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# The Acorn Angle...

August 2013, box #14



What's fresh?  
How do I prepare it?

**APPLES - Yellow Delicious, Spartan, Macintosh - mixture**

**CABBAGE**

- 🌀 Freezer coleslaw - recipe on blog.
- 🌀 Red cabbage salad with walnuts, raisins, feta and warm mustard dressing:  
[www.theperfectpantry.com](http://www.theperfectpantry.com)

**CARROTS**

- 🌀 Shred carrots with food processor. Keep in a container in the fridge. Add to salads, sandwiches, or for a fun garnish on burgers or tacos.

**CHARD**

- 🌀 Add chopped chard to stuffed manicotti.
- 🌀 Add chopped chard to a vegetable soup near the end of cooking.

**GROUND CHERRIES**

At the farmer's market, I always hear "what to they taste like?". My response is always "just try one." I have described the taste as a cross between a cherry tomato and cantaloupe...maybe you will have a different thought?! They are a fun snack to eat raw, or for a real treat, make the ground cherry recipe on back.

**LETTUCE**

- 🌀 Make a fresh garden salad and top with cilantro dressing.

**PEPPERS - Green**

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

- green jalapeno, yellow or black hungarian

**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.

**HERB - CILANTRO**

Hello!

Growing up I have learned to live in harmony with garden pests. Well, maybe "harmony" isn't the right word, but I do accept them as part of our organic garden.

This time of year, we find many critters sharing our bounty. For the most part they are pretty harmless, so we do little to stop them. We do routinely pick potato beetles off the plants, and search for cabbage worms after some crops have been harvested, but for many others we just let them be.

The result of critters sharing our bounty can be seen as a few holes in a leaf of swiss chard, or as a spot in an apple (which you may find this week).

We hope you will be able to look past a tiny hole on a leaf or a small insect in your CSA box, and remember that you are eating chemical-free produce, full of great flavor! We strive to maintain the health of YOU our customer, our farm ecosystem and beyond.

We have actually had customers at the farmer's market who are happy to find a cabbage worm in their broccoli. They usually comment that they would rather eat a worm or two, than eat something sprayed with pesticides. Plus, the worm packs a hidden bonus of extra protein! ;)

Happy eating!  
~Kyle

**Meal ideas for the week:**

- Breakfast - Fresh salsa with scrambled eggs.
- Snack - Apples dipped in almond butter.
- Lunch - Broiled tomatoes on bread with cheese.
- Dinner - Cabbage casserole with fresh tomatoes.
- Dessert - Ground cherry coffee cake.

Kyle's favorite recipe of the week: **Cabbage Casserole**.  
Find it at: [www.oldoakfamilyfarm.wordpress.com](http://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](mailto:oldoakfamilyfarm@yahoo.com).

Interested in stocking your freezer with **BEEF?** We now have quarters (or individual cuts) of all-natural, grass-fed Hereford beef available.

## Recipes of the week...

### Almond and Ground Cherry Coffee Cake, *from Harmony Valley Farm*

2/3 c. unsalted butter  
3/4 c. granulated sugar  
1 c. almonds, ground  
1 c. flour  
1 1/2 tsp. baking powder

1/2 tsp. salt  
1 egg  
1 tsp. ground cinnamon  
1 1/2 to 2 cups **ground cherries**

*This is a great basic coffee cake recipe - you can substitute blueberries, cherries, or raspberries for the ground cherries.*

Sift flour baking powder, cinnamon and salt. Cream butter and sugar until light and fluffy. Beat in the egg. Stir in the almonds and flour. The dough will be stiff. Spread half the batter into a greased and floured eight inch cake pan. Cover with the fruit (keep it whole) and dot with remaining dough, almost covering fruit. Bake for 45-50 minutes at 350.

### Penne with Cannellini

8 oz Penne or Mostacholi noodles  
1 can diced tomatoes (or 2 cups **fresh chopped tomatoes**)  
1 can cannellini beans (white kidney beans), drained and rinsed  
3 cups packed **chard** (or spinach or kale)  
1/2 cup shredded parmesan  
1 tsp basil  
1 tsp garlic  
1/2 tsp salt

Directions: Cook pasta. Meanwhile in a large saucepan bring tomatoes, beans and spices to a boil. Reduce heat and simmer 10 minutes. Add chard, cook and stir 2 minutes or until chard is wilted. Drain pasta. Top with tomato bean mixture. Sprinkle with cheese.

### Chicken Fajitas



1 1/2 lb. boneless, skinless chicken breast, cut into strips  
6-8 **bell peppers** of various colors  
1 medium red onion  
2 packages of fajita seasoning, mixed with water per package directions  
1 can black beans, drained and heated  
8 whole-grain burrito tortillas  
1 cup low-fat Mexican cheese, grated  
2 medium **tomatoes**, chopped  
Cooking spray

Spray large frying pan with cooking spray. Add chicken and onion, cooking over medium heat, until cooked through. Add peppers and moistened fajita seasoning, mixing well. Continue cooking until peppers are to desired softness. Warm the tortillas in the oven or microwave. Assemble ingredients in the tortillas, sprinkling with cheese and tomatoes as desired. Enjoy.

Serves 8. Per serving: 385 calories, 26 g protein, 44 g carbohydrate, 9 g fiber, 11 g fat, 2.5 g saturated fat, 1,450 mg sodium



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