

# The Acorn Angle...

July 2014, box #7



What's fresh?  
How do I prepare it?

## BEANS

- ☞ Make a minestrone soup or add chopped beans to pasta sauce, simmer until tender and serve over pasta.

## BLUEBERRIES

Our partners, Bill and Jane grow these blueberries. This was not an especially prolific year for these plants, but the berries in your box are quite tasty.

## BROCCOLI

- ☞ This broccoli has a great mild flavor. You can even eat the stems. Peel the larger stalk and eat raw or steam.
- ☞ I love roasted broccoli. The other day I ate 2 heads, roasted. It is addicting! I typically just cut the broccoli in bite size pieces, and toss with olive oil and a little salt. Roast at 425F until it starts to brown and crisp a bit.
- ☞ The recipe on the back is a twist on my version of roasted broccoli. Try it out, or create your own version of roasted broccoli.

## CUCUMBERS

- ☞ Slice and add to water for a refreshing drink.
- ☞ Slice into sticks and serve with other cut veggies and hummus.

## GARLIC

This garlic was dug yesterday. It is fresh garlic and can be used just like regular (dried) garlic. Store on your counter to dry out, or you can keep in your refrigerator.

## LETTUCE

## PEAS - SNAP

- ☞ The whole pod is edible and sweet.
- ☞ Eat fresh or add to a stir fry.

## SUMMER SQUASH

- ☞ Try summer squash muffins.

## ZUCCHINI

- ☞ Add diced zucchini to salads or pasta dishes.
- ☞ Make a pizza crust out of shredded zucchini.

Hello!

Our zucchini and summer squash crops are in full swing. I try to get creative with these vegetables because they are so versatile (and plentiful). This was my dinner menu last week: On Monday I sautéed up a huge pan of diced summer squash and zucchini with crushed garlic and olive oil (this created lots of leftovers). For this first meal, this was a side dish. On Tuesday I used these leftovers in quesadillas. I put a layer of refried beans on a soft-shell corn tortilla, followed by grated carrots, and my leftover zucchini-summer squash mix. It was delicious. You could also add cheese, or other veggies. On Wednesday I used the leftovers as a pizza topping, along with sautéed kale and goat cheese. On Thursday I sautéed up some mushrooms with garlic, added the leftovers and served it over quinoa.

Get creative! Google zucchini recipes and you will find millions! There are recipes for sweet, savory, and sour. Enjoy the experimentation.

Happy eating! ~Kyle, CSA Manager, 608.386.8066



## SHARE A SHARE!

We are a proud member of the FairShare CSA Coalition. They act as a parent-organization for CSA farms and also do AMAZING outreach and education work aimed at promoting local food and local farms.

FairShare CSA Coalition is holding a donation drive to support their Partner Shares program from **July 21** through **Aug. 8**.

We believe every family should have access to locally produced, organic food. Unfortunately, for many people, purchasing local, farm-fresh, food is beyond their means. The Partner Shares program brings fresh produce within reach for low-income families by providing up to \$300 toward the cost of their CSA share. This means farmers receive a fair price for their produce, and families no longer have to choose between eating healthy and affording life's other expenses.

As you continue enjoying the delicious produce in your CSA box, we invite you to share this experience with others in your community.

Please donate to the Partner Shares program and "Share a Share" today! For more information about Partner Shares and how you can donate please visit FairShare's website: <http://www.csacoalition.org/news/partner-shares-donation-drive-july-21-august-8/>

*"Eating well should be a joyful experience that enhances your diet, your health, and your life. Trying to eat well should NOT be a source of stress. The Partner Shares program assists in reducing the stress of trying to eat well, thereby enhancing lives and spreading joy!"* – Johanna N., Vermont Valley Community Farm, LLC, Partner Shares Participant

# Recipes of the week...

## Zucchini Pizza

8 cups finely shredded **zucchini**  
1 tsp. coarse salt  
1 cup shredded cheddar cheese  
2/3 cup whole wheat flour  
2 cloves **garlic**, minced  
3 tsp. dried oregano  
1 tsp. basil  
2 eggs, beaten  
1 cup pizza sauce  
2 cups mozzarella cheese



*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.*

Preheat oven to 450 degrees. In a large bowl, toss zucchini with salt and set aside for 15 minutes. Squeeze the excess moisture out of the zucchini; remove as much water as possible. Return zucchini to bowl and add in cheese, flour, garlic, oregano, basil, and eggs; stir until combined. Place zucchini mixture onto a piece of parchment paper; spread crust to form a circle about 14 inches in diameter. Place pizza crust on cookie sheet or pizza stone and bake for 10-15 minutes or until the crust starts to brown. Top pizza with sauce and cheese, bake for an additional 5-10 minutes or until cheese is brown.

Serves 8. Per serving: 260 calories, 9 g fat, 18 g protein, 27 g carbohydrate, 4 g fiber, 470 mg sodium

## Oven Roasted Broccoli

1 lb. **broccoli**, rinsed and trimmed  
1.5 Tbsp. olive oil  
2 cloves **garlic**, minced  
1/2 tsp. salt  
1/4 tsp. freshly ground black pepper  
1/3 cup panko bread crumbs  
1/8 cup finely grated Parmesan or sharp Cheddar



### Preparation

Preheat oven to 425 degrees F.

Cut the broccoli florets into bite size pieces. Cut the stalk into 1/8-inch thick, round slices. Place the broccoli into a mixing bowl and toss with the olive oil, garlic, salt and pepper and set aside.

Spread the panko into a 13 by 9-inch metal cake pan and place into the oven for 2 minutes or until lightly toasted.

Remove the panko from the oven and add to the bowl with the broccoli mixture. Toss to combine.

Return the mixture to the cake pan, place in the oven and roast just until the broccoli is tender, 8 to 10 more minutes.

Remove from the oven, toss in the cheese and serve immediately.

Makes about 8 servings. Nutrition per serving (about 1/2 cup)

110 calories, 6g fat (heart healthy fats), 5g protein, 12g carbohydrate, 4g fiber 370mg 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