
The Acorn Angle...

August 2013, box #8



What's fresh? How do I prepare it?

BEETS

- 🌀 Puree and mix into berry smoothies for added nutritional value and a pop of bright pink color
- 🌀 Roast and add to salads, sandwiches, or pasta
- 🌀 Remove leaves from the beets and store separately. Leaves can be eaten raw or cooked.

CABBAGE

- 🌀 Chop and add to soups or stews

CARROTS

- 🌀 Eat alone or with you favorite dip
- 🌀 Slice and steam. Add butter and fresh dill

CUCUMBERS

- 🌀 Try making a summery spread using cream cheese, chopped cucumber, onion, and dill

KALE

- 🌀 Make a hearty salad with a cider vinegar, honey, and olive oil dressing; top with walnuts, apples, and dried cranberries
- 🌀 Try making kale chips - they are tasty and fun to take to a party

LETTUCE

ONIONS - WALLA WALLA

- 🌀 Make oven fried onion rings by dipping in flour, egg, and Italian style bread crumbs; Bake at 450° for 15 minutes, flipping halfway through

PEPPERS

- 🌀 Dice and add to chicken or tuna salad for color and crunch
- 🌀 Dice and freeze on a cookie sheet. Put in a plastic bag and store in the freezer for later use.

ZUCCHINI/SUMMER SQUASH

- 🌀 Slice, marinate, and grill for a tasty side to chicken or fish

HERB - BASIL

- 🌀 Chop and add to homemade pizza
- 🌀 Add to salad or sandwiches
- 🌀 Make a small batch of pesto

This week's newsletter is brought to you by our farm worker of two seasons, Megan.

Hello!

If you would have told me a few years ago that I would someday find great happiness working on a farm, I would have called you nuts and continued on my way. I always enjoyed eating good food and cooking, but never saw myself getting dirty and working directly in the fields. It's funny how life steers you in certain directions though isn't it?

The things I love most about the farm is having the opportunity to try so many vegetables I would otherwise pass by, as well as sharing new recipes I find with my family, friends, and market goers. When Kyle asked if I would be interested in writing this week's newsletter, I thought it would be perfect to experiment with a couple of the more challenging vegetables: cabbage and beets.

The recipe for Japanese Vegetable Pancakes on the back is a new one for me, but totally delicious. These crunchy pancakes are great topped with lots of things - I tried sour cream and feta, as I had none of the ingredients for the sauce the recipe recommends making.

The recipe for roasted beets on the blog is one of my favorites. Once beets are roasted they are so versatile and delicious. I love them on their own, cooled and on a salad, or sliced and put on cream cheese grilled cheese sandwiches.

Happy eating!

~Megan

*Megan's favorite blog recipe for the week: Roasted Beets.
Check it out @www.oldoakfamilyfarm.wordpress.com

Meal Ideas for the Week:

Breakfast – Zucchini Muffins

Lunch- Cream Cheese, tomato, and Pesto Grilled Cheese

Snack- Carrots and Hummus

Dinner- Pasta Primavera with Carrots, Zucchini, Summer Squash, and Peppers

Dessert- Beet Cake

Recipes of the week...

Japanese Vegetable Pancakes AKA Okonomiyaki

From Smitten Kitchen smittenkitchen.com/blog/2013/05/japanese-cabbage-and-vegetable-pancakes

Pancakes:

- 1/2 small **head cabbage**, very thinly sliced (1 pound or 5 to 6 cups shreds)
- 4 medium **carrots**, peeled into ribbons with a vegetable peeler
- 5 **kale** leaves, ribs removed, leaves cut into thin ribbons
- 4 scallions, thinly sliced on an angle (I used about 1/2 cup of **walla walla onions** diced)
- 1 teaspoon kosher salt
- 1/2 cup all-purpose flour
- 6 large eggs, lightly beaten
- Canola, safflower or peanut oil for frying

Tangy Okonomiyaki Sauce:

- 1/4 cup ketchup
- 1 1/2 tablespoons Worcestershire sauce
- 1/4 teaspoon dijon mustard
- 1 tablespoon rice cooking wine or sake
- 1 teaspoon soy sauce
- 1 tablespoon honey
- 1/8 teaspoon ground ginger

Make the pancakes: Toss cabbage, carrot, kale, scallions and salt together in a large bowl. Toss mixture with flour so it coats all of the vegetables. Stir in the eggs. Heat a large heavy skillet on medium-high heat. Coat the bottom with oil and heat that too.

To make a large pancake, add 1/4 of the vegetable mixture to the skillet, pressing it out into a 1/2- to 3/4-inch pancake. Gently press the pancake down flat. Cook until the edges begin to brown, about 3 minutes. 30 seconds to 1 minute later, flip the pancake with a large spatula. Cook on the other side until the edges brown, and then again up to a minute more.

To make small pancakes, grab little piles of the vegetable mixture to form 3 to 4 pancakes. Press down gently with a spatula so they flatten slightly, but no need to spread them much. Cook for 3 minutes, or until the edges brown. Flip the pancakes and cook them again until brown underneath.

If desired, make okonomiyaki sauce: Combine all sauce ingredients in a small saucepan and let simmer for 3 to 5 minutes, until smooth and thick.

Tex-Mex Chicken Skillet Meal

- 1 Tbsp. olive oil
- 1 hot pepper, minced (optional)
- 2 cups diced cooked chicken
- 1-oz package taco seasoning mix
- 3/4 cup water
- 4 small **summer squash**, halved and sliced
- 1 **green pepper**, julienned



In a large skillet, heat oil over medium-high. Add hot pepper, chicken, taco seasoning and water; sauté until chicken is heated through. Add squash and green pepper; sauté until crisp-tender, about 3 to 5 minutes

Makes 4 servings. Nutrition analysis per serving: 260 calories, 8g fat, 39g protein, 10g carbohydrate, 1g fiber, 750g sodium.



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