
The Acorn Angle...

August 2012, box #8



What's fresh? How do I prepare it?

BEANS - green

- ☞ Chop, blanche and freeze for later use.

CABBAGE

Cabbage stores well in the refrigerator in a plastic bag for 2 weeks or more.

- ☞ Substitute for lettuce on tacos or a salad.

CARROTS

- ☞ Cook and puree. Add to spaghetti sauce.

CUCUMBERS

- ☞ Add sliced cucumbers to a pitcher or glass of water.
- ☞ Make refrigerator pickles to eat later.

KOHLRABI

- ☞ Peel off outer layer and slice into sticks. Enjoy with dip or hummus.

PEPPERS - green, sweet

- ☞ Add diced peppers to salsa for a great flavor addition.

PEPPERS - hot (yellow color)

- ☞ These can be stored in a plastic bag in the refrigerator for a week or more.

SUMMER SQUASH

- ☞ Slice thin and sauté in olive oil or butter and add a bit of chopped sage.

SWEET CORN

Our corn is sweet and delicious! There may be a few hidden garden pests hiding in the husks. Just cut off the tip of the corn and the problem is usually solved...the result of organic corn.

TOMATOES - Red and Heirloom

So far, this has been a great season for tomatoes. They are thick on the vine. Tomatoes 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, green-Green Zebra.

ZUCCHINI

- ☞ Cut raw into sticks and add to a veggie platter or dice into a salad.

HERB - Sage

- ☞ Use fresh or dry for later use.

Hello!

We were thrilled to get about an inch and a half of rain at the farm on Saturday. Thanks for all of your rain dances. They are paying off.

The garden crops are beginning to explode. Cucumbers, summer squash, zucchini, and tomatoes are taking over!

This year hasn't been the best for our "cabbage family" crops. We do have cabbage in the boxes this week, but it has been a pretty poor year for production. These plants thrive in cooler conditions. Broccoli is also in the cabbage family, and despite the record-breaking seedlings we planted, the harvest didn't yield enough for boxes. We are also running into a few issues with our brussels sprouts - they aren't really forming sprouts. That isn't good! Hopefully they will still fill out within the next 10-12 weeks.

On a positive note, sweet corn is ripe, and next week will be water-melon! These are two of my favorite summer treats. I am looking forward to the month of August. There will be lots of garden goodies and hopefully cooler weather.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

***Kyle's favorite blog recipe for the week: Kyle's Dal Curry**
Check it out at: www.oldoafamilyfarm.wordpress.com

Meal ideas for the week:

Breakfast - Vegetable & fruit juice. Use a juicer and make some great tasting, good for you juice from a cucumber, carrots, and some fruit.

Lunch - Cabbage coleslaw and baked beans.

Snack - Homemade salsa and chips.

Dinner - Grill everything - chicken, sweet corn, summer squash, tomatoes, and peppers!

Dessert - Zucchini bread.

Do you have **EXTRA BOXES** laying around? We are running short. Please return them as soon as possible.

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

Looking to **CAN or FREEZE PRODUCE?** We sell bulk tomatoes, cucumbers, zucchini, summer squash, basil, and sweet corn. Let us know if you are interested.

Recipes of the week...

Corn, Chile and Cheese Quesadillas

5 TBS vegetable oil
1 -2 **hot peppers** diced, depending on your desired level of hotness
1 cup diced **peppers, green**, or colored
1 1/2 cups small-diced **summer squash or zucchini**
Salt & Pepper
1 cup **fresh corn** kernels (from 2 medium ears)
1/8 tsp chipotle chile powder
1 cup diced **tomato**
1/4 cup chopped fresh cilantro
1 TBS fresh lime juice
4 9-inch tortillas
2 cups grated sharp Cheddar (8 oz)
Sour cream, for serving (optional)

For a gluten-free, dairy-free option, just cook up the filling for the quesadillas, and roll them up in a soft corn tortilla - omit the cheese, and sour cream.

In a large skillet, heat 1 TBS oil over medium-high heat until hot. Add the peppers and cook, stirring, until soft, 3-4 minutes. Add the summer squash/zucchini, season with salt and pepper, and cook, stirring until squash starts to soften and brown. Stir in the corn and chipotle powder and cook for 2 minutes. Spoon into a bowl, let cool for a few minutes, and then fold in the tomato, cilantro and lime juice. Season to taste with salt and pepper. Set aside 3/4 cup of the mixture.

Lay out several layers of paper towel on a work surface. Wipe out skillet, put it over medium-high heat and add 1 TBS of oil. When it's hot, put one tortilla in the pan. Quickly distribute 1/2 cup of the cheese evenly over half of the tortilla and about a quarter of the remaining vegetable mixture over the other half. When the underside of the tortilla is browned, use tongs to fold the cheese side over the vegetable side. Lay the quesadilla on the paper towels, blot for a few seconds and then put in a 200 degree oven to keep warm. Cut quesadillas into wedges and serve with the reserved vegetable mixture and sour cream.

Almond Flour Zucchini Bread *Recipe shared by CSA member, Sara*

1-1/2 cup blanched almond flour
2 teaspoons cinnamon
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon nutmeg
3 eggs, beaten
1/4 cup honey
1 ripe banana
1 cup shredded, unpeeled **zucchini**

Preheat oven to 350 degrees Fahrenheit. Combine the dry ingredients in a small bowl.

Place the wet ingredients in the bowl of a stand mixer, then beat on medium for 1-2 minutes until frothy and fully combined. Add the zucchini and beat again just enough to incorporate.

Slowly add the dry ingredients with the mixer running, until all of the flour mixture has been incorporated. Spoon the batter into 2 mini loaf pans. You can also use this batter to make muffins. Bake for 30-35 minutes until the middle is set and a toothpick comes out clean.

Simply Delightful Salmon Supper

1 medium **zucchini**, chopped
1 small **yellow squash**, chopped
1 small red **bell pepper**, chopped
4 skinless salmon fillets (1 lb.)
1 can (14.5 oz.) diced **tomatoes**, drained
1/2 cup low-fat sun-dried tomato dressing
3 cups brown rice, cooked as directed



Preheat oven to 375°F. Spray a 9×13-inch baking dish with cooking spray. Add zucchini, squash and pepper; mix. Place salmon fillets on top of vegetables. In a separate small bowl, mix tomatoes and dressing; spoon over salmon. Bake 20 to 25 minutes or until salmon flakes easily with fork. Serve over hot rice. Enjoy!

Serves 4. *Per serving: 380 calories, 10 g. fat, 28 g. protein, 44 g. carbohydrate, 4 g. fiber, 440 mg. sodium*



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