

The Acorn Angle...

September 2011, box #13



What's fresh? How do I prepare it?

BEANS - Green

- ☞ Blanch beans in salted boiling water for 3 minutes, or until they are crisp-tender. Drain them and plunge into ice-cold water. Freeze in zip-lock bags.

CARROTS

- ☞ Slice into rounds, boil until tender and top with melted butter (lots of melted butter)...just like my grandmother made.

CUCUMBERS

Try creamy cucumber salad: toss cucumber rounds with plain yogurt, a little mayonnaise, fresh or dried dill, and a little salt and pepper.

EGGPLANT

LETTUCE

ONIONS - Red

RASPBERRIES

These delicious berries are very perishable and should be eaten as soon as possible. Keep them unwashed and refrigerated.

TOMATOES - Red & Heirloom

Heirloom tomatoes come in a variety of colors and are prized for their flavor. You can determine ripeness by feel.

- ☞ Broil sliced tomatoes topped with slices of cheese. Remove from heat when cheese is melted and tomatoes have softened and begin to bubble.

WATERMELON - Sugar Baby

Yes, melons again! It has been a good growing year for watermelons, and we are happy to share with you.

- ☞ You can store melons out of the refrigerator for up to a week. Once sliced, keep wrapped, and store in your refrigerator.

- ☞ Make a smoothie. Blend 3 cups of watermelon (seeds removed) with 1/2 cup almond or coconut milk.

HERB - BASIL

This basil has great flavor - and the garden nibblers agree!

- ☞ Eat fresh within a couple of days or hang upside down in a dark, dry closet to dry.

Hello!

Enjoy the rainbow of colors in your box this week. Red raspberries are always a favorite, and we should have them in each box until we have a hard frost. Purple eggplant is also an especially beautiful addition. Some people find themselves to be intimidated by preparing eggplant. It can be very easy, and it lends a mild flavor to many great dishes. Give it another try!

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Eggplant Tomato and Chickpea Stew (look under keyword: Eggplant)** - oldoakfamilyfarm.wordpress.com

Eggplant - Did you know? *From Asparagus to Zucchini*

Eggplant is a curious but beautiful vegetable. It is related to several other garden vegetables, like the potato, tomato, and pepper. It is low in calories and high in fiber, and offers very small amounts of vitamins and minerals. It is traditionally eaten with other, more nutritious foods.

Eggplant is believed to have originated in India or Burma. Introduced through trade routes, it became popular in many Arab countries and Northern Africa around 900 A.D.

Always cook eggplant to eliminate a slightly toxic substance called solanine. Eggplant is very versatile. Try baking, stuffing, sautéing, steaming or even grilling. Eggplant can be chewy if not properly cooked, when in doubt, cook a bit longer.

Store unrefrigerated for a few days or put in a plastic bag in your refrigerator crisper drawer for 1 week or more.

Roasted Eggplant Dip

2 medium or 1 large **eggplant**, halved lengthwise
1/2 red **onion**, finely chopped
1/2 cup chopped fresh **basil**
2 tablespoons olive oil
1 teaspoon red wine vinegar
kosher salt and black pepper
vegetable chips, for serving

Heat oven to 400° F. Place the eggplants cut-side down on a rimmed baking sheet and roast until very soft, 30 to 40 minutes; let cool. Scoop out the flesh from the eggplants and roughly chop.

In a medium bowl, stir together the eggplant, onion, basil, oil, vinegar, 3/4 teaspoon salt, and 1/4 teaspoon pepper. Serve with the vegetable chips.

Recipes of the week...

Roasted Carrots with Garlic

1 lb. medium **carrots**, halved lengthwise
6 small garlic cloves, skin on
1 TBS extra-virgin olive oil
Coarse salt and freshly ground black pepper
1 lemon, cut into wedges

Heat oven to 425. Arrange carrots and garlic on a rimmed baking sheet. Drizzle with oil and season with salt and pepper. Roast, rotating pan once, until caramelized and tender, 30 to 35 minutes. Squeeze with lemon before serving. Use a knife to spread roasted garlic on carrots.

Easy Eggplant Pasta Sauce

2 cups peeled and cubed **eggplant**
1 cup sliced fresh mushrooms
2 (14 oz.) cans diced Italian seasoned tomatoes
 $\frac{1}{2}$ cup diced **onions**
 $\frac{1}{2}$ cup grated fresh parmesan cheese
Salt and pepper, to taste*



In a large skillet over medium heat, combine eggplant, mushrooms, tomatoes, onions and Italian seasoning. Cover and cook 20 minutes, stirring occasionally. Eggplant should be tender, but not mushy. Stir in parmesan cheese just before serving. Serve over whole grain pasta or use to top toasted baguettes for an appetizer.

Serves 4. Per serving: 150 calories, 4 g fat, 9 g protein, 20 g carbohydrate, 3 g fiber, 1020 mg sodium

*additional salt and pepper not included in analysis

*500 Club® foods are not only delicious but also controlled in calories and fat.
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Chunky Bean and Tomato Salad

$\frac{3}{4}$ lb. yellow beans, trimmed
 $\frac{3}{4}$ lb. **green beans**, trimmed
2 cups chopped Roma **tomatoes**
1 Tbsp. red wine vinegar
1 Tbsp. olive oil
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. ground black pepper
 $\frac{1}{2}$ cup thinly sliced fresh **basil**
 $\frac{1}{2}$ cup crumbled feta cheese



In a large saucepan, cook beans in boiling water 5 minutes or until crisp-tender. Drain and rinse with cold water. In a bowl, stir together tomatoes, vinegar, oil, salt and pepper. Divide the beans evenly among 8 plates, top with $\frac{1}{4}$ cup tomato mixture, then 1 Tbsp. basil and about 2 tsp. feta cheese. Serve chilled.

Serves 8. Per serving: 70 calories, 3 g fat, 3 g protein, 8 g carbohydrate, 3 g fiber, 220 mg sodium

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