
The Acorn Angle...

July 2013, box #6



What's fresh? How do I prepare it?

BLACK or RED RASPBERRIES

It has been a good season for wild black raspberries, but it is coming to a close.

CARROTS

☞ Sauté in butter with a little onion, salt, and fresh herbs.

GARLIC - freshly dug

☞ This garlic has not been dried (cured). The papery shells of the cloves may feel fleshy. Peel them off as you would dried garlic.

☞ Store in the refrigerator.

KALE

☞ Make pasta salad with kale. Sauté kale in olive oil with garlic and onions. Cook until tender. Add to cooked pasta and season with salt and pepper.

☞ Chop and add raw to a rice or green salad.

☞ Add chopped kale to scrambled eggs.

LETTUCE

☞ Make lettuce wraps with chicken or egg salad.

ONIONS

☞ These walla walla onions are freshly dug, and nice and sweet.

☞ Use raw in a salad or sauté for a cooked recipe.

PEPPERS

☞ These are just starting to mature, so we have a sampling of 1 or 2 bell peppers or sweet green peppers.

SUMMER SQUASH/ZUCCHINI

☞ This vegetable is great raw or cooked.

☞ Dice for a pasta or green salad addition.

☞ Add to a stir fry or steam and add to a pesto pasta salad.

HERB - CILANTRO

☞ Make a salad dressing - Cilantro Lime Vinaigrette.

☞ Toss fresh leaves into a green salad.

☞ Chop into pasta or potato salad.

☞ Try making cilantro pesto.

Hello!

Following a dry stretch, rain always seems to make everything better. This morning I was out in the woods picking black raspberries, and the cool morning and fresh dew was rejuvenating.

Farm life is starting to get pretty busy. Two of our most time-consuming crops: zucchini/summer squash and cucumbers are starting to ripen. We need to pick these almost daily, as they seem to grow right before our eyes.

I hope all of you are enjoying summer and embracing all that it has to offer. Get outside and get active. It isn't too late to start some plantings. Seed some carrots, herbs, sunflowers, or plant some new perennials. Just make sure to give the plants and yourself lots of water this time of year!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: Cilantro Peanut Dip.
Check it out @ www.oldoakfamilyfarm.wordpress.com

Meal ideas for the week:

Breakfast - Scrambled eggs with chopped peppers and cilantro.

Lunch - Vegetable wrap sandwich with fresh made garlic hummus.

Snack - Crispy, baked kale chips.

Dinner - Vegetable lasagna with kale, peppers, zucchini, and carrots.

Dessert - Zucchini & granola cookies.

Please check your email for a **CSA SURVEY**. A local student is conducting a research project about CSA membership in the LaCrosse (and surrounding counties) area. It will only take a few minutes. Thank you in advance for your participation.

We will be sending out a **MID-SEASON MEMBER SURVEY** in a few weeks. If you have any comments, or suggestions before that, please don't hesitate to share.

We still have room in our **CSA FLOWER SHARE**. If you would like to receive 5 weeks of beautifully arranged, local, organic flowers let us know. The flower share also makes a great gift! Check out our website under "fresh flowers" for more information.

Recipes of the week...

Marinated Zucchini and Chickpea Salad *Contributed by CSA Member, Becky*

- 1 pound small **zucchini or yellow squash** or a combination, halved and thinly sliced
- 1 1/2 cups cooked chickpeas (or 1 can, rinsed and drained)
- 1/2 cup chopped **onion**
- 1/2 large red or green **bell pepper**, cut into 1-inch long slices
- 2 cloves **garlic**, minced
- 2 tablespoons lemon juice, freshly squeezed
- 2 tablespoons white balsamic or white wine vinegar, see notes
- Generous grating black pepper
- salt, to taste
- fresh herbs (such as mint, basil, or oregano) to taste

Combine all ingredients in a non-metal container. Cover tightly and refrigerate for at least 6 hours (24 hours is optimal), stirring occasionally. Check the seasonings and add more salt and lemon juice or vinegar if you think it needs it. Serve sprinkled with additional fresh herbs.

Notes: While regular white wine or white balsamic vinegars can be used, for best flavor, use a vinegar with some sweetness to it, such as fig, raspberry, walnut or pecan.

Variations: Add a teaspoon of sesame oil and some toasted sesame seeds for an Asian variation.

Add some spice by skipping the herbs and adding cayenne pepper or your favorite hot sauce.

Add some fresh sweet corn kernels for a complete one-dish meal.

Preparation time: 15 minute(s) | Cooking time: 1 minute(s)

Number of servings (yield): 4 large, main dish servings. Nutrition (per serving): 143 calories, 16 calories from fat, 1.9g total fat, 0mg cholesterol, 19.1mg sodium, 538.8mg potassium, 25.8g carbohydrates, 6.7g fiber, 7.1g sugar, 7.4g protein.

Sautéed Kale

- 1 lb. **kale**, tough stems and center ribs discarded and leaves cut into 1-inch-wide strips (8 cups)
- 1 1/2 Tbsp. olive oil
- 1 small **onion**, halved lengthwise and thinly sliced crosswise
- 1 **garlic clove**, minced
- Pinch of dried hot red pepper flakes
- 1 Tbsp. red-wine vinegar, or to taste
- 1/4 tsp. salt

Preparation

1. Cook kale in an uncovered 6-quart pot of boiling salted water. Stir occasionally, until just tender, about 10 minutes.
2. Drain kale in a colander.
3. Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until softened, 6 to 8 minutes.
4. Add garlic and red pepper flakes and sauté, stirring, until garlic is fragrant, about 1 minute.
5. Reduce heat to moderate, then add kale and cook, stirring occasionally, until heated through. Remove from heat and stir in vinegar and salt.

Serves 2. Nutrition per serving (about 300 g)

230 calories, 12g fat (heart healthy fats!), 11g protein 26g carbohydrate 6g fiber 380 mg sodium



N6370 Niedfeldt Rd. · Bangor, WI 54614
608.486.4205 · oldoakfamilyfarm@yahoo.com
blog: www.oldoakfamilyfarm.wordpress.com
web: www.oldoakfamilyfarm.com

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