
The Acorn Angle...

July 2013, box #3



What's fresh? How do I prepare it?

CARROTS

- 🌿 These sweeties are small but delicious!
- 🌿 Try eating the carrot tops. Add to a salad, smoothie, or soup.

GARLIC SCAPES

These long curly stems are the flower stalk of garlic. We remove them from the plant to ensure that more energy goes into the garlic bulb instead of the flower.

- 🌿 Snap off the end with the flower and you can eat the entire green stalk.
- 🌿 Garlic scapes are more mild than regular garlic.
- 🌿 Mince like you would regular garlic and use in any recipe that calls for garlic.
- 🌿 Try making garlic scape pesto.

KOHLRABI

These light green, round, mild tasting vegetables grow above ground.

- 🌿 Peel off the outer layer with a knife or a kitchen peeler.
- 🌿 Cut the kohlrabi into slices or sticks.
- 🌿 Eat raw, steam, or add thin slices to a stir fry.
- 🌿 Leaves are also edible. Sauté with olive oil and garlic.

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.

ONION - GREEN

PEAS - EDIBLE PODS

- 🌿 Snap off the stem and enjoy the entire pod (snow peas or snap peas).
- 🌿 Enjoy raw or slightly steamed.

RADISH

- 🌿 Spread cream cheese on a bagel and top with thinly sliced radishes.
- 🌿 You can eat the greens - raw or sautéed.

HERB - THYME

- 🌿 Refrigerate in a plastic bag. Don't rinse until you are ready to use.
- 🌿 Thyme works as a digestive aid and helps break down fatty food.
- 🌿 Try making carrot thyme soup.

Hello!

As the Fourth of July is upon us, I am reminded of our fond, or should I say obsessive relationship with food during celebrations and gatherings. Food is not just center stage during Thanksgiving and Christmas, but we tend to build most of our gatherings around food no matter what the season or occasion. Next time you are planning or attending a celebration, consider these thoughts:

Eat Real Food

Eating with friends and family should make us feel great and energized not sluggish or overly stuffed. One way to prevent this all too often occurrence is to avoid serving overly processed foods. Make and serve fresh, homemade dishes, and be sure to include fruits and vegetables. You may even find that picky eaters might reach for carrot sticks if potato chips are no where to be found.

Eat Local and Organic

Before you open up your cookbook and plan to make butternut squash soup in July, think about seasonal options. What is in your CSA box? What is available at the farmer's market? What is growing in your garden? Plan your meals around food that is ultra-fresh with low food miles attached.

Make it a Pot Luck

Reduce your workload by asking guests to bring a dish to pass. You can request a type of dish (salad, dessert, main dish) or just ask everyone to follow a theme, like "what did you find at your farmer's market this week?". Have guests label their dishes, including ingredients. You can even vote for favorites or pass around recipes following the meal.

Consider Those with Allergies or Food Preferences

Planning in advance for vegetarians, and those with special dietary restrictions is important and can really make your guests feel special and included. Include at least one or more dishes that are meat-free, dairy-free, gluten-free, and low in sugar.

Eat Fruit for Dessert

Chocolate chip cookies and cakes can definitely have their place, but consider putting out a beautiful and mouthwatering fruit plate at the end of the meal instead of the standard sweets.

Enjoy eating your way through celebrations this summer! Create new food traditions and enjoy your time spent with good company.

Happy eating and Happy 4th of July!
~Kyle, CSA Manager, 608.386.8066

Recipes of the week...

Rice & Summer Vegetable Salad

- 1 **green onion**, (white part only) chopped
- 1 inch **garlic scape**, chopped
- 2 TBS chopped parsley
- 2 TBS red wine vinegar
- 2 tsp **fresh thyme leaves**
- Salt and freshly ground pepper
- 1/3 cup olive oil
- 2 cups cooked basmati rice, cooled
- 2 cups bite-size pieces assorted vegetables (**radishes, carrots, peas, kohlrabi**)
- 3/4 cup torn mixed leafy greens or **lettuce**
- 1/3 cup chopped **green onions**
- 2 TBS toasted pine nuts (optional)

Pulse first 5 ingredients in a blender until combined; season with salt and pepper. With blender running, slowly drizzle in oil. Process dressing until well blended. Place remaining ingredients in a large bowl; drizzle with 3 TBS dressing and toss to coat. Pass remaining dressing alongside for drizzling over.

Grilled Radishes

- 1 bunch **radishes**, sliced
- 1½ tsp. minced garlic (can use **garlic scapes**)
- 2 Tbsp. butter, cut into small pieces
- 1 ice cube
- salt and pepper, to taste

Preheat grill on high heat. On a large double layer of aluminum foil, place radishes, garlic, butter and ice cube. Season with salt and pepper then tightly seal foil around contents. Place foil packet on grill and cook 20 minutes or until radishes are tender. Let cool slightly, then unwrap carefully and serve hot.

Per serving: 50 calories, 4 g fat, 1 g protein, 3 g carbohydrate, 1 g fiber, 65 mg sodium



Chicken Veggie Pockets

- 1/2 cup **lettuce** or spinach leaves
- 1 whole wheat pita pocket
- 1/4 cup shredded **carrots**
- 4 oz. cooked chicken breast, diced
- 1/4 cup sliced cucumbers
- 1 Tbsp. low-fat ranch dressing
- 1/4 cup sliced **radishes**

In a medium bowl, combine vegetables with chicken and lightly coat with ranch dressing. Cut the pita pocket in half and gently spoon half of the mixture into each pouch. For a complete meal that includes all five food groups serve veggie pockets with low-fat yogurt mixed with berries or milk and a piece of fruit.

2 servings. Per serving: 160 calories, 5 g. fat, 13 g. protein, 16 g. carbohydrate, 3 g. fiber, 450 mg. sodium



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