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# The Acorn Angle...

July 2014, box #3



**What's fresh?**  
**How do I prepare it?**

## BEANS - GREEN

(these beans are just starting, so there is just a small sampling in each box)

## CARROTS

☞ Try eating the carrot tops. Add to a salad, smoothie, or soup.

## GARLIC SCAPES

These long curly stems are the flower stalk of garlic. We remove them from the plant to ensure that more energy goes into the garlic bulb instead of the flower.

☞ Snap off the end with the flower and you can eat the entire green stalk.

☞ Garlic scapes are more mild than regular garlic.

☞ Mince like you would regular garlic and use in most recipe that calls for garlic.

☞ Try making garlic scape pesto.

## KALE

☞ Make pasta salad with kale. Sauté kale in olive oil with garlic and onions. Cook until tender. Add to cooked pasta and season with salt and pepper.

## KOHLRABI

☞ Peel off the outer layer with a knife or a kitchen peeler.

☞ Cut the kohlrabi into slices or sticks.

☞ Eat raw, steam, or add thin slices to a stir fry.

☞ Leaves are also edible. Sauté with olive oil and garlic.

## LETTUCE

☞ If you don't already have a salad spinner, I recommend buying one. I personally like the OXO brand. It is nice to spin and clean lettuce and store in the fridge.

## ONION - GREEN

## PEAS - EDIBLE PODS

☞ Snap off the stem and enjoy the entire pod (snow peas or snap peas).

☞ Enjoy raw or slightly steamed.

## HERB - CILANTRO

☞ Add to rice with lime juice and salt.

Hello!

Do you know the secret way to get folks to eat vegetables? If you do please share that secret with me! I grow great tasting, fresh, local produce for my family and I'm still trying to learn that secret. However, here's a wonderful fact I recently learned from Cornell University: people are three times more likely to eat the first item they see on their counter or in their refrigerator! Additionally, people eat more vegetables when they are placed close to high traffic areas in the kitchen and in a decorative dish!

Over the years I have learned a few ways to improve my family's consumption of veggies. First, I take a little time on the weekend to wash and slice up veggies for the upcoming week. If the veggies are prepared my family is way more likely to reach for that quick snack. I now set out cut veggies in high traffic areas. To this day I'm still surprised when my kids race through the kitchen and grab a carrot stick on the way through.

There may never be a secret way to get people to eat their veggies, but start by making them easily accessible and you'll be shocked how fast your family will eat them.

Happy eating!

~Kyle Zenz, CSA Manager, 608.386.8066

### Meal ideas for the week:

Breakfast - Scrambled eggs with chopped, sautéed kale.

Lunch - Fresh salad with sliced carrots, green onions, and pea pods.

Snack - Hummus made with minced garlic scapes.

Dinner - Chicken or beef fajitas with steamed beans and carrots.

Dessert - Carrot muffins.

### WHAT'S GOING ON AT THE FARM?

The combination of rain and warm weather is helping the plants grow fast. Unfortunately the weeds are also sprouting like crazy. When the fields are wet it is harder to till or cultivate them to keep the weeds at bay. There are lots of flowers and buds on many vegetable plants, so I am excited about the bounty that will fill your boxes in the upcoming weeks.

We still have openings for our 5 or 10 week CSA Flower share. You choose the dates you want to receive a beautiful, local, fresh bouquet.

Looking for beef or egg options? Check out our online market at: [www.farmmatch.com/oldoakfamilyfarm](http://www.farmmatch.com/oldoakfamilyfarm)

# Recipes of the week...

## Italian Chicken and Veggies

### Ingredients

8 cups chopped fresh veggies of choice (**green beans**, broccoli, potatoes, squash, **carrots**, peppers etc.)  
2 pounds raw chicken breasts, diced  
3 Tbsp. melted butter  
1 Tbsp. olive oil  
1 ½ tsp. garlic powder  
2 Tbsp. oregano  
1 Tbsp. parsley  
¾ tsp. salt  
¾ tsp. pepper  
1 tsp. basil  
¼ tsp. thyme



*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.*

### Directions:

Preheat oven to 350 degrees. In a 9x13 inch baking dish, combine veggies and raw chicken breast. In a small bowl, mix together butter, oil and spices. Spread the spice mixture over the chicken and veggies. Cover with foil and bake for 1 hour or until veggies are tender and chicken is done.

Serves 8. Per serving: 240 calories, 9 g fat, 26 g protein, 13 g carbohydrate, 4 g fiber, 390 mg sodium

## Greens and Green Garlic

1 Tbsp olive oil  
3 green garlic stalks chopped (could try 1-2 **garlic scapes** minced)  
1/8 tsp salt or more to taste  
2 slices prosciutto, sliced (optional)  
1 bunch collard greens, **kale**, or Swiss chard thinly sliced or chopped  
Freshly ground black pepper (optional)  
Fresh lemon juice (optional)



### Preparation

Heat a large frying pan over medium high heat. Add oil. Swirl the oil to coat the bottom of the pan and add the green garlic and salt. Cook, stirring, until the green garlic is wilted, about 1 minute.  
Add prosciutto, if using, and cook, stirring, until it loses its bright pink tone, about 1 minute.  
Add greens, stir to combine, add 2 Tbsp water. Cover, reduce heat to medium low and cook until greens are well wilted, about 3 minutes. Stir, cover, and cook until tender. Depending on the greens used (chard will take a shorter time than the others) and your taste, this will take anywhere from 3 to 8 minutes.  
Add salt, pepper, and lemon juice to taste, as you like.

Serves 4. Nutrition per 1 c serving (without Prosciutto)

70 calories, 4g fat (heart healthy fats!), 3g protein, 1g carbohydrate, 1.5g fiber, 100 mg sodium



N6370 Niedfeldt Rd. · Bangor, WI 54614  
608.486.4205 · [csa@oldoakfamilyfarm.com](mailto:csa@oldoakfamilyfarm.com)  
**blog:** [www.oldoakfamilyfarm.wordpress.com](http://www.oldoakfamilyfarm.wordpress.com)  
**web:** [www.oldoakfamilyfarm.com](http://www.oldoakfamilyfarm.com)

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