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# The Acorn Angle...

July 2014, box #4



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

### BEANS

Enjoy another great sampling of fresh green beans.

### BLACK RASPBERRIES

These wild berries (also called black caps) are from our woods. They are time-consuming to pick, but their flavor is worth it.

- ☞ Berries don't store well, eat them right away. Some of the berries have a white color on them. This is natural and is not a mold. It is called bloom, and is normal.

### CARROTS

Carrots store best in the fridge with their tops removed, but don't forget to eat them.

### KOHLRABI

- ☞ Remove leaves and store kohlrabi in the fridge in a bag for up to 2 weeks.

### LETTUCE

- ☞ Experiment with salads. Try new toppings and new dressings.

### ONIONS - GREEN

- ☞ Store wrapped in a plastic bag in the fridge for a week or more.

### PEAS - EDIBLE PODS

A small mix of snow peas and snap peas - both can be eaten whole.

### ZUCCHINI/SUMMER SQUASH

- ☞ This vegetable is great raw or cooked.
- ☞ Dice for a pasta or green salad addition.
- ☞ Add to a stir fry or steam and add to a pesto pasta salad.

### HERB - CILANTRO

- ☞ Make a salad dressing - Cilantro Lime Vinaigrette.
- ☞ Toss fresh leaves into a green salad.
- ☞ Chop into pasta or potato salad.
- ☞ Try making cilantro pesto.

### HERB - TARRAGON

- ☞ This herb pairs well with asparagus, egg, or chicken dishes.
- ☞ Use fresh, or hang upside down to dry for future use.

Hello!

Summertime is the perfect time for salads. I think salads can get a bad reputation, but nothing beats a cool, crisp, perfectly balanced salad on a hot, summer day. The possibilities for salads are endless and that is what makes them so great. Search for random leftovers in your fridge or set out to follow a specific recipe, either way, you can make it work.

On Sunday nights we aim to make up a few salads to grab for lunches throughout the week. On the internet you can find elaborate recipes to fill up mason jars for a week of lunchtime salad solutions. At our house, we typically find a bunch of plastic reusable containers and fill them with the some of the following: Base (lettuce, kale, cabbage), Toppings (carrots, kohlrabi, green onions, avocado, celery), Protein (chickpeas, hardboiled eggs, nuts). I typically don't add the protein options until the morning before I leave for work. As for the dressing, I keep that in a small jar to pour on right before I eat it.

Salad possibilities are endless: pasta, fruit, cheese, warm, cold, etc. It is also fun to experiment with making your own dressings. It really isn't that hard, and it is much cheaper and better tasting than store bought varieties.

Enjoy, and make the most out of all of these super-fresh veggies. Eat more salad!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

### Meal ideas for the week:

Breakfast - Quiche with thinly sliced zucchini/summer squash.

Lunch - SALAD!

Snack - Carrot sticks and hummus.

Dinner - Roasted chicken and vegetables in a creamy cilantro dressing.

Dessert - Top vanilla ice cream with fresh black raspberries.

Please read our weekly **NEWSLETTERS**. (even if you only get your box every other week) This is our main means of communication.

Save your old **EGG CARTONS**. We can always re-use them. Store them in your CSA box, and return to your drop off point.

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.

## Recipes of the week...

### Tarragon, Chicken & Avocado Wrap

1 lemon  
1/2 cup mayonnaise  
2 Tbs. chopped fresh **tarragon**  
2 cups diced cooked chicken  
1 avocado, halved, pitted, peeled and coarsely chopped  
Salt and freshly ground pepper, to taste  
4 soft lavash or 8-inch flour tortillas  
1 small bunch watercress or arugula, tough stems removed

Sandwiches and wraps are ideal for using up leftovers. Experiment with different combinations, such as sliced leftover steak, horseradish mayonnaise and sliced ripe tomatoes.

Make the dressing: Finely grate 1 tsp. zest and squeeze 1 1/2 Tbs. juice from the lemon into a bowl. Add the mayonnaise and tarragon and stir to combine.

Assemble the chicken salad: Add the chicken and avocado to the dressing and toss gently to coat all the ingredients. Season with salt and pepper.

Assemble the wraps: On a work surface, lay out the lavash. Divide the chicken salad equally among the 4 lavash, spreading the salad almost to the edges. Tear the watercress into small sprigs and scatter over the chicken salad. Fold the left and right sides over the filling about 1 inch on each side, then starting at the bottom, roll each into cylinders, enclosing the filling. Serve immediately. Serves 4.

### Creamy Cilantro Lime Salad Dressing

1 cup loosely packed **cilantro**, stems removed and roughly chopped  
1/2 cup plain coconut yogurt (or about 1/2 avocado, or 1/2 cup Greek yogurt)  
2 Tbsp. fresh lime juice (about 1/2 lime), more to taste  
1-2 garlic cloves  
1/4 cup olive oil  
1 1/2 tsp. white wine vinegar  
1/8 tsp. salt  
*Recommended: cumin, honey/agave*

Puree all ingredients in a blender or food processor until smooth. Taste and adjust seasonings if necessary.

### Kohlrabi and Carrots

1 medium **kohlrabi**, peeled, chopped into 3/4-inch cubes  
4 large **carrots**, cut into chunks to match the size of the kohlrabi  
1/4 tsp. Nutmeg  
1 Tbsp. Butter  
Salt and pepper, to taste



Cover the kohlrabi and carrots with lightly salted water and boil until quite tender (about 15-20 minutes). Then drain, lightly mash and add nutmeg and butter.

Makes 4 servings. Nutrition analysis per serving: 80 calories, 3 g fat, 2 g protein, 12 g carbohydrate, 3 g fiber, 60 mg sodium.



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