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# The Acorn Angle...

July 2014, box #6



What's fresh?  
How do I prepare it?

## BEANS - GREEN & YELLOW

- ☞ They are so fresh and crisp. Enjoy raw as a snack with or without dip.
- ☞ Coat with olive oil, nut oil, or dressing and roast in oven at 350 for 45 minutes or until tender.

## BLUEBERRIES

Our partners, Bill & Jane have a fruit orchard where they grow these beauties.

## CUCUMBERS

- ☞ Make refrigerator pickles. Great for a picnic, or to keep in the refrigerator for later.

## 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.
- ☞ Chop and add raw to a rice or green salad.
- ☞ Add chopped kale to scrambled eggs.

## KOHLRABI

Kohlrabi is a member of the turnip family and is rich in potassium and vitamin C.

- ☞ Remove off outer layer with a vegetable peeler or knife.
- ☞ Tastes great raw - slice into sticks.
- ☞ Remove the leaves and store in a plastic bag in your refrigerator for a week or more.

## LETTUCE

- ☞ Add seasonal fruit and nuts to a salad.

## ONIONS - GREEN

## SUMMER SQUASH

- ☞ Add to a pasta dish or soup.
- ☞ Store in a sealed plastic bag in the refrigerator for several days.

## ZUCCHINI

- ☞ Use larger sizes to make zucchini bread or muffins.
- ☞ Beat the heat and grill zucchini slices with olive oil and seasoned salt. Put them on a skewer or in a grill basket.

Hello!

The hot, hot heat of summer finally showed up! After working in the sun all day I enjoy a cool place in the evening. Therefore, I hate to make my kitchen even hotter by cooking a meal on a sweltering day.

To beat the heat, and keep the house cool, I try to use my vegetables three ways. One, fire up the grill! Try marinated veggie kabobs with summer squash, zucchini, onions, and mushrooms. Two, make a salad. Try a sweet salad by adding blueberries, candied pecans, and feta cheese topped with balsamic vinegar. Three, cut up your vegetables, make a picnic, and head to the pool!

On hot days the last thing I want to do is cook. Keep your meals simple, and enjoy the dog days of summer.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

\*Kyle's favorite blog recipe for the week:

### Quinoa with Mushrooms, Sweet Potatoes and Kale

Check it out @ [www.oldoakfamilyfarm.wordpress.com](http://www.oldoakfamilyfarm.wordpress.com)

### Meal ideas for the week:

Breakfast - Blueberry muffins.

Lunch - Lettuce and blueberry salad with poppyseed dressing.

Snack - Smoothie with blueberries, kale, and yogurt.

Dinner - Vegetable wraps with shredded kohlrabi, sliced cucumbers, green onions, and sliced summer squash.

Dessert - Zapple pie (substitute peeled zucchini for apple slices - your family and friends won't know the difference!)

Are you receiving our **EMAILS**? Please add our email address: [csa@oldoakfamilyfarm.com](mailto:csa@oldoakfamilyfarm.com) to your address list. If you haven't been receiving emails, check your junk mail folder. Our primary means of communication is through email. Every Sunday we send out "our best guess" list for CSA produce for the upcoming week.

We still have room in our **CSA FLOWER SHARE**. If you would like to receive 5 weeks of beautifully arranged, local, organic flowers let us know. The flower share also makes a great gift! Check out our website under "fresh flowers" for more information.

# Recipes of the week...

## Lettuce Soup



- 2 Tbsp. olive oil
- 1 cup sliced onion (can substitute **green onion**)
- 1 tsp. chopped garlic
- 1 Tbsp. chopped parsley leaves
- 1 Tbsp. chopped chives
- 2 teaspoons chopped tarragon leaves
- 2 heads Boston lettuce, leaves torn (can substitute 6 cups of **any lettuce variety**)
- 3 cups chicken stock
- ½ cup nonfat evaporated milk
- ½ tsp. salt
- ¼ tsp. pepper

Heat olive oil over medium-low heat in a large saucepan. When hot add the onions and garlic and cook until the onion is translucent, about 4 minutes.

Add the parsley, chives, tarragon and lettuce and stir until the lettuce is completely wilted, about 3 minutes.

Add the chicken stock and simmer, uncovered, for 20 minutes.

Blend soup in blender, in batches, taking care since the soup is hot. Return to a clean saucepan after blended.

Stir in the evaporated milk and the salt and pepper and simmer for another 5 minutes, or until heated through. Adjust seasoning, if necessary, and serve immediately, garnished with fresh herbs and chive blossoms, if desired.

Makes 4 servings. Nutrition analysis per serving: 180 calories, 9 g fat, 9 g protein, 15 g carbohydrate, 2 g fiber, 590 mg sodium.

## Cucumber-Mango Salsa



- 3 mangos, peeled, seeded and diced
- 1 **cucumber**, peeled, seeded and diced
- 2 jalapeno peppers, seeded and finely chopped
- 1 large onion, finely diced
- 1 clove garlic, minced
- ¼ cup chopped fresh cilantro
- 1 Tbsp. lime juice or to taste
- Salt and pepper to taste

Stir together the mango, cucumber, jalapeno pepper, onion, garlic, and cilantro in a mixing bowl. Season with lime juice, salt and pepper.

Refrigerate at least 2 hours before serving to allow the flavors to blend.

Nutrition analysis per serving: 32 calories, 0 g fat, &lt; 1 g protein, 8 g carbohydrate, 1g fiber, 26 mg sodium.



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