

# The Acorn Angle...

July 2012, box #5



What's fresh?

How do I prepare it?

## BEETS

Although some people dislike beets, I encourage all of you to give them a try. Freshly cut & cooked beets are deliciously sweet. The leaves are edible and delicious, but these leaves are a bit weathered and might not be as tasty as young leaves.

- 🍴 Try the beet fries recipe on the blog.
- 🍴 Steam beets, chop and add butter.
- 🍴 Peel raw beets, grate and add to salad.

## BLACKBERRIES

- 🍴 Enjoy these wild beauties straight from our woods! The labor to pick them is intense...especially in this heat.

## CARROTS

Experience the flavor differences in the colored carrots. Such a great taste!

## CHARD

Chard is an outstanding source of vitamins A, C, and K, as well as magnesium, potassium, iron, copper, and dietary fiber, all for only 35 calories per cup.

- 🍴 Sauté leaves in garlic butter and add a bit of chopped onion.
- 🍴 Use chard stems in place of celery for a potato or tun salad.

## CUCUMBERS

- 🍴 Enjoy sliced fresh in a salad.
- 🍴 Try a pasta salad.

## SUMMER SQUASH

- 🍴 Grill with other tasty vegetables.

## ZUCCHINI

- 🍴 Try a vegetable lasagna.
- 🍴 Add thin slices to a homemade pizza.

## HERB - BASIL

- 🍴 Basil will stay fresh in the refrigerator for a few days. Wrap with a damp papertowl and store in a sealed bag.
- 🍴 Make pesto and top steamed vegetables, rice, or pasta.

## HERB - DILL

- 🍴 Try dill and cucumber salad. Use honey instead of sugar.
- 🍴 Add a little to the top of a salad for great flavor
- 🍴 Add to mashed potatoes.

Hello!

I wish I had more positive things to say about the weather and the health of our crops. Things are still hanging in there, but some of our later plantings are just sitting in the ground, not really growing.

We are doing our best to fill your boxes with the best that we have available. We are also continuing to plant new crops to the fields, for fall harvests. We remain optimistic. I just came across this quote today:

*Don't judge each day by the harvest you reap but by the seeds that you plant. -Robert Louis Stevenson*

I plan on seeding more carrots, beets, chard, dill, and cilantro today. Gotta keep keeping on!

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.**

**Check it out at: [www.oldoafamilyfarm.wordpress.com](http://www.oldoafamilyfarm.wordpress.com)**

### Meal ideas for the week:

**Breakfast** - Zucchini bread french toast.

**Lunch** - Pasta salad with zucchini, tomatoes and feta.

**Snack** - Carrot sticks, cucumber slices and hummus

**Dinner** - Grilled Salmon with dill and butter sauce, grilled summer squash and zucchini coated in olive oil with seasoned salt.

**Dessert** - Beet cake

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...

## Summer Pasta Salad

- 1 16 oz pkg whole-grain or brown rice penne pasta
- 1 **yellow summer squash**, quartered and thinly sliced
- 1 **zucchini**, quartered and thinly sliced
- 1 pint grape tomatoes, halved
- 1/8 red onion, cut into 1-inch-long slices
- 1/2 cup fresh **basil**, thinly sliced

### Vinaigrette:

- 2 cloves garlic, minced
- 1/4 cup balsamic vinegar
- 2 TBSP flaxseed oil
- 1 tsp Dijon mustard
- 1 tsp pure maple syrup
- 1/4 tsp ground black pepper
- 1/8 tsp sea salt

Cook pasta according to package directions. Drain and rinse under cool water.

Meanwhile, in a blender, blend vinaigrette ingredients and 2 TBSP water. (Alternatively, whisk ingredients until blended.)

Transfer pasta to a large bowl and add squash, zucchini, tomatoes, onion, basil and vinaigrette and toss to combine.

## Beet Hummus

- 1/2 pound **beets**, peeled
- 2 Tbsp Olive Oil
- 5 Tbsp lemon juice
- 1 small clove garlic, chopped
- 1 Tbsp ground cumin
- 1 Tbsp lemon zest (zest from approximately 2 lemons)
- Generous pinch of sea salt or kosher salt
- Fresh ground pepper to taste

Place beets in about 1/4-inch of water in a 375 degree oven, and cook until a fork or knife can be easily inserted.

Place all ingredients in a food processor or blender and pulse until smooth. Adjust seasoning to taste.

Chill and store in the refrigerator for up to 3 days or freeze for longer storage.

Eat with crackers or pita chips.

Makes 2 cups. Analysis per 1/4 cup serving: 30 Calories, 2.5g Fat, 0mg Cholesterol, 45mg Sodium, 3g Carbohydrate, 0g Protein.



*The 500 Club is a healthy eating program coordinated by Gundersen Health System registered dietitians and recommended by physicians. Selections are controlled in fat and calories and contribute to a healthy eating pattern. For more information go to [500-club.org](http://500-club.org) or call (608)775-3447.*



N6370 Niedfeldt Rd. · Bangor, WI 54614  
608.486.4205 · [oldoakfamilyfarm@yahoo.com](mailto:oldoakfamilyfarm@yahoo.com)  
**blog:** [www.oldoakfamilyfarm.wordpress.com](http://www.oldoakfamilyfarm.wordpress.com)  
**web:** [www.oldoakfamilyfarm.com](http://www.oldoakfamilyfarm.com)

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