
The Acorn Angle...

August 2013, box #10



What's fresh?
How do I prepare it?

BEETS

- ☞ Shred and enjoy raw on a salad or sandwich.
- ☞ Trim off tops and root end. Scrub and boil until fork tender. Cool and use hands to slip skin off the beets. Slice or dice and use in salads, or add a little butter and balsamic vinegar.

CARROTS

- ☞ Roast carrots in the oven.

CUCUMBERS

- ☞ Make a batch of refrigerator pickles.

LETTUCE

- ☞ Store in a plastic bag in the fridge for a week or more.

ONIONS - RED

- ☞ Slice and add to a grilled cheese sandwich with avocado.

PEPPERS

- **Green: bell shaped or large/long green**

- ☞ Add to stir fry, soup, salad, casserole, or wraps.

- **Peppers - Hot (small in size)**

- **green jalapeno, yellow or black hungarian**

- ☞ Make fresh salsa, guacamole or add to Mexican dishes.

SUMMER SQUASH

- ☞ Steam summer squash, zucchini, carrots, and other veggies. Mix with pasta sauce and cooked pasta...easy dinner meal.

SWISS CHARD

- ☞ Steam, cool and puree. Freeze puree in ice cube trays or small plastic bags. Use frozen puree in spaghetti sauce or smoothies.

ZUCCHINI

- ☞ Coat with olive oil and seasoned salt. Grill in a basket or on skewers - my favorite!

HERB - PARSLEY

- ☞ Try making tabouli with cucumbers and tomatoes.
- ☞ Store in a plastic bag in the fridge for a week or more.

Hello!

We are half way through our CSA season. I hope you have been enjoying the anticipation of each weekly box. We realize that you may love some items, and dislike others. Our hope is to provide you with a wide variety of seasonal, high quality, organic produce that will expand your palate.

The weather this season has been interesting. It hasn't been as harsh as last year's drought, but there have been different challenges. The slow and wet spring, combined with cool summer weather is delaying ripening of many of our vegetables and fruits.

The CSA experience is filled with:

Patience - waiting throughout the season for certain veggies: tomatoes, squash, etc. to ripen.

Understanding - realizing that even with our best intentions (like planting three times as much broccoli than I have ever planted before - and only yielding a fraction of a normal yield) mother nature may have other plans.

Commitment - taking the time and effort to prepare the veggies that you receive in your box.

Satisfaction - feeling good about eating and preparing healthy food.

Enjoyment - the wonderful taste of farm fresh veggies, eating new foods, and meeting and supporting your local farmer.

As farmers, we put a lot of effort into growing your food. Although, ultimately, you as the consumer must put in the hard, but tasty work that closes the circle from farm to table. I hope you have found satisfaction in eating and preparing fresh, local food that is good for you, the land, and the local economy.

Happy eating!
~Kyle

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.

Watch your email inbox for our mid-season **EVALUATION**. Please take a few minutes to give us your feedback. We appreciate it.

Recipes of the week...

Zucchini and Carrot Manicotti

12 manicotti shells, cooked as directed
1 - 15 oz. container of ricotta cheese
1 cup coarsely shredded **carrot**
1 cup coarsely shredded **zucchini**
1/2 cup shredded mozzarella cheese

2 TBS chopped fresh **parsley**
1 egg white slightly beaten
1 - 26 to 30 oz. jar spaghetti sauce
1/4 cup grated parmesan cheese

Preheat oven to 350. In a bowl mix ricotta cheese, carrot, zucchini, mozzarella cheese, parsley, and egg. Fill the cooked manicotti shells and place in a baking dish. Cover with spaghetti sauce and parmesan cheese and bake for 45 minutes.

Swiss Chard and Onion Tacos <http://sharedappetite.com/swiss-chard-and-onion-tacos/>

1 bunch **Swiss chard**
1 and 1/2 tablespoons vegetable oil or olive oil
1 large **onion**, sliced
3 garlic cloves, minced
Pinch red pepper flakes
1/2 cup vegetable broth, chicken broth, or water

Kosher salt

Freshly ground black pepper

Corn Tortillas

Queso Fresco, crumbled*

Roasted Tomatillo Salsa

*or another mild, fresh, salty cheese such as cojita or feta.

Remove thick stems from Swiss chard and tear into bite-size pieces. Heat oil in a large skillet over medium heat. Add the sliced onion and cook until golden brown but still has some crunch to it, about 5 minutes, stirring occasionally. Add garlic, red pepper flakes, and a big pinch of Kosher salt, and cook for 1 minute, stirring frequently.

Add broth or water and the Swiss chard. Reduce heat to medium-low, cover the pan (if you don't have a lid, you can just use a baking sheet), and cook for approximately 5 minutes. Uncover the skillet, raise the heat back to medium-high, and cook until the water/broth is evaporated, stirring occasionally. Taste and season with additional Kosher salt if needed.

Warm corn tortillas by wrapping in a slightly damp kitchen towel and microwaving on half power. Top warm corn tortillas with a bit of the Swiss chard and onion mixture, a dollop of the roasted tomatillo salsa, and sprinkle with queso fresco.

Chicken and Vegetable Casserole

2 Tbsp. plus 1 tsp. olive oil
1 tsp. salt
1/2 tsp. ground black pepper
1 Tbsp. minced fresh **parsley**
1 Tbsp. minced fresh basil
1 tsp. minced garlic

3 **zuchinis**, chopped
1 **green bell pepper**, chopped
1 **red onion**, chopped
3/4 cup celery, chopped
1 lb. skinless chicken breasts (4 breasts)
1 cup vegetable stock



Preheat oven to 375 degrees. In a large bowl, stir together 2 Tbsp. olive oil, 1/2 tsp. salt, 1/4 tsp. pepper, parsley, basil and garlic. Add vegetables, mix well and arrange in a casserole dish. Mix 1/2 tsp. salt, 1/4 tsp. pepper and 1 tsp. oil; brush the mixture over the chicken breasts, place chicken on vegetables. Bake about 20 minutes then add 1 cup of vegetable stock. Bake 25 minutes more or until chicken is cooked and internal temperature reaches 165 degrees.

*additional salt and pepper not included in analysis

Serves 4 (about 1 cup each). Per 1 serving : 240 calories, 11 g fat, 26 g protein, 7 g carbohydrate, 2 g fiber, 890 mg sodium



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