

# The Acorn Angle...

September 2012, box #12



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

### **CELERY**

This celery is not the same variety as the kind you get in the store. It can be eaten raw, but will have a stronger taste, and may be a bit tougher.

- 🌿 Tastes great in soups, casseroles, stirfries, or anywhere else you use cooked celery.

### **CUCUMBERS**

- 🌿 Add cucumbers to a smoothie or juice them with other fruits and vegetables.
- 🌿 Freshen a glass of water with sliced cucumbers.

### **EGGPLANT**

These beautiful fruits love the heat, so they are growing great this summer.

- 🌿 Brush with olive oil and grill. Season with salt and pepper.
- 🌿 Keeps in the refrigerator

### **LETTUCE**

### **LIMA BEANS**

- 🌿 Remove from outer pod, boil in water until tender. Add butter and salt...so yummy!
- 🌿 Try my favorite recipe on back.

### **MELON - Cantaloupe**

It is sometimes hard to tell when melons are ripe. Typically when you start to smell their sweet aroma, they are good to go.

### **OKRA**

- 🌿 Okra doesn't have a long life in the refrigerator. Try to use it within 2-3 days.

### **ONIONS - Green**

### **PEPPERS - green, sweet**

- 🌿 Cut into cubes and make kebabs with other veggies and meat.
- 🌿 Chop into small pieces and freeze on a cookie sheet, then transfer to a plastic bag for later use.

### **PEPPERS - HOT - yellow, long**

- 🌿 Add to taco seasonings, chili, fajitas, etc.

### **TOMATOES - Red and Heirloom**

- 🌿 Make fresh salsa or bruchetta.
- 🌿 Judge heirloom tomatoes by their feel rather than color.

### **HERB - Parsley - flat leaf or curly**

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

Hello!

This week brings Labor day, and on our farm that means lack-of-labor! We are all very busy keeping up with the ever ripening produce. Most of our workers are now back in school and we are looking for help. Are you interested/do you know anyone interested? Let us know.

Last week we were heartbroken to find out that our raspberries have fallen victim to an invasive species - Spotted Wing Drosophila (a fruit fly). Our only hope in any meaningful harvest is the chance that the fly's life cycle will be over soon, and perhaps raspberries in a week or two, won't be affected. We will keep you updated, and we are very sorry that we don't have berries in the box this week.

This week we have a few veggies that may be unfamiliar to you:

**OKRA** - Deborah Madison, vegetarian chef, best describes okra "By any name, okra is slimy, and rather than try to ignore this fact, perhaps it's best just to admit that's how things are". There are lots of recipes out there for okra gumbo, and southern cooking. My favorite way to make okra is to slice it into coins, shake with salt and cornmeal and fry in a frying pan with olive oil or even better yet - butter. SOOO good...you will be craving more!

**LIMA BEANS** - Please don't stick out your tongue at this one. If you disliked limas during your childhood, please give them another try. Fresh cooked limas have a sweet, mild taste. You can find countless recipes on-line, or try my favorite recipe on the back. Limas can be stored in the refrigerator for a week.

**EGGPLANT** - 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.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

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

Eggplant, Tomato & Chickpea Stew

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

### **Meal ideas for the week:**

**Breakfast** - Melon with hardboiled egg.

**Lunch** - Homemade tomato soup with grilled cheese, and fresh pickles.

**Snack** - Lettuce wraps with tuna or egg salad.

**Dinner** - BLTs with roasted green beans, and grilled eggplant.

**Dessert** - Zucchini chocolate chip cookies.

# Recipes of the week...

## Eggplant Burgers

3 T olive oil  
1 medium onion, diced  
1 medium **eggplant**, diced  
1½ c walnuts, toasted and chopped  
1 t salt  
pepper  
2 c dry bread crumbs  
2 large eggs, beaten or ½ c firm tofu, puréed until smooth  
½ c Parmesan cheese, grated  
½ c Pecorino cheese, grated  
3 cloves garlic, minced or crushed  
zest of 1 lemon  
¼ c fresh **parsley** or 1 T dried parsley  
1 T dried oregano  
½ c basil, chopped

**Heat** 2 T oil over medium heat and sauté onion about 5 minutes, until translucent. Add eggplant and a dash salt and sauté 8-10 minutes, until soft, adding more oil if needed to keep eggplant from drying out. **Preheat** oven to 375. **Transfer** to bowl and stir in walnuts. Place one cup of this mixture in food processor and purée, then return to bowl. Add remaining ingredients except the remaining T oil and mix well. **Oil** the cookie sheet and your palms. Take about half a cup of the eggplant mixture and shape into a patty. Place on cookie sheet and repeat with remaining mixture. **Spray** or lightly drizzle the burgers with oil, then bake until golden brown and crusty, about 25-30 minutes. Remove from oven, cover with foil, and let rest for 5-10 minutes before serving. Or you can fry them in a bit of vegetable oil until golden on each side.

## Wagon-Wheel Pasta, Limas & Goat Cheese

1/2 pound wagon-wheel (or any short) pasta  
1 1/2 cups fresh **lima beans** (about 1 lb. beans with shells on) (you can also use frozen beans)  
1 TBS olive oil  
1 cup onion, sliced thinly  
2 TBS sour cream  
1 TBS finely chopped fresh thyme (optional, but makes it very tasty)  
1/2 tsp salt  
1/4 tsp ground black pepper  
4 oz creamy goat cheese



One of my all-time  
favorite recipes!

Bring a large pot of salted water to a boil, then add the pasta. After 5 minutes, add the lima beans. Meanwhile, heat the olive oil in a skillet over medium heat. Add the onions and cook until browned, about 7 minutes. When the pasta is ready, drain it with the beans (reserving 1/2 cup of the liquid), then return the pasta and beans to the pot along with the onion, sour cream, thyme, salt, pepper, goat cheese, and the reserved water. Toss together and serve. Add more salt and pepper to taste.



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