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# The Acorn Angle...

June 2012, box #2

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**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.

## **BOK CHOY**

Bok choy is a very nutritious vegetable to enjoy in many different ways. Chop the stalks and add to a stir fry. The leaves and stalks cook at different rates - add leaves closer to the end of cooking.

## **CARROTS - a mix of color!**

Enjoy the first carrots of the season. We have included several varieties, including yellow!

## **KALE - Red**

This vegetable is very versatile. It can be eaten raw, steamed, cooked, baked, added to soup and much more! If you think you don't like kale, please give it another try.

## **KOHLRABI**

Enjoy the refreshing flavor of this often overlooked vegetable. Peel off outer layer and slice into strips or cubes.

🌀 Eat raw or cooked.

## **LETTUCE with Mesculin Mix**

Enjoy our mixed variety of head lettuce - and the mesculin mix. This mesculin mix has roots attached, and will look a little different than lettuce. It can be a little spicy.

🌀 Add to salads or sandwiches.

## **ONION - GREEN**

In many recipes you can substitute green onions for regular onions. Give it a try.

## **RADISH**

Boil radishes until tender-crisp, slice and top with a little butter.

## **RHUBARB**

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

🌀 Freeze for future use.

## **HERB - TARRAGON**

It enhances salads, fish, pork, beef, lamb, poultry, vegetables, vinegar, soups and eggs. In general, it should be used lightly as it can overpower other flavors.

Hello!

Recipes for local, seasonal food and CSAs are everywhere. Opening up a newspaper, magazine, or a facebook link, it seems as if everyone is eating seasonally.

I used to flip through countless cookbooks looking for recipes (which I still do, and enjoy the feel and look of an actual book), but now recipes seem to jump out at me from every angle. In this day and age of blogs, many people enjoy highlighting their CSA eating adventure. All you have to do is google "CSA blog" and thousands of links emerge.

We have a blog for our farm, and we feature all of the recipes we have shared over the years. You can search by item. For example, to search for "kohlrabi", you just click on the recipe ingredients drop down box, find kohlrabi, click, and several recipes will pop up in front of your eyes.

Looking for other recipes? Search the internet for farm blogs, and blogs about local, seasonal foods.

Let us know what you find. We always like to share new recipes.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

**\*Kyle's favorite blog recipe for the week: Slow Cooker Chicken Adobo - Last year we got many rave reviews for this one!**

### **Meal ideas for the week:**

**Breakfast** - Pancakes with black raspberries, rhubarb oatmeal

**Lunch** - Sandwich or wrap, spread with herbed cream cheese and turkey, lettuce, sliced green onions, radishes, and shredded carrots.

**Snack** - Baked kale chips - recipe on blog.

**Dinner** - Slow cooker chicken Adobo - recipe on blog OR Stir fry with beef and mixed vegetables.

**Dessert** - Ice cream topped with berries or cooked rhubarb sauce.

CSA boxes will be delivered as scheduled on July 3rd and July 5th. If you will be leaving town for the **4th of JULY** please let us know if you have a plan for getting your CSA box.

Looking to add local **BEEF** or **CHICKEN** to your weekly meals? We offer all-natural Hereford beef, whole chickens, and eggs. E-mail us to be added to our direct order list. Our direct orders are dropped off at most of 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 Cross) on Friday nights from 4-8pm.

# Recipes of the week...

## Penne with Canellini

8 oz Penne or Mostacholi noodles  
1 can diced tomatoes (or 2 cups fresh chopped tomatoes)  
1 can cannellini beans (white kidney beans), drained and rinsed  
3 cups packed **kale**, remove stems and coarsely chop (or spinach or chard)  
1/2 cup shredded parmesan, or feta, or chevre  
1 tsp basil  
1 tsp garlic  
1/2 tsp salt

Cook pasta. Meanwhile in a large saucepan bring tomatoes, beans and spices to a boil. Reduce heat and simmer 10 minutes. Add spinach, cook and stir 2 minutes or until chard is wilted. Drain pasta. Top with tomato bean mixture. Sprinkle with cheese.

## Rhubarb Strawberry Oatmeal

about 2 cups diced **rhubarb**  
about 3 cups diced strawberries  
2 large eggs  
1/4 cup applesauce  
1/4 cup canola or vegetable oil  
1/2 cup sugar  
1 1/2 cups milk  
3 cups quick cooking oats  
1/2 cup wheat flour  
2 tsp baking powder  
1 tsp salt  
1/4 – 1/2 cup brown sugar, for sprinkling

Preheat the oven to 350. Spray a 9×13 baking dish. Toss the rhubarb and strawberries in the baking dish. In a mixing bowl, whisk together the remaining ingredients, except the brown sugar. Pour the batter over top of the fruit and stir gently to combine the fruit. Sprinkle the brown sugar over the top. Bake in the preheated oven for 25 to 30 minutes, or until toothpick comes out clean in the middle. Serve with milk, cream, or yogurt.

## Veggie Pockets

1/2 cup **lettuce** or spinach leaves  
1/4 cup shredded **carrots**  
1/4 cup sliced cucumbers  
1/4 cup sliced **radishes**

1 whole wheat pita pocket  
4 oz. cooked chicken breast, diced  
1 Tbsp. low-fat ranch dressing



In a medium bowl, combine vegetables with chicken and lightly coat with ranch dressing. Cut the pita pocket in half and gently spoon half of the mixture into each pouch. For a complete meal that includes all five food groups serve veggie pockets with low-fat yogurt mixed with berries or milk and a piece of fruit.

Serves 2. Per serving: 160 calories, 5 g fat, 13 g protein, 16 g carbohydrate, 3 g fiber, 450 mg sodium



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