

The Acorn Angle...

August 2012, box #9



What's fresh?

How do I prepare it?

BEANS - green

CABBAGE - red

✂ Chop and add to a veggie wrap with pesto mayonnaise.

✂ Chop and serve with chicken tacos.

CARROTS

CUCUMBERS

✂ Try refrigerator pickles. Quick and easy!

MUSKMELON - Early Hanover

This is our first attempt at melons in the boxes. They are a green flesh melon with very sweet flavor. These melons have a very short shelf life. Eat right away or refrigerate.

PEPPERS - green, sweet

✂ Add to soups, omelets, quiches, casseroles, and stir-fries.

PEPPERS - jalapeno (small green)

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

SUMMER SQUASH

✂ Cook and mash with butter, salt, pepper - add a little parmesan cheese to top.

SWEET CORN

✂ Steam in 1-2 inches of water for 6-8 minutes.

✂ If you find any hidden garden pests in your corn, just simply cut off the tip - no need to throw away the entire ear.

TOMATOES - Red and Heirloom

Heirloom: yellow-Garden Peach, brownish-Nyagous, pinkish-Brandywine, purplish-Cherokee Purple, green-Green Zebra.

✂ Easy freezing method - just put whole tomatoes in boiling water to loosen skins (5-15 seconds). Remove skins, put in plastic bag and freeze. These frozen tomatoes will be mushy when thawed, so best to use for soups and sauces.

WATERMELON

✂ Try a great drink: Watermelon Aqua Fresca - recipe on blog.

✂ Store out of the refrigerator for a few days. Once sliced, keep wrapped, and store in your refrigerator.

ZUCCHINI

HERB - Basil

Hello!

Lifting this box will be quite the workout this week! This is the first time we have been able to add muskmelon to our boxes. Typically our muskmelons don't all ripen at the same time, but this year, the vines are covered with melons and blossoms, so we definitely have a bounty.

It is sometimes hard to tell when muskmelons and watermelons are ripe. We have several criteria we look for before picking the melons, but every once in awhile they end up underripe or overripe. Let us know if you get a melon that isn't quite right.

The bounty of the fields is definitely evident in this box. If you find it too hard to eat everything in your box, share some with a friend. You might be surprised how excited some people get about fresh veggies - just don't leave the zucchini on a neighbors doorstep and run away.

Enjoy eating well, and continue to challenge yourself with adding more vegetables and fruits to every meal. Continue to try new recipes, and don't forget to search our blog for vegetable-specific recipes (www.oldoakfamilyfarm.wordpress.com).

Happy eating!

~Kyle, CSA Manager, 608.386.8066

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

Ground Beef Zucchini Skillet

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

Meal ideas for the week:

Breakfast - Huevos Rancheros and sliced melon.

Lunch - Oven fried zucchini sticks with dip and marinated cucumber and tomato salad.

Snack - Homemade fresh corn salsa.

Dinner - Roasted tomatoes topped with mozzarella and pesto and grilled sweet corn.

Dessert - Cantaloupe with vanilla ice cream.

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.

Watch your email for our mid season **EVALUATION**. Your feedback is important to the success of our CSA.

Recipes of the week...

Mexican Macaroni & Corn

Salt and pepper

1 pound whole wheat or whole grain penne

3 large ears **sweet corn**

1/3 cup olive oil, plus more for brushing

3 tablespoons natural pistachios or sliced almonds

3 tablespoons pumpkin seeds

A couple small handfuls grated parmigiano-reggiano

3 **jalapeno chile peppers**--seeded for milder heat, then 2 coarsely chopped and 1 finely chopped

2 cloves garlic, grated or pasted

1 cup loosely packed fresh **basil**

3/4 cup cilantro leaves

1/4 cup fresh mint (about 1 generous handful)

2 sprigs oregano

1 lime, juiced

2 **tomatoes**, seeded and chopped

1/2 small red onion, finely chopped

Bring a pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving 1/2 cup pasta water. While the pasta is working, preheat an outdoor grill or indoor grill pan to medium. Husk, rinse and dry the corn. Brush with olive oil to coat; season with salt and pepper. Grill, turning occasionally, to brown the kernels at the edges, about 20 minutes. Using a sharp knife, scrape the kernels off the cobs into a bowl. Meanwhile, in a dry skillet, toast the nuts and pumpkin seed until fragrant. Transfer to a food processor to cool. Add the cheese, coarsely chopped jalapenos, garlic, basil, cilantro, mint, oregano, lime juice, salt and pepper. Process the pesto, streaming in 1/3 cup olive oil. In a medium bowl, combine the tomatoes, onion and finely chopped jalapeno; season with salt. In a large serving bowl, combine the pesto with the reserved pasta water. Add the pasta and corn; toss for a minute to combine. Serve in shallow bowls, topped with the tomato salsa.

Chicken and Vegetable Casserole

2 Tbsp. plus 1 tsp. olive oil

1 tsp. salt

1/2 tsp. ground black pepper

1 Tbsp. minced fresh parsley

1 Tbsp. minced fresh **basil**

1 tsp. minced garlic

3 **zucchini**s, chopped

1 **green bell pepper**, chopped

1 red onion, chopped

3/4 cup celery, chopped

1 lb. skinless chicken breasts (4 breasts)

1 cup vegetable stock

Preheat oven to 375 degrees. In a large bowl, stir together 2 Tbsp. olive oil, 1/2 tsp. salt, 1/4 tsp. pepper, parsley, basil and garlic. Add vegetables, mix well and arrange in a casserole dish. Mix 1/2 tsp. salt, 1/4 tsp. pepper and 1 tsp. oil; brush the mixture over the chicken breasts, place chicken on vegetables. Bake about 20 minutes then add 1 cup of vegetable stock. Bake 25 minutes more or until chicken is cooked and internal temperature reaches 165 degrees.

Serves 4 (about 1 cup each). Per 1 serving : 240 calories, 11 g fat, 26 g protein, 7 g carbohydrate, 2 g fiber, 890 mg sodium.



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