
The Acorn Angle...

July 2012, box #7



What's fresh? How do I prepare it?

BEANS - green or yellow

They are so fresh and crisp. Enjoy raw as a snack with or without dip.

CARROTS

☞ Blanche and freeze for later use.

CUCUMBERS

☞ Make refrigerator pickles. Great for a picnic, or to keep in the refrigerator for later.

FENNEL

Eat bulbs and fronds - cooked or raw.

☞ Try the recipe on back.

LETTUCE

Lettuce doesn't do well in hot weather, but this planting survived. The heads are small but tasty.

ONIONS

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

PEPPERS - mixed variety, sweet

The green peppers in your box are sweet peppers (regardless of shape).

PEPPERS - hot (yellow color)

Add hot peppers to salsa, guacamole, or other dips.

SUMMER SQUASH

☞ Sauté with olive oil, fresh herbs, and add chopped tomatoes at the end.

TOMATOES - Red and Heirloom

Our first tomatoes of the season! They are coming on strong. Our tomatoes have great flavor. They store best out of the refrigerator. Heirloom tomatoes sometimes look a little different, and have a few cracks - but their flavor is excellent.

Heirloom: yellow-Garden Peach, brownish-Nyagous, Pinkish-Brandywine, Purplish-Cherokee Purple.

ZUCCHINI

☞ Try zucchini cookies or other sweet treats.

HERB - Basil

Basil LOVES hot weather! It is thriving.

☞ Try making pesto and freezing it for later use.

Hello!

I always consider the CSA experience to be a learning process for our members. There is a lot to learn about the local food connection, and the farmers who grow food, new vegetable varieties and how to prepare and eat more homemade meals.

However, I think this year the learning experience is for me. As a farmer, every season is different and presents new challenges and opportunities. This season seems to be challenging me more than any other I have experienced. We have been working so hard to fill boxes each week, and it is frustrating when we have a crop failure, or when seeds don't germinate.

I have been learning to accept the season for what it is, while trying to help some of our crops (by watering). However I am also learning to let go, and not dwell on some of our losses.

THANK YOU all for supporting our farm. We feel honored to have a CSA program where the members help and support us in good times and bad. (I wouldn't consider this a "bad" season...just not a "perfect" one).

Happy eating!

~Kyle, CSA Manager, 608.386.8066

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

Refrigerator pickles - super easy and super tasty!

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

Meal ideas for the week:

Breakfast - Poached eggs topped with basil pesto

Lunch - Fresh salad with cucumbers, peppers, tomatoes and carrots.

Snack - Zucchini muffins

Dinner - Pasta with basil pesto and chopped fresh tomatoes.

Dessert - Zapple pie (substitute zucchini for apple slices - your family and friends won't know the difference!)

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

Recipes of the week...

Roasted fennel with tomatoes, chickpeas and lemon

1/4 cup olive oil
1 large **fennel bulb**, trimmed, quartered and fronds reserved for garnish
1 1/2 cups grape or cherry tomatoes, quartered (or 1 1/2 cup of **regular tomatoes** roughly chopped and drained)
1/2 cup **onions**, cut in large chunks
1 15-oz can chickpeas, drained and rinsed
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. Carefully add fennel and cook, turning occasionally, until golden brown and slightly wilted, about 10 minutes. Stir in tomatoes, onion, 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.

Garden Harvest Jambalaya

2 firm-ripe **tomatoes**
1 red or **green bell pepper**
4 kohlrabi (1 lb)
2 **carrots**
1 **zucchini** (about 1/2 lb)
1 cup green beans
1 **onion** (about 1/2 lb)
1 Tbsp olive oil
cloves garlic, minced
1/2 tsp cayenne pepper
1/2 tsp pepper
1 1/3 cups long-grain white rice
2 1/4 cups chicken or vegetable broth
Salt

In a 6-8 quart pan over medium heat, stir oil, onion, and garlic occasionally until onion is limp, about 4 minutes. Stir in the chopped tomato, bell pepper, kohlrabi, carrots, cayenne, and pepper. Cover and simmer, stirring occasionally, until kohlrabi is barely tender when pierced, about 10 minutes. Stir in rice and broth and bring mixture to a boil over high heat. Cover, reduce heat, and simmer until rice is almost tender to bite, about 20 minutes. Add zucchini and green beans; simmer, covered, just until beans are tender when pierced, 7 to 10 minutes longer. Serve with sliced tomatoes, add salt to taste.

Makes 8 servings. Nutrition analysis per serving: 200 calories, 2.5g fat, 0mg cholesterol, 310mg sodium, 42g carbohydrate, 5g 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 or call (608)775-3447.



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