zucchini)**, halved and sliced
1 **green pepper**, julienned

In a large skillet, heat oil over medium-high heat. Add hot pepper, chicken, taco seasoning and water; sauté until chicken is heated through. Add squash and green pepper; sauté until crisp-tender, about 3 to 5 minutes.

Serves 4. Per serving: 260 calories, 8 g fat, 39 g protein, 10 g carbohydrate, 1 g fiber, 750 mg sodium

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