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# The Acorn Angle...

July 2012, box #4



## What's fresh? How do I prepare it?

### BEANS - Green

- ☞ Sauté beans with olive oil, until just tender. Add garlic, lemon juice, salt and pepper.

### BLUEBERRIES

- ☞ Freeze for a delicious summer treat.

### CARROTS

### FENNEL

All parts of the vegetable can be eaten raw or cooked.

- ☞ Add thinly sliced fennel to a salad with mandarin oranges.

### GARLIC

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

### KALE

- ☞ Rinse under water, wrap in a damp papertowel and store in a plastic bag in the refrigerator for up to a week.
- ☞ Add to a smoothie, or puree into tomato sauce.
- ☞ Chop and add to salads.
- ☞ Chop and add to quiche or scrambled eggs.

### LETTUCE

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

### SUMMER SQUASH

- ☞ Store in a sealed plastic bag in the refrigerator for several days.

### ZUCCHINI

- ☞ Slice thin and add raw to salads and sandwiches.
- ☞ Add to tomato pasta, curry dishes, stir frys, or soups.

### HERB - BASIL

- ☞ Basil will stay fresh in the refrigerator for a few days. Wrap with a damp papertowel and store in a sealed bag.
- ☞ Make pesto and top steamed zucchini and summer squash.

Hello!

Did you notice it's hot out? Have you observed a lack of rain? The recent hot and dry weather has lots of farmers stressed out. (They have high-thresher jobs.) Seriously though it's been so hot farmers are feeding their chickens crushed ice to keep them from laying hard boiled eggs. I'm sure folks are groaning or grinning at this point.

Bad jokes aside, the heat and dryness have not only been stressing me out, but the plants are stressed too. We are able to water a few of our crops, but it just isn't feasible to keep everything hydrated. It has been three weeks without rain, and there is only a 10% chance of precipitation for the upcoming week. I think meteorologists list that tiny percentage just to keep farmers from completely freaking out. Farmers are optimistic by nature. Think about it...we put seeds in the ground, hoping for a healthy yield and hoping that Mother Nature will provide us with adequate sun, moisture and warmth for a great growing season year after year.

Please be optimistic with us. Do a few rain dances. Pray. Send positive energy. Do whatever it is you do. We all need some rain!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

### \*Kyle's favorite blog recipe for the week:

#### Grilled Bread with Zucchini, Basil and Ricotta

#### Meal ideas for the week:

**Breakfast** - Blueberry muffins.

**Lunch** - Lettuce and blueberry salad with poppyseed dressing.

**Snack** - Smoothie with blueberries, kale, and yogurt.

**Dinner** - Chicken & tomato skillet: Sauté chopped chicken breast, with olive oil, garlic, and zucchini. Add can of diced tomatoes and a pinch of fresh basil and oregano.

**Dessert** - Zucchini cookies.

We now have **CHICKENS** available. They are cage-free, all-natural, hormone-free, whole-frozen chickens. They are \$3.75/lb. and can be picked up at most CSA drop off locations. Email us if you are interested.

If you will be picking up your **BOX** on an alternate day, due to a conflict with your normal CSA schedule, please let us know as soon as possible. Please send us an email by Sunday (at the latest) notifying us of the requested change. We try hard to accommodate all requests.

## Recipes of the week...

### Zucchini, Fennel & White Bean Pasta

1 large **fennel** bulb, trimmed  
2 medium **zucchini**  
3 tablespoons extra-virgin olive oil, divided  
1/4 teaspoon salt  
8 ounces (2 cups) whole-wheat penne or similar short pasta  
2 cloves **garlic**, finely chopped  
1 cup cooked cannellini beans, plus 1/2 cup bean-cooking liquid, pasta-cooking liquid or water (see Tip)  
2 plum tomatoes, diced  
3/4 cup crumbled hard, aged goat cheese, or fresh goat cheese  
1/4 cup fresh mint leaves  
Freshly ground pepper to taste

Preheat oven to 400°F. Cut fennel bulb in half lengthwise and then slice lengthwise into 1/2-inch-thick wedges. Quarter zucchini lengthwise. Toss the fennel and zucchini with 1 tablespoon oil and salt. Arrange in a single layer on a large baking sheet. Roast, turning once, until soft and beginning to brown, about 20 minutes.

Meanwhile, bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions.

Heat the remaining 2 tablespoons oil in a large skillet over medium heat. Add garlic and cook, stirring, for 30 seconds. Remove from the heat.

When the vegetables are cool enough to handle, coarsely chop. Add the vegetables, beans and bean-cooking liquid (or other liquid) to the pan with the garlic and place over medium-low heat. Drain the pasta and immediately add it to the pan. Toss thoroughly and add tomatoes; toss until just warm. Remove from the heat and stir in cheese and mint. Season with pepper.

### Blueberry Zucchini Breakfast Bread

3 eggs, lightly beaten  
3/4 cup applesauce  
1 Tbsp. vanilla  
1 3/4 cup sugar  
2 cups shredded **zucchini**  
1 cup shredded **carrots**  
1 1/2 cups whole-wheat flour  
1 1/2 cups all-purpose flour  
1 tsp. baking powder  
1/4 tsp. baking soda  
1 Tbsp. ground cinnamon  
1 tsp. salt  
2 cups fresh **blueberries**



Preheat oven to 350 degrees. Spray 4 mini-loaf pans with cooking spray. In a medium bowl, beat together eggs, applesauce, vanilla and sugar. Fold in zucchini and carrots. In a separate bowl combine flours, salt, baking powder, baking soda and cinnamon. Pour dry ingredients into wet ingredients; gently mix. Fold in blueberries. Transfer to mini-loaf pans. Bake 50 minutes, or until knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans and then turn onto wire racks to cool completely.

*Serves 12. Per serving: 150 calories, 6 g fat, 9 g protein, 15 g carbohydrate, 1 g fiber, 340 mg sodium*



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