

The Acorn Angle...

June 2014, box #2



What's fresh?

How do I prepare it?

ASPARAGUS

- ✂ Avoid over cooking. It tastes best when tender-crisp.
- ✂ Serve raw or slightly cooked and paired with veggie dip or hummus.

BOK CHOY - BABY

- ✂ 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).
- ✂ Chop and add to a stir fry.
- ✂ Store in a plastic bag in the fridge for a week or more.

CARROTS

- ✂ Use the fresh greens in a salad or soup.

CHARD - Red or Green

- ✂ You can eat the leaves and stems. If cooking, add the stems first, followed later by the leaves.
- ✂ You can substitute chard for spinach in almost any cooked recipe.

GARLIC SCAPES

What are those curly green pig tails? A garlic scape is the flower stalk of the garlic plant. We remove them before they flower to encourage growth to the garlic bulb. Break off the flower bud, and use the remaining section of the scape.

- ✂ Chop into 1-inch sections and sauté.
- ✂ Mince green stalk and use cooked or raw.

KOHLRABI

- ✂ Remove off outer layer with a vegetable peeler or knife.
- ✂ Tastes great raw, steamed, or roasted.
- ✂ Chop and add the leaves to a salad.

LETTUCE

RHUBARB

- ✂ Store in a plastic bag in the refrigerator for up to 2 weeks.
 - ✂ Chop and freeze for future recipes.
- #### HERB - THYME
- ✂ Tastes great with cooked vegetables, pasta or soup.

Hello!

Last week I handed my husband a kohlrabi and asked him to cut it up for dinner. He looked at me like I handed him a moon rock. I was shocked he didn't know how to clean a kohlrabi for our salad. He's been eating kohlrabi for at least ten years! In his defense, kohlrabi wasn't a vegetable he grew up eating. So, in the past, when it came time to prepare the salad he just left the kohlrabi in the fridge.

I realize many of you are seeing new vegetables for the first time in your CSA box. That's great! I hope you're finding some new favorites! However, I realize it can be a little like finding a moon rock. What part do I eat? How do I clean it? My husband had the same questions with the kohlrabi.

Not surprising, there's lots of information on the Internet. My husband found a three minute video on YouTube showing him how to clean, and cut a kohlrabi. If you don't like the Internet, feel free to call or e-mail me with questions about new vegetables - plenty of folks do. From now on, please eat your "moon rocks" - they taste great!

Wondering what to make for dinner? Check out our blog for **RECIPES**. You can select a specific vegetable (from the drop down menu on the right hand side of the page), and choose from a variety of seasonal recipes. www.oldoakfamilyfarm.wordpress.com

Happy eating!

~Kyle, CSA Manager, 608.386.8066

***Kyle's favorite blog recipe for the week: Baked Artichoke & Chard Dip. I also love adding chard to scrambled eggs or quiche.**

It has been a rainy and muddy few weeks. This 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.

Want more **VEGGIES or BEEF?** Email us to be added to our weekly email list. Availability can be found and ordered at www.farmmatch.com/oldoakfamilyfarm. You can also visit us at the Cameron Park Farmer's Market (La Crosse) on Friday nights from 4-8pm.

Please 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.

NEWSLETTERS are available online. Paper copies will be included with each CSA box. If you want to check out past newsletters or share with a friend, you can find them at: www.oldoakfamilyfarm.com/whatsfresh/CSAnewsletter

Recipes of the week...

Rhubarb Oatmeal Cookies

1/2 c butter, softened
3/4 c brown sugar, firmly packed
1/2 c sugar
2 large eggs
1 1/2 tsp pure vanilla extract
1 3/4 c flour
2 tsp cinnamon
3/4 tsp freshly grated nutmeg
1 tsp baking soda
1 tsp salt
3 c old fashioned oats
3 c **rhubarb**, finely chopped (you can pulse in food processor)
1 c white chocolate chips
3/4 c walnuts, chopped (optional)

Preheat oven to 375 degrees. In a large bowl beat butter, white & brown sugars together until creamy. Add eggs and vanilla and blend. In a separate bowl sift together and blend well your flour, baking soda, cinnamon, nutmeg and salt. Now add to your wet ingredients and blend till smooth. Add in your 3 cups of oatmeal and rhubarb and stir with a wooden spoon till well combined. Then, add your white chocolate chips and stir well. Line a baking sheet with parchment paper and drop cookies by large spoonful onto paper. Cook for 9 - 12 minutes....check your first batch to find the right timing. Makes 4 dozen.

Sautéed Bok Choy



2 Tbsp. canola oil
2 medium garlic cloves, minced (Or you could mince 1 or 2 **garlic scapes**, depending on your love for garlic)
1 tsp. freshly grated ginger (from 1/2-inch piece)
1/4 tsp. red pepper flakes
1 1/2 pounds **bok choy** (about 2 medium bunches), cleaned, ends trimmed, and cut into 1-inch pieces
1 Tbsp. soy sauce
1 Tbsp. water
Salt (optional)

Preparation

In a large frying pan with a tight fitting lid, heat the canola oil over medium-high heat until simmering. Add the garlic, ginger, and red pepper flakes and cook, stirring constantly, until fragrant but not brown, about 30 seconds.

Add the bok choy. Using tongs, fold it into the garlic-ginger mixture until coated, about 1 minute. Add the soy sauce and water, cover, and cook until steam accumulates, about 1 minute. Uncover and cook, stirring occasionally, until the greens are just wilted, the stalks are just fork tender but still crisp, and most of the water has evaporated, about 2 minutes.

Turn off the heat, and season with salt if desired.

Serves 4. Nutrition: 60 calories, 4g fat, 3g protein, 4g carbohydrate, 2g fiber, 350 mg sodium



N6370 Niedfeldt Rd. · Bangor, WI 54614
608.486.4205 · csa@oldoakfamilyfarm.com
blog: www.oldoakfamilyfarm.wordpress.com
web: www.oldoakfamilyfarm.com

***The Niedfeldt family:**
Jerry & Connie Niedfeldt
Kyle, Eric, Owen & Iris Zenz
Jacey, Ric, Breck & Joelle Heller*