
The Acorn Angle...

August 2013, box #9



What's fresh? How do I prepare it?

BEANS - Yellow or Green

- ☞ Enjoy raw - this is one of my favorite snacks to eat right in the garden.

CARROTS

- ☞ Dip carrot sticks in almond or peanut butter.

CUCUMBERS

- ☞ Dice cucumbers - add to pasta with tomatoes, red onions & Italian dressing.

KOHLRABI

- ☞ Peel off the outer layer and slice the tender inside into strips or slices.
- ☞ Enjoy raw or steamed with butter, olive or coconut oil.

LETTUCE

- ☞ Lettuce production slows a bit in the middle of summer.
- ☞ These small heads were thinned from the row to make room for the rest of the lettuce to grow larger.

ONIONS - RED

- ☞ Slice raw for salads or sandwiches.
- ☞ Coat with olive oil and herbs and grill with other summer veggies.

PEPPERS

- Green: bell shaped or large/long

- ☞ Dice and freeze on a cookie sheet. Store in the freezer in a plastic bag for future recipes.

PEPPERS - Hot (small in size)

- green jalapeno, yellow or black hungarian

- ☞ Use small amounts in scrambled eggs, homemade salsa, or casserole.

SUMMER SQUASH

- ☞ Slice into medium chunks and put on a skewer. Coat with olive oil and seasoned salt. Grill on medium heat until slightly tender.

ZUCCHINI

- ☞ Peel strips of zucchini, steam or boil slightly, drain and serve with tomato sauce.

HERB - CILANTRO

- ☞ Add to eggs, salad, beans & rice, salsa, or guacamole.

Hello!

Are you enjoying this cool summer weather or do you prefer the heat and humidity?

Three reasons I am trilled about cool summer weather:

- Cabbage is growing great!
- My air conditioning bill is low.
- It feels nice not to be dripping in sweat.

Three reasons I wish it was a hot, sweltering summer:

- Tomatoes would be perfectly red and ripe, instead of hard and green.
- Watermelons, cantaloupes, and sweet potatoes would be happy.
- Swimming would feel refreshing instead of chilling.

Whatever the weather, we can always find something to be happy about. I will keep focusing on the positive side. Who wants more cabbage?!

Happy eating!

~Kyle

*Kyle's favorite blog recipe for the week: . Simply Delightful Salmon Supper - look under "bell pepper"
Check it out @www.oldoakfamilyfarm.wordpress.com

Meal Ideas for the Week:

Breakfast - Quiche with red onion, sautéed summer squash and zucchini.
Lunch - Fajitas with grilled peppers, onions, summer squash.
Snack - Baked, breaded zucchini sticks.
Dinner- Grilled steaks with grilled vegetables on skewers.
Dessert- Chocolate chip zucchini cookies.

Some of you may remember the issue we had with **RASPBERRIES** last year. Unfortunately the invasive species fruit fly is back again. This means that our entire raspberry crop is infested. The adult fruit fly lays eggs in the ripening fruit, and by the time it is ready to pick, the larvae is active in the berry and making it mushy. Again, we are devastated. There are some chemical controls that folks are trying - but who wants their berries to be covered in pesticide?! Maybe in time, there will be a way to combat this insect, but for this summer we won't be able to put raspberries in the boxes. We are truly sorry.

Recipes of the week...

Crisp Cucumber Salsa

2 cups finely chopped seeded peeled **cucumber**
1/2 cup finely chopped seeded tomato
1/4 cup chopped **red onion**
2 Tbsp minced fresh parsley
1 **jalepeno pepper**, seeded and chopped
4-1/2 tsp minced fresh **cilantro**
1 garlic clove, minced or pressed

1/4 c reduced-fat sour cream
1-1/2 tsp lemon juice
1-1/2 tsp lime juice
1/4 tsp ground cumin
1/4 tsp seasoned salt
Tortilla chips

In a small bowl, combine the first seven ingredients. In another bowl, combine the sour cream, lemon juice, lime juice, cumin and seasoned salt. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips.

Lazy Day Lasagna

1 **zucchini**, chopped
1 each **green** and red bell **peppers**
1 **onion**, diced
1/2 lb. extra lean ground beef
1 (26 oz) jar spaghetti sauce
5 1/2 cups water
2 cups fat-free small curd cottage cheese
2 cups (8 oz) shredded mozzarella cheese
1/2 cup grated Parmesan cheese
2 eggs
1/2 tsp. salt
1/4 tsp. ground black pepper
9 whole wheat lasagna noodles, uncooked



Preheat oven to 350 degrees. In a stockpot, over medium heat, cook vegetables in 4 cups water, for about 10-15 minutes or until vegetables are tender; drain. In a large skillet, over medium heat, cook ground beef until it is brown throughout; drain fat. Add vegetables, spaghetti sauce and remaining water, mix well and heat until boiling. In a large bowl, stir together cottage cheese, 1 cup mozzarella cheese, Parmesan cheese, eggs, salt and ground black pepper. Pour 1 cup cooked sauce mix into a 13x9-inch baking pan. Top with 3 uncooked lasagna noodles. Cover noodles with another 1 cup sauce mix and 1/2 of cheese mixture; repeat. Top with lasagna noodles and remaining sauce mix. Sprinkle with remaining cup of mozzarella cheese. Cover with foil and bake 45 minutes. Remove foil and bake another 15 minutes until bubbly. Let stand 15 minutes before serving.

Makes 12 slices. Per 1 slice: 270 calories, 9 g fat, 19 g protein, 27 g carbohydrate, 5 g fiber, 680 mg sodium

Red Chili Onion Rings

2 egg whites
1/2 tsp. salt
1/8 tsp. ground black pepper
1 Tbsp. chili powder
1/2 large **red onion**, cut into rings
1/3 cup dry bread crumbs



Preheat oven to 450 degrees. In a bowl, combine egg whites, salt, pepper and chili powder; mix well. Dip onion rings into egg mixture then coat with bread crumbs. Place in single layer on baking sheet sprayed with cooking spray. Bake 10 minutes or until golden brown.

Serves 2. Per serving: 110 calories, 1.5 g fat, 7 g protein, 19 g carbohydrate, 3 g fiber, 820 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