

The Acorn Angle...

July 2012, box #6



What's fresh? How do I prepare it?

BEANS - green or yellow

- ☞ Enjoy fresh or lightly steamed.

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

- ☞ Try a sweet recipe, like the one listed on back or a regular carrot cake.

CUCUMBERS

- ☞ Combine 1 1/4 cups coconut water and 1 TBS fresh lime juice. Thinly slice 3 cucumber pieces into the drink.

ONIONS

A combination of heat and lack of rain has dramatically reduced the size of our onion crop.

PEPPERS - mixed variety, sweet

Both of the pepper varieties in your box are sweet peppers, although they look different.

SUMMER SQUASH

- ☞ Store in a plastic bag in the crisp drawer.
- ☞ Try summer squash muffins.

ZUCCHINI

- ☞ Combine with eggs, tomatoes, and basil to make a summer fritata.
- ☞ Add diced zucchini to salads or pasta dishes.

HERB - PARSLEY, flat or curly

- ☞ Add to pasta salads, regular salads, or soups.
- ☞ Store in a plastic bag in the refrigerator for a week or more.

Hello!

I think the real measure of being a farmer is being able to talk with other farmers about the weather...and only the weather for 45 minutes or more! I have experienced this several times in the last month.

We have been trying to appreciate some of the benefits of a summer drought: fewer weeds to pull, cleaner vegetables, less time spent mowing grass, and a deepened sense of gratitude for water.

Today we began harvesting some of the first tomatoes. I ate one tonight for dinner and it was so deliciously sweet. Soon, very soon, they will be in your boxes.

Let us know how your CSA experience has been going so far. We love to get emails about recipe ideas, a new-found appetite for a specific vegetable, or funny kid-related vegetable stories.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

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

Tex-mex chicken skillet meal.

Check it out at: www.oldoafamilyfarm.wordpress.com

Meal ideas for the week:

Breakfast - Scrambled eggs with onions, peppers and goat cheese.

Lunch - Roasted beet salad with greens, walnuts and blue cheese.

Snack - Yogurt topped with blackberries OR veggies with dip.

Dinner - Fajitas with sautéed onions, peppers, and summer squash.

Dessert - Blackberry Crisp

Do you have any favorite **RECIPES** to share? Send them our way. We would love to include them in our newsletter or on our blog.

Looking for new **DINNER IDEAS**? Check out our blog. On the right hand side of the page, you will see a drop down box labeled recipe ingredients. You can choose a vegetable or fruit, and you will find several recipes that we have featured in our newsletter in the past.

EXTRA PRODUCE and MEAT can be ordered from our farm. Email us to be included on our weekly direct order list.

Recipes of the week...

Carrot Almond Cake, *From Asparagus to Zucchini*

1 1/2 cups steamed, pureed **carrots**
6 eggs, separated
1-2 cups honey or sugar
2 TBS ground almonds or 2 TBS flour
1 tsp grated orange zest
1 tsp sea salt
1 TBS ground cardamom
cream cheese frosting (optional)

Heat oven to 350 degrees. Generously butter a 9-inch cake pan (round or square). Combine pureed carrots with egg yolks and honey/sugar. Mix in ground almonds, orange zest, salt and cardamom. Beat egg whites in clean, separate bowl until stiff and fold into carrot mixture. Spread in pan. Bake until springy, about 45 minutes. Cool. Frost with cream cheese frosting, if desired.

Cherry Tomato and Yellow Squash Crumble

3 TBS butter
1 1/4 cups fresh breadcrumbs
2 TBS finely chopped **parsley**
1 small yellow **onion**, chopped (1 cup)
2 cups **yellow summer squash**, diced
3 cups cherry tomatoes
1 glove garlic, minced (1 tsp)
1/2 cup grated swiss or Gruyere cheese

Preheat oven to 400. Spray 9-inch square baking dish with cooking spray. Heat butter in skillet over medium heat until melted. Pour 2 TBS butter over breadcrumbs in bowl. Stir in parsley. Return skillet to burner, and increase heat to medium-high. Add onion, and cook 7-9 minutes, or until beginning to brown. Stir in squash, and cook 2 minutes more, or until tomatoes are warmed through. Season with salt, if desired. Transfer mixture to prepared baking dish. Sprinkle cheese on top. Spread breadcrumb mixture over cheese. Bake 30 to 35 minutes, or until golden and bubbling. Serve hot.

Blackberry Crisp

5 cups fresh or thawed frozen **blackberries**
Juice from one orange
1 tsp. vanilla extract
1 cup old-fashioned oats
1/4 cup all-purpose flour
1/2 cup packed brown sugar
1/4 tsp. ground cinnamon
1/4 cup butter, softened

Preheat oven to 350 degrees. Spray 8x8-inch baking pan with cooking spray; set aside. In a bowl, combine blackberries, orange juice and vanilla. Spread the fruit mixture in the prepared baking pan.

In a separate bowl stir together oats, flour, brown sugar and cinnamon. Cut butter into mixture until well combined. Sprinkle oat mixture over fruit mixture. Bake 45 minutes or until lightly browned and bubbly.

Serves 8. Per serving: 200 calories, 7 g fat, 3 g protein, 33 g carbohydrate, 3 g fiber, 55 mg sodium



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 or call (608)775-3447.



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