
The Acorn Angle...

July 2013, box #5



What's fresh? How do I prepare it?

BLACK RASPBERRIES

These wild berries (also called black caps) are found in our woods. They are time-consuming to pick, but their flavor is worth it.

BROCCOLI

☞ To freeze - cut into florets and slice stems. Blanch for 3-4 minutes, rinse in cold water, let dry and place in freezer bags.

CARROTS

☞ Try fresh carrot juice if you have a juicer.

FENNEL

☞ Fennel has a distinct black licorice flavor. If you aren't a fan of that, make sure to roast fennel, as it mellows the flavor. (In full disclosure, this is the only way I like fennel - but I REALLY like it this way)

☞ You can eat the fronds and the bulb.

☞ This vegetable pairs well with tomato and basil dishes.

☞ Try roasting and making a fritatta.

GREEN GARLIC

☞ Green garlic is young garlic before it forms cloves.

☞ Peel off outer layer, chop off roots and stalk. Freeze in a plastic bag for future use.

KOHLRABI

☞ Peel, cube and add to a salad.

LETTUCE

☞ Enjoy a big salad on a hot summer night. Add shredded chicken, hard boiled eggs, carrots, kohlrabi, broccoli, and any other veggie you find in your refrigerator!

NAPA CABBAGE

☞ Slice and add to a stir fry, salad, tacos, or sandwich.

☞ Try the Napa Cabbage Salad recipe from week #2.

HERB - BASIL

☞ Basil will stay fresh in the refrigerator for a few days. Wrap with a damp papertowel and store in a sealed bag.

Hello!

I hope all of you have been enjoying new ways to prepare and eat veggies. I enjoy putting this newsletter together, because it allows me to try out new recipes.

One new recipe that I tried out this week is roasted fennel fries. They are absolutely delicious! I know that some of you may be leery about eating fennel, but I encourage you to give it a chance by trying this recipe. The flavor really mellows out - they are simply outstanding!

I have been told by many great chefs that the reason some people don't like certain vegetables is simply because they haven't been prepared correctly. I also like to think this is true - so I will continue to provide new recipes and encourage you to "eat all of your veggies"!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: Fettuccine with vegetables in a light tomato sauce.

Check it out @ www.oldoakfamilyfarm.wordpress.com

Meal ideas for the week:

Breakfast - Black raspberry parfait with yogurt and granola.

Lunch - Pita or tortilla wrap with lettuce, chopped broccoli, carrots, shaved kohlrabi and dressing.

Snack - Roasted Fennel Fries

Dinner - Pasta with tomato sauce and sautéed garlic, fennel, carrots, and broccoli.

Dessert - Vanilla ice cream topped with black raspberries.

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

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 email us at least 1 full week in advance.

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...

Very Veggie Cole Slaw

- | | |
|---|------------------------|
| 1 Kohlrabi root, thinly Julienne | 1/4 cup Mayonnaise |
| 2 Carrots , grated | 1 Tbsp Sriracha |
| 1/2 cup Onion, thinly sliced | 1 tsp dried Cilantro |
| 1 small Napa Cabbage , thinly sliced | 1 tsp Celery Seed |
| 1 Tbsp Sugar | Salt & Pepper to taste |
| 2 Tbsp Rice Wine Vinegar | |

Combine all the vegetables in a large bowl and toss. Mix in remaining ingredients and chill for 30 minutes before serving.

Roasted Fennel Fries

- 1 large **fennel bulb**, fronds removed and sliced into 1/3" thick pieces
- 1 tbsp olive oil
- salt and pepper

Preheat oven to 375°.

Cover a large baking sheet with parchment paper and place the fennel slices in a single layer.

Drizzle with olive oil and season with salt and pepper.

Place in the oven and cook for 30–45 minutes flipping once halfway through.

Bake until the fennel is fork tender and a golden brown.

Oven Roasted Broccoli

- 1 lb. **broccoli**, rinsed and trimmed
- 1.5 Tbsp. olive oil
- 2 cloves garlic, minced OR 2 **green garlic** bulbs, minced
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 1/3 cup panko bread crumbs
- 1/8 cup finely grated Parmesan or sharp Cheddar



Preheat oven to 425 degrees F. Cut the broccoli florets into bite size pieces. Cut the stalk into 1/8-inch thick, round slices. Place the broccoli into a mixing bowl and toss with the olive oil, garlic, salt and pepper and set aside.

Spread the panko into a 13 by 9-inch metal cake pan and place into the oven for 2 minutes or until lightly toasted. Remove the panko from the oven and add to the bowl with the broccoli mixture. Toss to combine. Return the mixture to the cake pan, place in the oven and roast just until the broccoli is tender, 8 to 10 more minutes. Remove from the oven, toss in the cheese and serve immediately.

Makes about 8 servings. Nutrition per serving (about 1/2 cup)

110 calories, 6g fat (heart healthy fats), 5g protein, 12g carbohydrate, 4g fiber 370mg sodium



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