

The Acorn Angle...

September 2011, box #14



What's fresh? How do I prepare it?

BEETS

- ☞ Check out our blog for the recipe: Don't knock it till you try it, beet cake. It is comparable to zucchini bread - but even more delicious when topped with a cream cheese frosting!
- ☞ Store in a plastic bag in the crisper section of your refrigerator for 1 month or more.

BOK CHOY

CUCUMBERS

GARLIC

KALE

- ☞ Wilt kale in a saucepan with a lid in about 1 inch of water. Remove from heat when kale changes color to a bright green (about 2 minutes). Allow to cool and put kale with a bit of water into a food processor. Puree kale and put into ice cube trays. Freeze and use later as a veggie boost to spaghetti sauce, quiches, soups, etc.

LETTUCE

PEPPERS

- ☞ Try freezing. Wash and dry peppers. Cut into bite size pieces and place in an airtight container or zip lock bag. They will soften when thawed, so only take out what you need.

POTATOES - Kennebec

RASPBERRIES

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

TOMATOES - Red & Heirloom

Our tomato season is beginning to dwindle. Enjoy the taste of summer!

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

HERB - PARSLEY

- ☞ Chop into a salad, add to soup, or tomato sauce.

Hello!

This week will bring an extreme range in temperatures. Monday brought a high of 88, and Wednesday is expected to bring a low of 34! I am NOT ready for frost yet. Mother Nature needs to wait until October at least!

We are busy on the farm, harvesting and planting. Some things we are still planting for this year (lettuce), and some things we are already planting for next year (garlic, spinach-overwintered, flowers, rye).

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Don't knock it till you try it, beet cake.** (look under keyword: **Beets**) - oldoakfamilyfarm.wordpress.com

Bok Choy - Did you know?

From Asparagus to Zucchini

Bok choy, which may be written as bok choi, bak choy, or pac choi, is a traditional stir-fry vegetable from China. Bok choy is a great nutritional gift and often touted as the garden vegetable highest in calcium. Whether this is the truth or not, you can be confident that bok choy is an excellent source of vitamins A, B-complex, C, and some minerals. All this for only 24 calories per one-cup serving.

Bok choy's growing season is limited to the cooler weather of spring and fall. Like many brassicas, bok choy does especially well in the fall. Fall crops withstand light frost very well, actually increasing in sweetness.

- ☞ For stir-fry, separate leaves from the thick white stem and chop both into 2-inch-wide diagonal chunks. The stem pieces should be added to the stir-fry several minutes before leaves, as they need more cooking time.
- ☞ Bok choy can complement a stir-fry with other vegetables, or can be the stir fry. Try sautéing onions until they begin to soften. Then add bok choy stems, tofu chunks, soy sauce, and grated ginger root. Add the bok choy leaves last. Serve with rice or noodles.
- ☞ Bok choy, like other leafy greens, can be simply steamed. Toss with a favorite marinade. Create an Asian flavor by tossing bok choy with a light coating of toasted sesame oil, soy sauce, and rice vinegar.

Storage Tips

- ☞ Wrap bok choy in a damp towel or put in a plastic bag and place in the hydrator drawer of the refrigerator.
- ☞ Store for up to 1 week. Leaves will lose integrity and wilt if allowed to dry out.

Recipes of the week...

Creamy Kale Salad

1 ripe avocado, halved, seed removed
2 TBS white wine vinegar
2 tsp Dijon mustard
3 TBS walnut oil or extra-virgin olive oil
Kosher salt and freshly ground black pepper
1/2 bunch **kale** (8 oz), stemmed and coarsely chopped
1 small red **beet**, peeled and thinly sliced
1 sweet, crisp apple, cored and cut into thin wedges
1/2 cup toasted walnuts, chopped

Combine avocado, vinegar, mustard, and oil in a food processor. Pulse until smooth. (It will be thick.) Season with salt and pepper

Combine kale, beets, apple, and walnuts in a large bowl. Toss with avocado dressing. Season with salt and pepper. Serve immediately.

Kale and Kielbasa Soup

1 lb. **kale**
1/2 cup olive oil
3 yellow onions, peeled and thinly sliced
3 quarts chicken broth
1/2 lb. low-fat kielbasa sausage, sliced
1/2 lb. **potatoes**, peeled and grated
1 (15 oz) can white beans, drained
1/2 tsp. salt
pepper to taste

Remove the large ribs of kale and slice leaves into very thin strips. Rinse in cold water and drain. In a large stock pot over medium-low heat, sauté onion in olive oil until tender. Add kale, chicken stock, kielbasa, potatoes and beans. Bring to boil; reduce heat, cover and simmer for 1 1/2 hours. Add salt. Pepper to taste.

Makes 15 servings. Per serving: 140 calories, 8 g. fat, 4 g. protein, 14 g. carbohydrate, 2 g. fiber, 830 mg. sodium

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