
The Acorn Angle...

July 2012, box #3



What's fresh?

How do I prepare it?

BLUEBERRIES

These are very early this year!

BROCCOLI (THURSDAY BOXES)

Hot weather and low moisture have not been favorable for our first broccoli crop. Therefore we only have enough for half of our boxes.

CARROTS

Enjoy a rainbow of colored carrots!

FENNEL

All parts of the vegetable can be eaten raw or cooked. I hope you all give fennel a try. Prior to last fall I prepared fennel in many different ways and didn't care for the flavor...until I roasted it! I now love it!

GARLIC

This is fresh dug garlic. The papery shells of the cloves may still feel fleshy. Peel them off as you would dried garlic.

KOHLRABI

Peel off outer layer and enjoy raw or cooked. Check out our blog for recipes.

LETTUCE

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

NAPA CABBAGE

☞ Add to salads, tacos, coleslaw

☞ Try the highly recommended Napa Cabbage Chinese Salad recipe - blog.

SNOW PEAS (TUESDAY BOXES)

Hot weather and low moisture have not been favorable for our peas. Therefore we only have enough for half of our boxes.

☞ You can eat the entire pod. Snap off the top stem, peel the string down the pod and enjoy raw or lightly cooked.

TURNIPS

You can eat these raw or cooked. Peel off the outer skin and slice into chunks or sticks.

☞ Chop and add to a salad or slice into sticks and eat with dip.

☞ Chop into cubes and roast with olive oil and salt.

HERB - CILANTRO

☞ Enjoy in salads, bean dishes, tacos, fresh salsa, sandwiches, and much more.

Hello!

I hope you can all find ways to beat the heat this week. It's not so easy for our crops and livestock. These temperatures are very hard on them.

I would like to share a few easy ways to incorporate more local and seasonal food into your diet. Adapted from the book: *From Asparagus to Zucchini* by the Madison Area CSA Coalition.

Start slowly. Eating local and seasonal food often requires that you make some changes in food preparation, meal planning, and shopping. You may find that your tastes, and those of family members, also change as you learn to eat locally available food. Do not expect these changes to occur overnight. Set reachable goals by incorporating seasonal food slowly into your meals and shopping.

Develop a connection to your food. One of the most basic ways to do this is to plant a garden, even if it is only one potted tomato plant sitting on the porch. Another option is to become connected to the people from whom you buy food - at a farmers' market or through your CSA.

Learn how to substitute. Treat recipes as a starting point from which ideas can be generated, instead of something that must be followed exactly.

Plan for the winter. With a little planning and some work in the summer, you can enjoy local foods all winter long. It is relatively easy to can your own tomatoes, pickles and, jams, and even easier to put some food away in a freezer or store squash and root crops in a basement.

Enjoy it all. Enjoy the tastes, the challenge, the relationships you develop with producers, and the knowledge that you are doing something good for yourself and the earth.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

***Kyle's favorite blog recipe for the week: Napa Cabbage Chinese Salad**

Meal ideas for the week:

Breakfast - Hard boiled eggs with fresh fruit and toast.

Lunch - Napa Chinese cabbage salad OR fresh garlic hummus.

Snack - Yogurt topped with blueberries, Guacamole with cilantro.

Dinner - Grilled steaks with roasted carrots, turnips and fennel. OR Salmon Fajitas with chopped napa cabbage, cilantro, and salsa.

Dessert - Blueberry coffee cake.

Recipes of the week...

Grilled Turnips with Garlic

1 pound **turnips**, sliced 1/4 inch thick
Extra-virgin olive oil
Salt and freshly ground pepper
1 TBS minced **garlic**
2 TBS finely chopped Italian parsley
Grated zest of 1 lemon

*Experiment with grilling other veggies this week.
Try grilling fennel & carrots from your CSA box.*

Light a grill. Brush the turnips on both sides with 1 TBS of olive oil; season with salt and pepper. Grill the turnips over moderately high heat until tender, 2 minutes per side. Transfer to a platter.

In a skillet, cook the garlic in 2 TBS of olive oils over high heat just until sizzling. Reduce heat to low and cook until the garlic is golden, 2 minutes. Off the heat, stir in the parsley and 1/2 tsp of pepper. Spoon the oil over the turnips and top with the lemon zest.

Roasted Fennel

1/4 cup olive oil
2 **fennel** bulbs, trimmed, quartered and fronds reserved for garnish
1 1/2 cups grape or cherry tomatoes, quartered
1 leek, halved lengthwise and sliced into 1/4-inch-thick half-moons, white and light green parts only
2 cups cooked chickpeas, or 1 15 oz can
1 tsp salt
1/2 tsp ground cumin
1/4 tsp red pepper flakes
1/4 tsp paprika
Fresh ground black pepper, to taste
Zest 1 lemon, for garnish

Preheat oven to 425. In a large ovenproof sauté pan or skillet, heat oil on medium. Add fennel and cook, turning occasionally, until golden brown and slightly wilted, about 15 minutes. Stir in tomatoes, leek, chickpeas, salt, cumin, pepper flakes, and paprika. Add 1/2 cup water, stir gently and bring to a simmer. Cook for 3 to 5 minutes; some water may remain in pan. Transfer to oven and bake, stirring halfway, for 30 minutes. Season with black pepper. Garnish with lemon zest and fennel fronds, as desired.

Garlic Mashed Potatoes and Turnips

1 lb. russet potatoes, peeled and diced
1 lb. **turnips**, peeled and diced
4 cloves **garlic**, peeled and sliced
2 Tbsp. butter
2 Tbsp. light sour cream
2 – 4 Tbsp. milk
salt and pepper

Combine the first 3 ingredients in a medium saucepan; cover with water and bring to a boil. Reduce heat, cover and simmer 20 minutes or until very tender. Drain well and return to pan. Add butter, sour cream and 2 Tbsp. milk. Beat with a mixer until smooth. Add additional milk to achieve desired consistency. Salt and pepper, to taste.

Serves 6. Per serving: 220 calories, 4.5 g fat, 4 g protein, 42 g. carbohydrate, 7 g fiber, 45 mg. sodium



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