
The Acorn Angle...

August 2013, box #13



What's fresh?
How do I prepare it?

APPLES (Bonnie's Best)

☞ These are great baking apples.

CARROTS

CUCUMBERS

☞ Add to a smoothie or juice.

LETTUCE

☞ Don't forget about BLTs.

ONIONS - Walla Walla

PEPPERS - Green

PEPPERS - Hot (small in size)

- green jalapeno, yellow or black hungarian

SWEET CORN

☞ Our sweet corn has a great taste, but it looks less than perfect. This dry weather has caused our corn a lot of problems.

☞ We have a sampling for you in the box this week. It was either some or none. So we went with some.

TOMATOES

☞ You will find a variety of colors in your CSA box. Many of the tomatoes we grow are heirlooms and they range in color from dark black to green.

☞ Judge ripeness of heirloom tomatoes by feel. If they feel hard, leave them to ripen. If they feel a little soft, they should be good to go.

☞ Yellow tomatoes: Garden Peach, Green tomatoes: Green Zebra, Greenish-pink: Cherokee Purple, Brownish-green: Black Prince, Redish-black: Indigo Rose.

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 - BASIL

☞ Try and easy and delicious pasta. Cook any type of pasta (I like to use penne). Add diced tomatoes, torn basil leaves, a splash of olive oil and balsamic vinegar. Top with freshly grated parmesan cheese.

Hello!

This farming season seems to have more downs than ups at this point! We are PATIENTLY waiting on rain.

Here is a rundown of some of our best & challenging crops of the season up to this point:

BEST:

Apples, Pears, Peppers, Cabbage, and Brussels Sprouts (coming in October).

CHALLENGING: Garlic (95% crop failure - due to winter and wet spring), Raspberries (infested with fruit fly), Eggplant, Melons, Sweet Corn, Tomatoes, Peas, and potatoes.

Thank you for all of your support and kind words this season. We continue to plant, weed and harvest with you in mind. This week we have planted more seeds and seedlings, hoping for kind weather for the remainder of the season.

Happy eating!
~Kyle

Meal ideas for the week:

Breakfast - Cornmeal muffins with fresh corn kernels.

Snack - Applesauce with cinnamon.

Lunch - Burrito with sautéed peppers, tomatoes, onions and sweet corn.

Dinner - Meatloaf with pureed carrots and peppers inside.

Dessert - Apple crisp with ice cream

Kyle's favorite recipe of the week: **Pasta with Fresh Tomato-Basil-Olive Sauce**. Find it at: www.oldoakfamilyfarm.wordpress.com

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...

Taco Filling with a Twist

1/2 pound lean ground beef
3 **bell peppers** (diced)
1 (16 ounce) can black beans (drained and rinsed)
1 onion (diced)
1 packet taco seasoning
1/2 cup water



Serves 8 (1/2 cup per serving). Per serving: 130 calories, 4.5 g fat, 10 g protein, 14 g carbohydrate, 4 g fiber, 570 mg sodium

Directions

Brown ground beef in a large pan until cooked through; drain and rinse under hot running water. Set aside. Sauté peppers and onions until tender; add cooked beef, water, taco seasoning and black beans. Continue cooking until water has evaporated.

Serve with desired taco toppings: **lettuce**, avocado, **tomatoes**, whole wheat tortillas, shredded cheese, etc.

Tip: Leftover taco filling can be used in other dishes, or frozen for up to 6 months. Try this filling with pasta or on pizza crust for an easy second meal!

The Harvest of the Month is a collaboration & expansion between La Crosse County Farm2School and the Foot Steps to Health programs. Funding is provided by the Wisconsin Partnership Program. Each month two foods are crosspromoted at area schools, restaurants, farmers' markets, worksites, grocery stores and community organizations.

September Harvest of the Month: Bell Peppers & Grapes

<http://www.getactivelacrosse.org/eat-healthy/harvest-of-the-month>

Fresh Tomato Salad

5 **tomatoes**, diced
1 onion, chopped
1 **cucumber**, sliced
1 **green pepper**, chopped
1/2 cup chopped fresh **basil**
1/2 cup chopped parsley
2 Tbsp. crushed garlic
1/2 tsp. salt or to taste
Pepper to taste
2 Tbsp. white wine vinegar



The 500 Club is a healthy eating program coordinated by Gundersen Health System registered dietitians and recommended by physicians. Selections are controlled in fat and calories and contribute to a healthy eating pattern. For more information go to 500-club.org or call (608)775-3447

In a large bowl, combine the tomato, onion, cucumber, bell pepper, basil, parsley, garlic and vinegar. Toss and add salt and pepper to taste. Chill and serve.

Makes 6 servings. Nutrition Analysis per serving: 45 calories, 0g fat, 2g protein, 9g carbohydrate, 3g fiber, 200 mg sodium



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Kyle, Eric, Owen & Iris Zenz
Jacey, Ric, Breck & Joelle Heller