



The Acorn Angle...

August 2012, box #10

What's fresh?

How do I prepare it?

BEANS - green

- ☞ Chop and add to a fresh salad.

CARROTS

- ☞ Add cooked or raw carrots to a smoothie.
- ☞ Slice thin and add to a stir fry.

CUCUMBERS

- ☞ Slice into sticks and eat with humus.

GARLIC

- ☞ Store in the refrigerator for up to 3 months.

ONION

- ☞ Cut wedges and grill with seasonal vegetables on kebabs. Brush with olive oil and sprinkle with seasoned salt.

PEPPERS - green, sweet

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

PEPPERS - Hot - Hungarian Wax - Yellow

- ☞ Add to salsa, casseroles, scrambled eggs.

SUMMER SQUASH and or ZUCCHINI

- ☞ Steam summer squash, zucchini, carrots, and other veggies. Mix with pasta sauce and cooked pasta...easy dinner meal.

SWEET CORN

- ☞ Try an easy casserole: brown hamburger, with onion and pepper, add fresh corn kernels, and add a can or box of tomato soup. Add cheese if you like. Bake together at 350 for 20 minutes or until heated through.

TOMATOES - Red and Heirloom

- ☞ Judge heirloom tomatoes by their feel rather than color.

WATERMELON - Sugar Baby variety

- ☞ Store out of the fridge up to 4 days. Refrigerate sliced pieces.

HERB - Basil

- ☞ Try an easy pasta dish: Put chopped tomatoes (liquid removed) and chopped basil in a bowl. Generously drizzle with olive oil and balsamic vinegar. Let marinate for for 5 minutes and mix with with hot pasta. Serve immediately. Season with salt and pepper and add parmesan cheese.

Hello!

We are half way through our CSA season. I hope you have been enjoying the anticipation of each weekly box. We realize that you may love some items, and dislike others. Our hope is to provide you with a wide variety of seasonal, high quality, organic produce that will expand your palate.

The weather this season has not been particular kind to many of our vegetable varieties. For me, as a farmer, this has been my most stressful season to date, due to the drought and the fact that I was not able to get all of our early summer veggie varieties into your boxes.

The CSA experience is filled with:

Patience - waiting throughout the season for certain veggies: tomatoes, squash, etc. to ripen.

Understanding - realizing that even with our best intentions (like planting three times as much broccoli than I have ever planted before - and only yielding a fraction of a normal yield) mother nature may have other plans.

Commitment - taking the time and effort to prepare the veggies that you receive in your box.

Satisfaction - feeling good about eating and preparing healthy food.

Enjoyment - the wonderful taste of farm fresh veggies, eating new foods, and meeting and supporting your local farmer.

As farmers, we put a lot of effort into growing your food. Although, ultimately, you as the consumer must put in the hard, but tasty work that closes the circle from farm to table. I hope you have found satisfaction in eating and preparing fresh, local food that is good for you, the land, and the local economy.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

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

Chunky Bean & Tomato Salad

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

Meal ideas for the week:

Breakfast - English muffin egg sandwich - sauté peppers and onion and then scramble with eggs.

Lunch - Pasta salad with cucumbers, tomatoes, onion and basil.

Snack - Slices of tomato with cottage cheese.

Dinner - Grilled sweet corn with basil pesto butter and hamburgers.

Dessert - Carrot muffins with cream cheese frosting.

Please fill out our online **EVALUATION**. You can find the link in your email or type in: <http://www.surveymonkey.com/s/5TWM5ZW>

Recipes of the week...

Tomato Basil Soup suggested by CSA member, Sara. *The Food Lover's Kitchen*

- 1 **Onion**, *chopped*
- 1 Tbsp Coconut Oil, Organic
- 1 Tbsp Extra Virgin Olive Oil
- 1/2 cup Fresh **Basil**, *sliced, loosely packed*
- 2 tsp Salt and Pepper
- 3 cloves **Garlic**, *minced*
- 3 cup Chicken Stock (Free Range, Organic)
- 5 **Tomato**, Vine-ripened
- 6 oz Tomato Paste

Preheat oven to roast at 350°F. Clean and quarter tomatoes. Toss with olive oil, salt, and pepper. Roast on a baking sheet for 30 minutes.

In a large soup pot, heat coconut oil over medium heat. Sauté onion and garlic until onion is translucent. Add in the roasted tomatoes, and continue to sauté for 1 minute. Add in 3 cups chicken stock, the basil, and tomato paste and stir continuously over medium heat until the tomato paste has dissolved into the broth. Season with 2 teaspoons each of salt and pepper. Bring to a low boil, reduce heat to low. Cover pot and simmer for 30 minutes.

Pour soup into a food processor or high-speed blender, and puree until smooth. Serve hot, garnished with chopped basil.

Basque Vegetable Rice

- 2 Tbsp. extra-virgin olive oil
- 1 small dried red chili pepper, broken
- 1 medium **onion**, quartered and thinly sliced
- 2 cloves **garlic**, minced
- 2 large ripe **tomatoes**, seeded and diced
- 1 medium **zucchini**, diced
- 1 red bell pepper, diced
- 1 **green bell** pepper, thinly sliced
- 1 tsp. paprika
- 1 tsp. dried thyme
- 1/8 tsp. pepper
- 1-1/4 cups short-grain white rice, preferably Valencia
- 3 cups vegetable broth
- 2 Tbsp. finely minced parsley

Directions

1. Heat oil in a 12-inch cast-iron skillet over medium heat. Add chili pepper, onion, and garlic and cook, stirring often, until the onion is soft but not browned, about 6 minutes.
2. Add tomatoes, zucchini, bell peppers, paprika, thyme, and pepper; cover and simmer, stirring occasionally, for 15 minutes.
3. Add rice; stir to coat well with the tomato mixture. Add broth; bring to a boil. Reduce heat to low, cover and simmer until the rice is tender, 25-30 minutes. Serve hot directly from the pan, garnished with parsley.

Makes 8 1-cup servings. Per Serving: 150 calories, 4 g fat, 3 g protein, 26 g carbohydrate, 2 g fiber, 360 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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