
The Acorn Angle...

June 2013, box #2



What's fresh? How do I prepare it?

ASPARAGUS

- ☞ Avoid over cooking. It tastes best when 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.

BROCCOLI

- ☞ These heads are small but have great flavor.
- ☞ Use the entire stem of the broccoli. Slice thin and add to salads, or stir fry.

KALE

- ☞ Look up "massaged" kale salad. We had a customer who thought she hated kale for quite awhile until she tried massaging it with dressing. It is now one of her favorites.
- ☞ Kale is great raw or cooked. You can substitute it in recipes that call for cooked spinach.

LETTUCE

Enjoy our mixed variety of head lettuce - check out the beautiful speckled trout-backed lettuce. I tell my kids it is called leopard lettuce.

NAPA CABBAGE

- ☞ Rinse inside the leaves and chop for salads, tacos, or a stir fry.

ONION - GREEN

- ☞ Top a baked potato.

RADISH

- ☞ Grill radishes. Coat with olive oil and herbs or seasoned salt. Grill in a basket or on a skewer.
- ☞ As the weather warms, so does the bite factor of radishes. These taste great, but are a little spicier than last week.

RHUBARB

- ☞ Store in a plastic bag in the refrigerator for up to 2 weeks.
- ☞ Chop and freeze for future recipes.

HERB - OREGANO

- ☞ Try making a fresh oregano salad dressing.
- ☞ Add to tomato sauce or lasagna.

Hello!

My biggest motivation as a CSA Farmer is to promote healthy eating. It's hard not to eat healthy when you are receiving a box of fresh vegetables every week!

I challenge you to try new vegetables over the course of the summer. Even if you think you don't like a certain vegetable, please, give it a try again. My husband grew up eating canned lima beans and beets. When we met he swore he would never eat either again. However, after tasting lima beans and beets fresh from the garden and prepared correctly my husband now loves both vegetables and looks forward to when they are in season.

Many folks are excited about getting tomatoes, carrots, potatoes, and other vegetable "staples" in the CSA boxes, and my family is too. However, half the fun of a CSA is trying new vegetables and getting creative in the kitchen. For this week I encourage you to embrace some not so familiar vegetables like napa cabbage, kale, radishes, and other lesser known greens.

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

Happy eating!
~Kyle, CSA Manager, 608.386.8066

***Kyle's favorite blog recipe for the week:** Pasta with Kale and Beans. It is a great, very easy recipe. We've got lots of kale recipes!

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.

Want more **VEGGIES or BEEF?** 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.

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.

Recipes of the week...

Napa Cabbage Chinese Salad

1 large head **napa cabbage**
5-6 **green onions**, chopped
1 stick butter, melted
2 pkg. Ramen noodles (don't use seasoning)
1 pkg. sliced almonds
1/2 c. sesame seeds

Dressing

1/2 c. vegetable oil
1/4 c. vinegar
1/2 c. sugar
1 tsp. soy sauce

Directions: Add "dressing" ingredients and shake well in a closed container. Chop napa cabbage into thin strips. Add to chopped scallions. In a pan melt butter. Add 2 packages Ramen noodles (break these up into little pieces). Brown these together, once noodles start to turn brown, stir until completely brown. Turn off heat, add seeds and almonds; let cool. When cool add to the cabbage and scallions. Add the dressing just before serving.

We often take this recipe to potlucks or picnics and get rave reviews. It is definitely our favorite way to prepare napa cabbage.

Rhubarb Muffins

2 cups flour
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
3/4 cup brown sugar
2 eggs, beaten
1 cup milk
1/4 cup butter, melted
1 teaspoon lemon juice
1 1/2 cups fresh **rhubarb**, finely chopped



1. Preheat oven at 375° F
2. In a large bowl combine dry ingredients.
3. In a separate bowl combine remaining ingredients and pour over dry mixture.
4. Stir till batter is just moist and lumpy.
5. Spoon into greased muffin cups.
6. Bake at 375° for 20 - 25 minutes

Serves 12-16. Nutrition per muffin: 145 calories, 4.5g fat, 3.5g protein, 23g carbohydrate, 1g fiber, 155mg sodium



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