

The Acorn Angle...

July 2014, box #5



What's fresh?

How do I prepare it?

BEANS - Green

- ☞ Enjoy raw, steamed, or roasted.

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.

CARROTS

- ☞ Try fresh carrot juice if you have a juicer.

CHARD

- ☞ Sauté chard with garlic and olive oil. Add pasta sauce and a can of white, cannellini beans. Top cooked pasta.

CUCUMBER

- ☞ Cucumber season is upon us! Store in the crisper drawer of your refrigerator in a plastic bag.

LETTUCE

- ☞ Store lettuce in the bag for a week or more.

ONION - GREEN

- ☞ Garnish soup, pasta or casserole with freshly chopped green onion.
- ☞ You can eat the white and green part of the green onion. The leaves are delicious and mild.

PEAS - Sugar Snap

- ☞ Eat the whole pod, raw or cooked.

ZUCCHINI / SUMMER SQUASH

- ☞ Zucchini and summer squash can be eaten raw, baked, steamed, fried, or grilled.

HERB - BASIL

- ☞ Basil will stay fresh in the refrigerator for a few days. Wrap with a damp papertowel and store in a sealed bag. If basil gets too cold it will turn black. You can also keep basil out of the fridge with stems in a glass (like a flower bouquet).

HERB - THYME

- ☞ I really enjoy the flavor of fresh thyme. Add chopped thyme to pasta with sliced summer squash sautéed in olive oil, garlic, and salt. Top with parmesan or goat cheese.

Hello!

Our season is in full swing. Life gets busy as soon as cucumbers, zucchini, and summer squash start maturing. They need to be picked frequently and they produce prolifically.

Summer has been flying by on the farm. Before long, we will be swimming in tomatoes, cabbage, peppers, potatoes and more!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Black raspberry parfait with yogurt and granola.

Lunch - Pita or tortilla wrap with lettuce, sliced cucumbers, grated carrots, green onion, and dressing.

Snack - Tuna, chicken or potato salad wrapped in chard leaves.

Dinner - Lasagna with zucchini and summer squash layered.

Dessert - Warm zucchini bread with butter.

Tips to add more veggies into your diet: (adapted from webMD)

Add veggies you almost like to dishes you already love.

Layer zucchini slices, chopped spinach, or cooked carrots into lasagna. Stir broccoli florets into macaroni and cheese. Toss veggies into an omelet or quesadilla.

Sneak them into spaghetti and pizza.

Most people like spaghetti and pizza, which makes them a good place to sneak in some vegetables. Chop any vegetables your family likes (zucchini, onions, eggplant, broccoli, celery, carrots) and add them to the sauce or on top of the pizza.

Drink your vegetables.

Try making a smoothie or make juice from some veggies with a juicer. Add kale, cucumbers, some fruit and yogurt for a great tasting smoothie.

Grill, baby, grill!

You'll be amazed at how great grilled veggies taste. Before grilling, just brush veggies lightly with olive oil, light Italian dressing, or marinade.

Don't reward your kids (or yourself) for eating vegetables.

Studies suggest that when we are rewarded for eating something, then the reward becomes the treat and we will not see the food itself as enjoyable. When this is standard table practice for vegetables, we're taught indirectly that the vegetables are the punishment we have to get through to reach our reward.

It's all about the cheese.

When all else fails, you can always sprinkle a little grated cheese over the top. If cheese sauce is more your style, drizzle it over vegetables like broccoli or cauliflower and suddenly, it's a whole different ball game.

Recipes of the week...

Summer Pasta Salad

- 1 16 oz pkg whole-grain or brown rice penne pasta
- 1 **yellow summer squash**, quartered and thinly sliced
- 1 **zucchini**, quartered and thinly sliced
- 1 pint grape tomatoes, halved
- 1/8 red onion, cut into 1-inch-long slices
- 1/2 cup fresh **basil**, thinly sliced

Vinaigrette:

- 2 cloves garlic, minced
- 1/4 cup balsamic vinegar
- 2 TBSP flaxseed oil
- 1 tsp Dijon mustard
- 1 tsp pure maple syrup
- 1/4 tsp ground black pepper
- 1/8 tsp sea salt

Cook pasta according to package directions. Drain and rinse under cool water.

Meanwhile, in a blender, blend vinaigrette ingredients and 2 TBSP water. (Alternatively, whisk ingredients until blended.)

Transfer pasta to a large bowl and add squash, zucchini, tomatoes, onion, basil and vinaigrette and toss to combine. Serve immediately or cover and refrigerate until chilled, up to 1 day.

Japanese Cucumber Salad

- 2 medium **cucumbers**
- 1/4 cup rice vinegar
- 1 tsp. Sugar
- 1/4 tsp. Salt
- 2 Tbsp. Sesame seeds, toasted



Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture.

Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine.

To toast sesame seeds, heat a small dry skillet over low heat. Add sesame seeds and stir constantly until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

Makes 4 servings. Nutrition analysis per serving: 40 calories, 2 g fat, 1 g protein, 4 g carbohydrate, 1 g fiber, 150 mg sodium.



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