



The Acorn Angle...

June 2012, box #1

What's fresh?

How do I prepare it?

BLACK RASPBERRIES

These berries are definitely a special treat. It takes a lot of berries to fill a container, and a lot of time to pick them in our woods.

GARLIC, GREEN

Use in place of regular garlic, just add twice the amount of green garlic.

GARLIC SCAPES

These are the flower stalk of garlic and are milder than clove garlic. Cut off and discard the flower bud - mince and use entire stalk.

☞ Try garlic scape pesto - blog recipe

LEEKS

These leeks have been overwintered, so please make sure to slice vertically, and wash through layers and remove any older leaves. Due to overwintering, these leeks may not be as tender as young leeks. Use them in recipes such as soup, casseroles, or gratins.

LETTUCE

Enjoy our mixed variety of head lettuce - especially the beautiful red spots of the variety, Trout Back.

ONION - GREEN

☞ Chop and add at the end of a stir fry.

RADISH

As the weather warms, so does the "bite" factor of radishes. These are a bit spicy, but cooking or roasting them mellow them out.

☞ Slice thinly and add to a quiche or stir fry.

RHUBARB

☞ Enjoy this versatile stalk in a fruit crisp, pie, cake, or even lemonade. Check out our blog for more recipes.

SUNCHOKE (Jerusalem Artichoke)

This tuber can be used as a substitute for potatoes

☞ Scrub, slice and eat raw, with dip or alone

☞ Try them sautéed, stir-fried, steamed, roasted or boiled and mashed.

HERB - SAGE

☞ Add to roasted vegetables, soup, or a tomato based sauce.

☞ Keep in a plastic bag for up to 2 weeks or dry upside down for future use.

Hello!

Welcome to our fifth CSA season. We are gearing up for a wonderful season - planning, planting, weeding and harvesting fresh, great tasting organic produce for YOU, our members.

Each week you will get a seasonal representation of what we have growing in our garden. We hope you enjoy receiving your favorites and look forward to trying new veggies and recipes.

It is only mid-June, but garden-wise it looks like summer. Many trees, flowers and perennial plants are at least 2-3 weeks ahead of schedule. It is hard to believe that we are able to include black raspberries in our first box.

Recently we have had a few nice rain showers, but prior to that we were desperately seeking moisture. It is very hard on our plants to go without rain for so long. Our new transplants (seedlings that were grown and nurtured in our greenhouse) are especially vulnerable, and over the last two weeks we spent many hours hand watering them. Keep us in mind for favorable weather and timely rains.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

***Kyle's favorite blog recipe for the week: Strawberry Rhubarb Applesauce**

Meal ideas for the week:

Breakfast - Blackberries on granola or oatmeal.

Lunch - Spring salad with lettuce, radishes and green onions OR lettuce wraps with tuna, egg or chicken salad.

Snack - Strawberry rhubarb applesauce OR fresh radishes and hummus.

Dinner - Quiche with radishes, green onions, and green garlic.

Dessert - Rhubarb coffee cake.

Looking to add local **BEEF** or **CHICKEN** to your weekly meals? We offer all-natural Herford beef, whole chickens, and eggs. Email us to be added to our direct order list. Our direct orders are dropped off at our normal CSA locations.

Want more **VEGGIES**? Sign up for our direct order list to be delivered with your CSA box or visit us at the Cameron Park Farmer's Market (La Crosse) on Friday nights from 4-8pm.

CSA Box contents continued...

PLANT - SUNGOLD TOMATO

PLANT - BASIL

Recipes of the week...

Leek Hash with Polenta and Goat Cheese

- 1 TBS olive oil
- 3 medium **leeks**, trimmed, halved, and chopped, about 6 cups
- 1 yellow bell pepper, thinly sliced, about 1 cup
- 1 TBS minced fresh **sage**
- 1/4 tsp red pepper flakes
- 1/2 cup vegetable broth
- 2 TBS minced **garlic scapes** or **green garlic**
- 1 16-oz tube prepared polenta, cut into 12 slices
- 2 oz. crumbled chevre (or feta), about 1/2 cup

Heat your oven to 400. Heat oil in an ovenproof skillet over medium-high heat. Add leeks, pepper, sage, and red pepper flakes; sauté 10 minutes. Stir in broth and garlic.

Arrange polenta slices over leek mixture in skillet; top with goat cheese. Bake 10 minutes or until cheese softens.

Roasted Sunchokes

- 4 to 6 medium **sunchokes**, sliced 1/4-inch thick
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1 sprig of fresh rosemary, leaves removed
- 2 to 3 TBS chopped **green garlic** or **garlic scapes**

Preheat the oven to 425 degrees F. Scrub the sunchokes under cold running water and slice 1/4-inch thick. Add the sunchokes and garlic to a roasting pan or baking sheet and toss with the olive oil so the bottom of the pan and the sunchokes are lightly coated. Add more olive oil a tablespoon at a time if you don't feel like the vegetables are coated enough, but not too much; you don't want them swimming in olive oil. Sprinkle with the salt and rosemary. Bake for 15 to 20 minutes, until the sunchokes are tender inside, like a potato.

Grilled Radishes

- 16-ounce pkg. **radishes**, sliced
- 1½ tsp. minced **garlic**
- 2 Tbsp. butter, cut into small pieces
- 1 ice cube
- salt and pepper, to taste

Preheat grill on high heat. On a large double layer of aluminum foil, place radishes, garlic, butter and ice cube. Season with salt and pepper then tightly seal foil around contents. Place foil packet on grill and cook 20 minutes or until radishes are tender. Let cool slightly, then unwrap carefully and serve hot.

Serves 6. Per serving: 50 calories, 4 g fat, 1 g protein, 3 g carbohydrate, 1 g fiber, 65 mg sodium



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The Niedfeldt family:
Jerry & Connie Niedfeldt
Kyle, Eric, Owen & Iris Zenz
Jacey, Ric, Breck & Joelle Heller

Plant Care...

PLANT - Sungold Tomato

Sungold tomatoes are incredible sweet. Some people call them candy tomatoes. We have included them in our CSA boxes in the past, but they always tend to crack during transportation. We still want you to experience the amazing flavor of these tomatoes, so we are giving you your very own plant.

You can put your tomato plant right in your garden, keep it in a pot on your patio, or in your yard. If you don't have a spot for your tomato, pass it on to a friend.

Re-plant your tomato in the ground or in a large container (a 5 gallon or larger pot). You will need to stake your plant with sticks or with a tomato cage.

PLANT - Basil

Enjoy this great herb all season long with a little tender loving care. It is a heat loving plant. Basil will grow best outdoors in the garden or a well-drained container. However with the right amount of light you can grow basil indoors.

Basil can be harvested by cutting off the top or side branches of the plant. Just make sure there are leaves and stems remaining to continue plant growth. If you see a flower forming at the top, cut it off, to keep the plant from "going to seed".

CSA helpful hints...

Are you receiving our **EMAILS**? Please add our email address: 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.

NEWSLETTERS can be found on line. Paper copies will be available with each CSA pick up. If you prefer an on-line copy, just let us know at your pick up location. If you want to check out past newsletters or share with a friend, you can find them at: www.oldoakfamilyfarm.com/whatsfresh/CSAnewsletter

Please remember to bring your own **BOX or BAG** to transfer produce from our CSA tubs. Returning our CSA tubs right away helps to minimize the number of boxes we lose each year.

Please take a few minutes each week to **PROPERLY STORE** your produce. Most of the items will store well in the refrigerator in a plastic bag. Taking care of your vegetables right away ensures that they stay fresh for the maximum amount of time.

Don't forget to **WASH** all produce. We typically rinse most veggies, but they may contain a bit of soil, or on occasion a hidden field pest.

Wondering what to make for dinner? Check out our blog for **RECIPES**. You can select a specific vegetable (from the drop down menu on the right hand side of the page), and choose from a variety of seasonal recipes. www.oldoakfamilyfarm.wordpress.com

If you will be on **VACATION** please arrange for someone to pick up your box, or talk to us about an alternative pick up location/time.