
The Acorn Angle...

June 2014, box #1



What's fresh?
How do I prepare it?

ASPARAGUS

- ☞ Steam or roast asparagus, but never overcook it. It tastes best when it is prepared tender-crisp.
- ☞ Serve raw or slightly cooked and paired with veggie dip or hummus.
- ☞ Wrap in a damp paper towel and store in a plastic bag in your refrigerator.

LETTUCE

- ☞ Enjoy the variety of colors and textures with our loose-leaf head lettuce.
- ☞ Don't forget to **WASH** all produce. We typically rinse most veggies, but they may contain a bit of soil, or on occasion a hidden field pest.

ONION - GREEN

- ☞ Chop and add to salads or soups.

NAPA CABBAGE

- ☞ All of our vegetables are certified organic. We think they taste great, and unfortunately so do a few critters (we hope you can look past some pest damage to the leaves).
- ☞ Sauté with olive oil, garlic and season with salt.
- ☞ Chop and add to a stir fry.
- ☞ Try making coleslaw.

RADISH

- ☞ These radishes have quite the spicy-bite! Due to the hot weather they have been growing really fast.
- ☞ They may taste better cooked, grilled, or roasted due to their hotness.
- ☞ Some people who don't like raw radishes, enjoy them cooked.

RHUBARB

- ☞ Enjoy this versatile stalk in a fruit crisp, pie, cake, or even lemonade. Check out our blog for more recipes.

HERB - OREGANO

- ☞ Make a garlic, oregano and lemon vinaigrette and top a fresh salad.
- ☞ Hang upside down to dry for future use.

Hello!

Welcome to our seventh CSA season. We are gearing up for a wonderful season - planning, planting, weeding and harvesting fresh, great tasting organic produce for YOU, our members.

Each week you will get a seasonal representation of what we have growing in our garden. We hope you enjoy receiving your favorites and look forward to trying new veggies and recipes.

Please be patient with us. We promise the CSA boxes will grow in variety and quantity!

We enjoy providing lots of cooking tips, storage advice, and recipes. If you have any great recipes or advice to share, pass them along.

Please contact Kyle directly by email or phone if you have any questions or concerns.

Happy eating!
~Kyle, CSA Manager, 608.386.8066

***Kyle's favorite blog recipe for the week: Strawberry Rhubarb Applesauce** (www.oldoakfamilyfarm.wordpress.com)

Meal ideas for the week:

Breakfast - Rhubarb sauce on yogurt.

Lunch - Spring salad with lettuce, radishes and green onions.

Snack - Strawberry rhubarb applesauce

Dinner - Quiche with radishes, green onions, and asparagus.

Dessert - Rhubarb coffee cake.

Please read our weekly **NEWSLETTERS**. This is our main means of communication with members.

Remember to bring your own **BOX or BAG** to transfer produce from our CSA tubs. Returning our CSA tubs right away helps to minimize the number of boxes we lose each year.

Take a few minutes each week to **PROPERLY STORE** your produce. Most of the items will store well in the refrigerator in a plastic bag. Taking care of your vegetables right away ensures that they stay fresh for the maximum amount of time.

Want more **VEGGIES?** Check out our online market (farmmatch.com/oldoakfamilyfarm) or visit us at the Cameron Park Farmer's Market (La Crosse) on Friday nights from 4-8pm. We also offer beef and fresh eggs.

Recipes of the week...

Napa Cabbage Chinese Salad

1 large head **Napa cabbage**
5-6 **green onions**, chopped
1 stick butter, melted
2 pkg. Ramen noodles (don't use seasoning)
1 pkg. sliced almonds
1/2 c. sesame seeds

Dressing

1/2 c. vegetable oil
1/4 c. vinegar
1/2 c. sugar
1 tsp. soy sauce

Directions: Add "dressing" ingredients and shake well in a closed container. Chop Napa cabbage into thin strips. Add to chopped scallions. In a pan melt butter. Add 2 packages Ramen noodles (break these up into little pieces). Brown these together, once noodles start to turn brown, stir until completely brown. Turn off heat, add seeds and almonds; let cool. When cool add to the cabbage and scallions. Add the dressing just before serving.

Over the years, this has been one of our most popular recipes. It always gets rave reviews at potlucks!

Asparagus with Oregano & Feta

1 cup water
1 pound **asparagus** spears, trimmed
1 teaspoon extra-virgin olive oil
1 1/2 teaspoons chopped fresh **oregano**
1/4 teaspoon salt
3 tablespoons crumbled feta cheese

Bring 1 cup water to a boil in a large nonstick skillet; add asparagus. Cover, reduce heat, and simmer 4 to 5 minutes or until asparagus is crisp-tender. Drain well; place on a serving platter. Drizzle oil over asparagus. Sprinkle with oregano and salt; toss well. Sprinkle with cheese.

Sautéed Radishes

20 **radishes** cut in half- ends trimmed
1 Tbsp. olive oil
1/4 tsp. Salt (or to taste)
Ground black pepper to taste
Chopped red onion (optional)

Heat oil in a skillet over low heat; arrange radishes, cut side-down, in the oil. Season with salt and black pepper. Cook, stirring occasionally, until radishes are browned and softened, about 10 minutes.

Makes 4 servings. Nutrition analysis per serving: 35 calories, 3.5 g fat, 0 g protein, 1 g carbohydrate, 0 g fiber, 150 mg sodium.



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