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# The Acorn Angle...

August 2012, box #11



## What's fresh? How do I prepare it?

### BEANS - green

- ☞ Blanche and freeze for later use.
- ☞ Add to soup or casseroles.

### CABBAGE - green

- ☞ Make a vegetable soup with cabbage.
- ☞ Try making cabbage rolls.

### CARROTS

- ☞ Cook and puree, add to tomato or spaghetti sauce.

### CUCUMBERS

- ☞ Make a cucumber salad with sour cream and onions, or with vinegar and dill.

### EGGPLANT

This is a great year for our eggplant. The plants and fruits are beautiful. Check out our "did you know?" section to learn more about eggplant.

### LETTUCE

Lettuce is now back with the cooler temperatures of late summer. Enjoy a fresh salad topped with sliced veggies.

### MELON - Hearts of Gold

These orange melons are delicious. They may need to sit out on the counter a day or two, but once they start smelling sweet, they are ready to eat.

### PEPPERS - green & red - both are sweet

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

### PEPPERS - HOT - yellow, long

- ☞ Make fresh salsa or guacamole.

### SUMMER SQUASH and or ZUCCHINI

- ☞ Make a minestrone soup.
- ☞ Try making baked zucchini or summer squash sticks - check the internet for recipes.

### TOMATOES - Red and Heirloom

- ☞ Judge heirloom tomatoes by their feel rather than color.
- ☞ Freeze for later use.

### HERB - Parsley - flat leaf or curly

- ☞ Add to fresh salads, and tabouli.
- ☞ Hang up to dry for later use.

Hello!

This time of the year is always a busy one. Everything seems to be ripening all at once, and many of our workers return to school, therefore our help starts to dwindle. If any of you are interested in helping out on the farm, let us know!

We are past our halfway point. Nine more boxes to go after this one. We still have lots of goodies coming your way.

Thanks for supporting local farmers!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

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

**Tabouli Salad with Feta**

Check it out at: [www.oldoafamilyfarm.wordpress.com](http://www.oldoafamilyfarm.wordpress.com)

### Meal ideas for the week:

**Breakfast** - Sliced melon with an omelet.

**Lunch** - Veggie wrap and tabouli.

**Snack** - Roasted eggplant dip spread on bread or with chips.

**Dinner** - Hamburger casserole with cabbage.

**Dessert** - Zucchini chocolate cake.

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

### Eggplant - Did you know? *From Asparagus to Zucchini*

Eggplant is a curious but beautiful vegetable. It is related to several other garden vegetables, like the potato, tomato, and pepper. It is low in calories and high in fiber, and offers very small amounts of vitamins and minerals. It is traditionally eaten with other, more nutritious foods. Eggplant is believed to have originated in India or Burma. Introduced through trade routes, it became popular in many Arab countries and Northern Africa around 900 A.D.

Always cook eggplant to eliminate a slightly toxic substance called solanine. Eggplant is very versatile. Try baking, stuffing, sautéing, steaming or even grilling. Eggplant can be chewy if not properly cooked, when in doubt, cook a bit longer.

Store unrefrigerated for a few days or put in a plastic bag in your refrigerator crisper drawer for 1 week or more.

# Recipes of the week...

## Marinated Cucumber Tomato Salad *From Asparagus to Zucchini*

2 **cucumbers**, peeled and sliced into rounds  
4 large **tomatoes**, sliced into rounds  
1/2 cup thinly sliced red onion  
1/2 cup extra-virgin olive oil  
1/4 cup red wine vinegar  
1 TBS sugar  
salt and pepper  
1 TBS slivered fresh basil strips  
1 TBS chopped fresh **parsley**

Arrange cucumbers, tomatoes, and onions in a shallow serving dish. Mix oil, vinegar, and sugar in a small bowl and pour over vegetables. Season well with salt and pepper. Cover and let marinate for at least 1 hour and up to 4 hours - keep at room temperature. Sprinkle with herbs just before serving. (The leftover marinade makes a good dressing for salad greens.)

## Raspberry Melon Dip



2 cups raspberries  
1/2 cup honeydew (or other **melon**)  
3 Tbsp. honey  
1 tsp. lemon juice  
1/8 tsp. ground ginger  
Fresh fruit as desired for dipping (cantaloupe, honeydew, and/or apple slices recommended)\*

*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](http://500-club.org) or call (608)775-3447.*

Blend raspberries and honeydew. Add honey, lemon juice, and ginger. Blend for an additional minute or until well combined. Chill until serving. Serve with fresh fruit. \*dipping fruit not included in nutritional analysis

Serves 6. Per serving: 60 calories, 0 g fat, 1 g protein, 15 g carbohydrate, 3 g fiber, 0 mg sodium



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