

The Acorn Angle...

August 2014, box #8



What's fresh?
How do I prepare it?

BROCCOLI

- 🌀 Chop into a salad, stir fry or slice it very thin into a sandwich wrap.
- 🌀 Roast in oven (my favorite way) at 425F until it starts to brown and crisps a bit.

CUCUMBERS

- 🌀 Try making a summery spread using cream cheese, chopped cucumber, onion, and dill.

GARLIC

This garlic was just dug. 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.

KALE

- 🌀 Make a hearty salad with a cider vinegar, honey, and olive oil dressing; top with walnuts, apples, and dried cranberries
- 🌀 Try making kale chips - they are tasty and fun to take to a party. We have some CSA members who get so excited about getting kale in the box because they get to make these chips!

LETTUCE

This lettuce has beautiful dark red spots. It is called trout back lettuce. My kids like to call it leopard lettuce. Enjoy the color variation.

POTATOES - Cal White variety

These are freshly dug. Check out our facebook site to see pictures of our new potato digger. We are excited about this new toy, and are happy that the potato crop for this year seems much better than the dismal crop of last year.

SUMMER SQUASH

- 🌀 Try substituting summer squash in a recipe for refrigerator pickles.

ZUCCHINI

- 🌀 Slice, marinate, and grill for a tasty side to chicken or fish

HERB - BASIL

- 🌀 Add to salad or sandwiches
- 🌀 Make a small batch of pesto

Hello!

My garden update for the season is pretty positive. Everything seems to be growing well, and we have had adequate moisture. As far as the moisture thing goes - today was a little excessive (1.5 inches in 45 minutes). A few plants washed out, some are a little wetter than they would like to be, some "rivers" popped up around the farm, but no major damage.

As far as temperature goes, some of the heat-loving crops (melons, tomatoes, peppers) are growing slowly. The tomato vines are definitely loaded with tomatoes, but the problem is that all of the tomatoes are still green! Hopefully the hot temperatures of the last few days combined with this rain will speed them along.

Happy eating!

~Kyle, CSA Manager 608.386.8066

*Kyle's favorite blog recipe for the week: Kale & Kielbasa Soup. Check it out @www.oldoakfamilyfarm.wordpress.com

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...

Crispy Baked Zucchini Fries

2-3 small **zucchini**, sliced into fry shapes

1/4 cup flour (the chef used chickpea flour to offer a gluten-free option, but regular flour is fine too)

1/4 tsp salt

1/4 tsp garlic powder

1/2 cup milk of choice

1 cup breadcrumbs (you can toast bread and put it in a food processor or use store bought bread crumbs.)

Preheat oven to 420F. Lightly grease a cooling rack, place it on a baking tray, and set aside. Set up an assembly line: flour and spices in one bowl, milk in another, and breadcrumbs in a third. Dip each zucchini stick in the flour, then the milk, then the breadcrumbs. Place on a cooling rack. Bake 18-19 minutes, or until desired crispiness is reached. Makes 40-45 fries. You can dip the fries in marinara sauce, ketchup, ranch dressing, or anything else you can think of.

One Pot Zucchini & Mushroom Pasta

1 pound spaghetti

1 pound cremini mushrooms, thinly sliced

2 **zucchini**, thinly sliced and quartered (you can also use **summer squash**)

2/3 cup peas

2 cloves **garlic**, thinly sliced

2 sprigs thyme

Kosher salt and freshly ground black pepper, to taste

1/3 cup grated Parmesan

1/4 cup heavy cream

In a large stockpot or Dutch oven over medium high heat, combine spaghetti, mushrooms, zucchini, peas, garlic, thyme and 4 1/2 cups water; season with salt and pepper, to taste.

Bring to a boil; reduce heat and simmer, uncovered, until pasta is cooked through and liquid has reduced, about 8-10 minutes. Stir in Parmesan and heavy cream.

Serve immediately.

Baked Wedge Fries

1 large baking **potato**

3/4 Tbsp. olive oil

1/2 tsp. paprika

1 clove **garlic**, crushed and finely chopped

1/2 tsp. chili powder

1/2 tsp. onion powder

Preheat oven to 450 degrees F. Cut potato into wedges. Mix olive oil, paprika, garlic, chili powder and onion powder together. Coat potatoes with oil/spice mixture and place on a baking sheet. Bake for 45 minutes in preheated oven.

Makes 2 servings. Nutrition Analysis per serving: 180 calories, 5g fat, 4g protein, 32g carbohydrate, 3g fiber, 15mg sodium



N6370 Niedfeldt Rd. · Bangor, WI 54614
608.486.4205 · csa@oldoakfamilyfarm.com
blog: www.oldoakfamilyfarm.wordpress.com
web: www.oldoakfamilyfarm.com

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