
The Acorn Angle...

August 2013, box #11



What's fresh?
How do I prepare it?

APPLES (MacSpar)/PEARS (WI Hardy)

- ☞ The apples are great for baking or making applesauce. They are pretty good for eating also, but they may be a little tart.
- ☞ Keep the pears in the refrigerator until you plan to eat them. They have great flavor but ripen VERY fast.
- ☞ We do not use any spray on our fruit, so you may find some insect damage when you slice open the fruit. Just cut around it and enjoy!

BEANS - green or yellow

BROCCOLI

- ☞ Make broccoli & bacon salad or add chopped broccoli to a fresh garden salad.

CABBAGE

- ☞ Store cabbage in your crisper drawer in a plastic bag for 3 weeks or more.
- ☞ Slice off part of the cabbage each time you make a salad.

CARROTS

CUCUMBERS

LETTUCE

PEPPERS - Green

PEPPERS - Hot (small in size)

- green jalapeno, yellow or black

hungarian

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

SUMMER SQUASH

- ☞ Try adding small diced summer squash to salsa.

TOMATOES

Finally! We've got tomatoes in the boxes. This has been one of our slowest years for growing tomatoes. Between a late start planting (due to wet fields) and a cool summer, they have been slow to ripen.

ZUCCHINI

HERB - CILANTRO

- ☞ Try making Cowboy Caviar - add diced tomatoes, corn, green peppers, onions, black beans, hot peppers, lime juice, cilantro and salt.

Hello!

Tomatoes are finally happy that summer is making another appearance this season. The box is full of lots of other varieties of vegetables and even some fruit.

I am looking forward to making an apple/pear crisp this week. With this hot weather I think it will taste great topped with ice cream.

Take some time to chop up many of your vegetables into bite size pieces. Fresh veggies are a great addition to any Labor Day weekend meal. Don't forget about the grill. You can grill pretty much anything. Experiment with new vegetables, meats, and even fruits.

Enjoy the weekend!

Happy eating!
~Kyle

Kyle's favorite recipe for the week: **Delicious Roasted Veggies**
Found on our blog at: www.oldoakfamilyfarm.wordpress.com

Meal ideas for the week:

Breakfast - Breakfast burrito with homemade salsa.

Lunch -

Snack - Apples with peanut butter.

Dinner - Burgers on the grill with fresh tomatoes & lettuce. and green bean salad.

Dessert - Apple & pear crisp.

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.

Please take a few minutes to fill out our **EVALUATION**. We appreciate your feedback. A link has also been sent to your email.

<http://www.surveymonkey.com/s/KBZW7FN>

Recipes of the week...

Garden Pasta Salad

1 medium **cucumber**
1 medium **yellow squash**
1 medium **zucchini**
1 medium sweet red pepper
1 medium **green pepper**
4 cups fresh **broccoli** florets
3 cups fresh cauliflowerets
1 small red onion, finely chopped
2 kg. Italian salad dressing mix
4 1/2 cups uncooked bow tie pasta
1/4 cup olive oil
1/4 cup red wine vinegar
3/4 tsp salt
1/2 tsp pepper

This is an extremely versatile salad.

You can:

- *leave out pasta*
- *add chopped tomatoes*
- *add sliced mushrooms*
- *add finely sliced cabbage*

Chop first 5 ingredients and transfer to a large bowl. Add the remaining vegetables. Sprinkle with dry dressing mix; toss to coat. Refrigerate, covered, 4-6 hours or overnight.

Cook pasta according to package directions. Drain; rinse with cold water. Add to the vegetable mixture. In a small bowl, whisk together the remaining ingredients. Add to the salad; toss to coat.

Yogurt-Zucchini Bread

1/2 cup walnut halves
2 cups all-purpose flour
1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
3/4 cup plus 2 Tbsp. sugar
2 large eggs
1/3 cup vegetable oil
1/2 cup fat-free plain Greek yogurt
1 cup coarsely grated **zucchini** (from about 1 medium zucchini)



Preheat the oven to 325°. Butter and flour a 9-by-4 1/2-inch metal loaf pan. Spread the walnut halves in a pie plate and toast them for about 8 minutes, until they are fragrant. Transfer the toasted walnuts to a cutting board and coarsely chop them, then freeze for 5 minutes to cool.

In a large bowl, whisk the flour with the baking powder, baking soda and salt. In a medium bowl, mix the sugar with the eggs, vegetable oil and fat-free yogurt. Add the wet ingredients to the dry ingredients along with the grated zucchini and toasted walnuts and stir until the batter is evenly moistened. Scrape the batter into the prepared pan and bake for about 1 hour and 10 minutes, until the loaf is risen and a toothpick inserted in the center comes out clean. Let the loaf cool on a rack for 30 minutes before unmolding and serving.

Makes 16 servings. Nutrition Analysis per serving: 170 calories, 7g fat, 4g protein, 24g carbohydrate, 1g fiber, 140 mg sodium



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