
The Acorn Angle...

July 2013, box #7



What's fresh? How do I prepare it?

CABBAGE

- 🌀 Store in a plastic bag in the refrigerator for a month or more.
- 🌀 Make coleslaw with carrots.

CARROTS

- 🌀 Shred carrots and make spring rolls with cucumbers, cabbage, avocado and more.
- 🌀 Shred and add to sandwiches, wraps, and salads.

CELERY

- 🌀 This celery is great tasting, but the flavor is more intense than store bought white colored celery.

CUCUMBERS

- 🌀 Slice and add to water for a refreshing drink.
- 🌀 Slice into sticks and serve with other cut veggies and hummus.

LETTUCE

- 🌀 Enjoy our mixed variety of head lettuce.

ONIONS

- 🌀 These walla walla onions have a great sweet flavor.

PEPPERS

- 🌀 These are just starting to mature, so we have a sampling of 1 or 2 bell peppers or sweet long green peppers.
- 🌀 Try stuffing the peppers with rice or quinoa mixtures.

SUMMER SQUASH/ZUCCHINI

- 🌀 Try making a ratatouille - with zucchini, onions and peppers. Mix in thyme and tomato sauce, serve over couscous and top with greek yogurt.
- 🌀 Sauté with olive oil and a little chopped sage.

SWISS CHARD

- 🌀 Use in any recipe that calls for cooked spinach.
- 🌀 Add to quiche with other veggies.

HERB - SAGE

- 🌀 Store in a plastic bag in the refrigerator for a week or more.
- 🌀 Dry for future use.

Hello!

Last week we were peeling off layers with the extreme heat. This week we have been keeping warm with pants and sweatshirts. The variations in weather keep things exciting on the farm!

Early this week our workers and volunteers attended to a yoga for farmers class. This class combined hot temperatures with stretching tips and techniques for overworked farming muscles.

Things are busy on the farm. There are always veggies to pick, new seeds to plant and weeds, weeds, weeds.

In September we will be losing several of our student workers. If you or anyone you know will be looking for a short term, part-time job, drop me an email.

Have any of you had success with a new recipe? Send me an email or share a link on our facebook page.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: 500 Club Veggie Pockets. Check it out @ www.oldoakfamilyfarm.wordpress.com

Meal ideas for the week:

Breakfast - Carrot muffins

Lunch - Cucumber salad with peppers, onions, olive oil, and vinegar.

Snack - Celery with peanut butter and raisins - "ants on a log".

Dinner - Chicken tacos with shredded cabbage, onions, peppers, and salsa.

Dessert - Zucchini bread.

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...

Cabbage Casserole

- 1½ T olive oil, divided (more or less, depending on your pan)
- 1 lb. lean ground beef
- 1 large **onion**, chopped small
- 1 T finely minced garlic
- ½ tsp. dried thyme
- 1 tsp. sweet Hungarian Paprika (good quality paprika makes a big difference in flavor in a dish like this)
- salt and fresh ground black pepper to taste (for seasoning meat mixture and cooked cabbage)
- 1 head **green cabbage**, coarsely chopped
- 1 can (14.5 oz.) petite dice tomatoes with juice
- 1 can (15 oz.) tomato sauce
- ¼ cup water (just enough to rinse out each of the cans)
- 2 cups cooked rice (I used brown rice)
- 2 cups low-fat cheese (optional; I used a blend of 80% low-fat mozzarella, 10% low-fat cheddar, and 10% Provolone.)

Preheat oven to 350F/180C. Spray a large glass or crockery casserole dish with non-stick spray. (I used a dish that was 12" x 10".)

Heat 1-2 tsp. olive oil in a large frying pan; add ground beef and cook until it's done and nicely browned, breaking apart as it cooks. (I like to use a potato masher to break the meat apart once it's partly done.) Remove ground beef to a bowl.

In the same pan, add a little more olive oil if needed, then add chopped onion and cook over medium heat until the onion is translucent and starting to brown, about 5 minutes. Add the minced garlic, dried thyme, and paprika and cook about 2 minutes more. Then add the diced tomatoes with juice, tomato sauce, and ground beef. Rinse each of the cans out with a little water (about 1/4 cup total) and add to the pan. Let mixture simmer until it's hot and slightly thickened, about 15-20 minutes.

While the meat mixture simmers, cut cabbage in half, cut out the core, and remove any wilted outer leaves, and then chop the cabbage coarsely into pieces. (They don't have to be all the same size. I chopped it into pieces that varied from 1/2 inch to 1 1/2 inches.) Heat about 2 tsp. olive oil in a large frying pan or dutch oven with high sides, add the cabbage and cook over medium-high heat until the cabbage is wilted and about half cooked, turning it over several times so it all wilts and cooks. Season cabbage with salt and fresh-ground black pepper.

When the meat and tomato sauce mixture has cooked 15-20 minutes and thickened a bit, stir in the 2 cups of cooked rice and gently combine.

Spray a large glass or crockery casserole dish with non-stick spray and the layer half the cabbage, half the meat mixture, other half of cabbage, and other half of meat mixture. Cover tightly with foil and bake 40 minutes, or until the mixture is just starting to bubble on the edges.

Remove foil and sprinkle on cheese (if using.) Bake uncovered an additional 20 minutes, or until the cheese is melted and starting to slightly brown. Serve hot.

This freezes well, and I'm looking forward to enjoying it several more times when I eat the portions I have in the freezer. To reheat, I would recommend thawing overnight in the refrigerator and then either microwaving it until hot or heating in the oven in a glass dish covered with foil.

Swiss Chard and Quinoa Pilaf Salad

- ½ Tbsp. olive oil
- ½ small **onion**, diced
- 1 tsp. minced garlic
- 1 cup uncooked quinoa, rinsed
- ½ cup cooked lentils
- 1 cup fresh mushrooms
- 2 cups vegetable broth
- 3 cups chopped **Swiss chard greens**
- 6-ounce bag dried cranberries
- ½ cup poppy seed dressing

Heat the oil in a large pot over medium heat. Stir in onion and garlic; sauté 5 minutes or until the onion is tender. Mix in quinoa, lentils, mushrooms and broth. Cover and simmer 20 minutes; remove from heat. Gently mix chard into the pot; cover and let sit 5 minutes or until chard is wilted. Stir in cranberries and dressing; chill at least one hour to allow flavors to blend.

Makes about 5 cups. Per ½ -cup serving: 170 calories, 5 g fat, 3 g protein, 28 g carbohydrate, 3 g fiber, 230 mg sodium



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