



# The Acorn Angle...

July 2013, box #4

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

## **BROCCOLI**

- ☞ Soak heads upside down in cold, salted water to remove any hidden field pests.
- ☞ Slice the tender stem into a salad.
- ☞ Try roasting broccoli at 400 degrees. Coat with olive oil, salt and pepper. Bake about 20 minutes - remove from heat when broccoli turns a dark green color. Don't overcook.

## **CARROTS**

- ☞ These are white/yellow carrots. Enjoy the novelty of a unique colored carrot.
- ☞ Don't forget you can eat the tops too. Add to a salad, stir fry, or smoothie.

## **CHARD**

- ☞ Roughly chop chard into a salad. Add thin carrot slices, sliced green onion, mandarin oranges, slivered almonds, and vinaigrette.
- ☞ Use chard as a substitute for spinach in almost any recipe.

## **GREEN GARLIC**

This is the young stage of garlic, before it forms cloves. The flavor is more mild than cured, dried garlic, but tastes great in any recipe that calls for garlic. Trim off the roots and the top of the bulb. You can even use the tender part of the stem - like you would use green onions.

## **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.

## **PEAS - EDIBLE PODS OR BEANS**

Some of you will be receiving peas and some of you will be getting green beans. Both are excellent raw or cooked.

## **HERB - SAGE**

- ☞ Try dipping leaves in batter and frying them.
- ☞ Dried sage makes a great tea. If you add honey, it helps ease sore throats and colds.
- ☞ Make sage corn bread or even blueberry sage muffins. Check online for recipes.

Hello!

We have been busy on the farm weeding and wondering when all of the vegetables will catch up. The late spring and excessive moisture definitely slowed growth on many of our crops. We are almost 1 month behind in growing compared to last year.

We always have a big push to get everything planted in the spring and early summer, but we do continue to plant throughout the season. Recently we planted more broccoli, kohlrabi, carrots, herbs, cabbage, beets, and kale.

As for the weeding, you are always welcome to join us. The battle is ongoing.

Happy eating!  
~Kyle, CSA Manager, 608.386.8066

\*Kyle's favorite blog recipe for the week: Snow Pea, Broccoli and Rice Salad. Check it out @ [www.oldoakfamilyfarm.wordpress.com](http://www.oldoakfamilyfarm.wordpress.com)

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

Breakfast - Scrambled eggs with chopped, sautéed chard.  
Lunch - Pasta salad with broccoli.  
Snack - Hummus made with fresh, green garlic.  
Dinner - Chicken or beef fajitas with steamed broccoli and carrots.  
Dessert - Carrot muffins.

Please read our weekly **NEWSLETTERS**. (even if you only get your box every other week) This is our main means of communication with members

Save your old **EGG CARTONS**. We can always re-use them. Store them in your CSA box, and return to your drop off point.

Planning a **VACATION** and won't be able to get your CSA box? Ask a friend to pick it up for you, or email us and we can prepare it on an alternative pick up day.

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.

## Recipes of the week...

### Savory Swiss Chard and Cheese Muffins, *from Park Ridge CSA, Fond Du Lac*

3 cups **Swiss Chard**, Thinly Sliced

2 Tablespoons Olive Oil

1 teaspoon Salt

½ teaspoons Curry Powder

1 cup Sour Cream (heaping Cup)

3 whole Large Eggs

1 cup Grated Cheddar Cheese (heaping)

½ cups Bread Crumbs

½ teaspoons Baking Powder

1. In a glass bowl (or any other microwave safe dish), combine Swiss chard, olive oil, salt and curry. Microwave for 2 minutes, until the greens wilt a bit and smell nice. Drain excess liquid.

2. In a different bowl, combine sour cream, eggs, cheese, bread crumbs and baking powder. Mix well and add the cooked greens. Mix well.

3. Divide mixture between 9 (preferably silicone) muffin pan cups or individual baking cups (oil well or line with paper cups if you are not using silicone) and bake in a 350F (about 180 Celsius) for 35 minutes.

Serve at room temperature or cold from the fridge. These should come out moist and juicy, so don't overcook them.

### Sage Vinaigrette

1 clove garlic, minced OR 1 head **green garlic**

1 tablespoon Dijon mustard

2 tablespoons roasted garlic

1 tablespoon minced **sage**

¼ cup balsamic vinegar

1 cup pure olive oil

Salt and pepper

Chop the raw garlic in the food processor. Add the Dijon, roasted garlic, herbs, and vinegar. Process well. Add olive oil slowly. Season with salt and pepper. Season with salt and pepper and a splash or two of vinegar.

### Swiss Chard and Caramelized Onions

1 tsp. olive oil

2 cups sliced yellow onion

Dash of baking soda

12 cups chopped **Swiss chard**

2 Tbsp. water

2 tsp. sherry vinegar

¼ tsp. freshly ground black pepper

Preparation

1. Heat a large nonstick skillet over medium heat. Add olive oil; swirl to coat.
2. Add onion and baking soda; cook 10 minutes or until browned.
3. Add Swiss chard and water to pan; cook 3 minutes or until chard wilts.
4. Stir in vinegar and freshly ground black pepper.

Serves 4. Nutrition per serving (about ½ c) 50 calories, 1.5g fat, 3g protein, 10g carbohydrate, 3g fiber, 550 mg sodium



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