

The Acorn Angle...

June 2013, box #1



What's fresh? How do I prepare it?

ASPARAGUS

- 🍴 Steam or roast asparagus, but never overcook it. It tastes best when it is prepared tender-crisp.
- 🍴 Serve raw or slightly cooked and paired with veggie dip or hummus.
- 🍴 Wrap in a damp paper towel and store in a plastic bag in your refrigerator.

BOK CHOY

- 🍴 All of our vegetables are certified organic. We think they taste great, and unfortunately so do a few critters (we hope you can look past some pest damage to the leaves).
- 🍴 Sauté with olive oil, garlic and season with salt.
- 🍴 Chop and add to a stir fry.
- 🍴 Store in a plastic bag in the fridge for a week or more.

CHARD - GREEN OR RED

- 🍴 Use chard fresh in a salad or on a sandwich.
- 🍴 Substitute chard in any recipe that calls for cooked spinach.

LETTUCE/SPINACH MIX

Enjoy our mixed variety of head lettuce and spinach.

ONION - GREEN

- 🍴 Chop and add to a homemade pizza.
- 🍴 Chop and add to salads.

RADISH

- 🍴 Slice thinly and add to a quiche or stir fry.
- 🍴 Eat raw alone or with dip.

RHUBARB

- 🍴 Enjoy this versatile stalk in a fruit crisp, pie, cake, or even lemonade. Check out our blog for more recipes.

HERB - TARRAGON

- 🍴 This herb pairs well with asparagus, egg, or chicken dishes.
- 🍴 Use fresh, or hang upside down to dry for future use.

Hello!

Welcome to our sixth CSA season. We are gearing up for a wonderful season - planning, planting, weeding and harvesting fresh, great tasting organic produce for YOU, our members.

Each week you will get a seasonal representation of what we have growing in our garden. We hope you enjoy receiving your favorites and look forward to trying new veggies and recipes.

The start to this season has been slow. The cool weather combined with lots of rain has delayed some of our plantings. Some fields were so wet that we were unable to get our tractors into them until recently.

Please be patient with us. We promise the CSA boxes will grow in variety and quantity!

Please contact Kyle directly by email or phone if you have any questions or concerns.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

***Kyle's favorite blog recipe for the week: Strawberry Rhubarb Applesauce**

Meal ideas for the week:

Breakfast - Rhubarb sauce on yogurt.

Lunch - Spring salad with lettuce, radishes and green onions.

Snack - Strawberry rhubarb applesauce OR fresh radishes and hummus.

Dinner - Quiche with radishes, green onions, and asparagus.

Dessert - Rhubarb coffee cake.

Please read our weekly **NEWSLETTERS**. This is our main means of communication with members.

CSA WEEK #3 will have some date changes due to the 4th of July Holiday. Please watch your email for pick up dates/locations. We will not be offering drop offs on Thursday (July 4th), and will offer a Tuesday, Wednesday or Friday pick up instead.

Looking to add local **BEEF** to your weekly meals? We offer all-natural Herford beef. Email us to be added to our direct order list. Our direct orders are dropped off at our normal CSA locations.

Want more **VEGGIES**? Sign up for our direct order (email) list to be delivered with your CSA box or visit us at the Cameron Park Farmer's Market (La Crosse) on Friday nights from 4-8pm.

Recipes of the week...

Slow Cooker Chicken Adobo

2 medium onions, sliced
3 cloves garlic, minced
1/3 cup apple cider vinegar
1/3 cup soy sauce
1 TBS brown sugar
1 bay leaf
black pepper
8 skinless, bone-in chicken thighs (about 1 3/4 pounds)
1 tsp paprika
1 large head **bok choy**, cut in half, lengthwise (rinse with water) and then cut horizontally into 1-inch strips
2 **green onions**, thinly sliced
Cooked rice, or quinoa

In a 5- to 6-quart slow cooker, combine the onions, garlic, vinegar, soy sauce, brown sugar, bay leaf, and 1/4 teaspoon pepper. Place the chicken on top and sprinkle with the paprika.

Cook, covered, until the chicken and onions are tender, on low for 7 to 8 hours or on high for 4 to 5 hours (this will shorten total cooking time).

Ten minutes before serving, if the slow cooker is on the low setting, turn it to high. Gently fold the bok choy into the chicken and cook, covered, until tender, 3 to 5 minutes. Serve with the rice and sprinkle with the green onions.

Roasted Tarragon Asparagus

1-1/2 pounds fresh **asparagus**, trimmed
2 to 3 tablespoons olive oil
1/2 teaspoon coarsely ground pepper
1/8 teaspoon salt
1-1/2 teaspoons minced fresh **tarragon** or 1/2 teaspoon dried tarragon

Place asparagus in a shallow baking dish coated with cooking spray. Drizzle with oil; sprinkle with pepper and salt. Toss to coat. Bake, uncovered, at 450° for 13-15 minutes or until crisp-tender, turning occasionally. Sprinkle with tarragon. Yield: 6 servings.

Baked Radish Chips

10 **radishes**
1 tsp chili powder
1/2 tsp garlic salt
1/2 tsp paprika



1. Thinly slice radishes.
2. Steam in microwave for 5 minutes.
3. Put in bowl with spices; stir.
4. Bake at 350 degrees for 10 minutes, flip the chips, and bake for another 10 minutes.

Serves 1. Per serving: 23 calories, 0.6g fat, 1g protein, 4.5g carbohydrate 2g fiber 45 mg sodium



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The Niedfeldt family:
Jerry & Connie Niedfeldt
Kyle, Eric, Owen & Iris Zenz
Jacey, Ric, Breck & Joelle Heller

Plant Care...

PLANT - Sungold Tomato

Sungold tomatoes are incredible sweet. Some people call them candy tomatoes. We have included them in our CSA boxes in the past, but they always tend to crack during transportation. We still want you to experience the amazing flavor of these tomatoes, so we are giving you your very own plant.

You can put your tomato plant right in your garden, keep it in a pot on your patio, or in your yard. If you don't have a spot for your tomato, pass it on to a friend.

Re-plant your tomato in the ground or in a large container (a 5 gallon or larger pot). You will need to stake your plant with sticks or with a tomato cage.

PLANT - Basil

Enjoy this great herb all season long with a little tender loving care. It is a heat loving plant. Basil will grow best outdoors in the garden or a well-drained container. However with the right amount of light you can grow basil indoors.

Basil can be harvested by cutting off the top or side branches of the plant. Just make sure there are leaves and stems remaining to continue plant growth. If you see a flower forming at the top, cut it off, to keep the plant from "going to seed".

CSA helpful hints...

Are you receiving our **EMAILS**? Please add our email address: oldoakfamilyfarm@yahoo.com to your address list. If you haven't been receiving emails, check your junk mail folder. Our primary means of communication is through email. Every Sunday we send out our "best guess" list for CSA produce for the upcoming week.

NEWSLETTERS can be found on line. Paper copies will be available with each CSA pick up. If you prefer an on-line copy, just let us know at your pick up location. If you want to check out past newsletters or share with a friend, you can find them at: www.oldoakfamilyfarm.com/whatsfresh/CSAnewsletter

Please remember to bring your own **BOX or BAG** to transfer produce from our CSA tubs. Returning our CSA tubs right away helps to minimize the number of boxes we lose each year.

Please take a few minutes each week to **PROPERLY STORE** your produce. Most of the items will store well in the refrigerator in a plastic bag. Taking care of your vegetables right away ensures that they stay fresh for the maximum amount of time.

Don't forget to **WASH** all produce. We typically rinse most veggies, but they may contain a bit of soil, or on occasion a hidden field pest.

Wondering what to make for dinner? Check out our blog for **RECIPES**. You can select a specific vegetable (from the drop down menu on the right hand side of the page), and choose from a variety of seasonal recipes.
www.oldoakfamilyfarm.wordpress.com

If you will be on **VACATION** please arrange for someone to pick up your box, or talk to us about an alternative pick up location/time.