
The Acorn Angle...

August 2013, box #12



What's fresh? How do I prepare it?

APPLES (MacSpar)

- ☞ The apples are great for baking or making applesauce. They are pretty good for eating also, but they may be a little tart.

BEANS - green

BROCCOLI

- ☞ Steam and add butter or coconut oil.

CARROTS

CUCUMBERS

- ☞ Add chopped cucumbers to a quiona salad with carrots, green onions, black beans and tomatoes.

LETTUCE

ONIONS - Green

- ☞ Enjoy on a fresh garden salad.

PEPPERS - Green

PEPPERS - Hot (small in size)

- green jalapeno, yellow or black hungarian

SUMMER SQUASH/ZUCCHINI

- ☞ Boil in water and add to spaghetti sauce and pasta.

SWEET CORN

- ☞ Boil, grill, or even eat raw. Sweet corn is a great treat.
- ☞ If you do encounter a hidden garden pest, simply cut it out and enjoy the rest of the ear of corn.

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.

WATERMELON

- ☞ Enjoy this great summertime treat. These melons do have seeds - so have fun spitting them outside!
- ☞ Melons are often hard for us to judge ripeness - please do tell us if yours is over ripe or under ripe.

HERB - CILANTRO

- ☞ Store in a plastic bag in the refrigerator for 4 days or more.

Hello!

This is a busy, busy time of year for everyone! Many things in the CSA box can be saved for later if you find yourself running short on prepping or cooking time.

Watermelons - can be kept out of the refrigerator for 4 days, and then refrigerated for a week.

Apples - can be kept in the crisper drawer for a week or more.

Lettuce - will keep for 4 days or more in the plastic bag in the fridge.

Sweet corn - will keep in the fridge for several days - but does taste best when it is fresh.

Tomatoes - do not refrigerate. Their flavor changes when they get chilled, and their texture turns a bit mealy.

Carrots - keep in the crisper drawer (in bag) for a month or more.

Summer squash/zucchini - keep in a bag, refrigerated.

One of my time-saving techniques is to make a few large meals on the weekends, and then freeze a portion of the meal for later, or just eat LOTS of leftovers all week. Look for recipes that taste great as leftovers for a quick, easy un-heated lunch.

Find some time during this back-to-school/end of summertime transition to slow down and give yourself a pat on the back for your commitment to eating fresh, local, and organic vegetables, fruits, and herbs.

Happy eating!
~Kyle

Meal ideas for the week:

Breakfast - Cooked apples with oatmeal.

Snack - Sliced tomatoes with fresh mozzarella topped with olive oil and balsamic vinegar.

Dinner - Bacon Lettuce Tomato Sandwiches - an easy, quick dinner!

Dessert - Sliced watermelon - enjoy it outside. Have a seed-spitting competition!

Looking for a **JOB OPPORTUNITY?** We are looking to hire a part-time worker for the months of September and October. Please email Kyle for more information. oldoakfamilyfarm@yahoo.com.

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...

Grilled Chicken with Lemon-Cucumber Relish

4 skinless, boneless chicken breast halves
1 to 2 TBS olive oil
2 tsp ground cumin
1/2 tsp salt
1/4 tsp cracked black pepper
1 medium **cucumber**, chopped (2 1/2 cups)
1 large **tomato**, chopped (1 cup)

1/4 cup finely chopped onion
1/2 tsp finely shredded lemon peel
2 TBS lemon juice
2 cloves garlic, minced
1/3 cup nonfat plain greek yogurt
1 TBS honey
1 TBS milk

Brush chicken breast halves with olive oil; sprinkle with ground cumin, salt, and pepper. Grill on a covered grill directly over medium heat for 12 to 15 minutes until done (170 F), turning once.

Make cucumber relish - in a medium bowl combine cucumber, tomato, onion, lemon peel, lemon juice, and garlic; stir to combine. In a small bowl combine yogurt, honey, and milk; stir to combine.

To serve, top chicken with lemon-cucumber relish. Drizzle with yogurt sauce.

Lime Cilantro Rice

2 cups water
1 Tbsp. butter
1 cup long-grain brown rice
1 tsp. lime zest
2 Tbsp. fresh lime juice
1/2 cup chopped **cilantro**



Bring the water to a boil; stir the butter and rice into the water. Cover, reduce heat to low, and simmer until the rice is tender, about 20 minutes.

Stir the lime zest, lime juice, and cilantro into the cooked rice just before serving.

Makes 2 servings. Nutrition Analysis per serving: 380 calories, 6g fat, 8g protein, 78g carbohydrate, 6g fiber, 5mg sodium

Watermelon Smoothie

3 cups **watermelon** chunks
1 small banana, chopped
1 cup ice
1 1/2 cups nonfat vanilla Greek Yogurt



Place watermelon chunks, chopped banana, ice and yogurt in a blender. Blend until smooth. Pour into four large glasses.

Makes 4 servings. Nutrition analysis per serving: 140 calories, 0g fat, 8g protein, 27g carbohydrate, 1g fiber, 25 mg sodium



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