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# The Acorn Angle...

August 2014, box #9



What's fresh?  
How do I prepare it?

## **BROCCOLI**

- 🌿 Try making a bacon and broccoli salad.

## **CABBAGE**

- 🌿 Add to a salad, wrap or top a taco.
- 🌿 Search for a beef and cabbage vegetable soup.

## **CARROTS**

- 🌿 Try roasting carrots in the oven or in a foil packet on the grill.

## **CUCUMBERS**

- 🌿 Add sliced cucumbers to ice water.

## **LETTUCE**

Some of 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.

## **ONIONS**

- 🌿 Add chunks of onion to veggie skewers and prepare on the grill.

## **POTATOES - Yukon Gold variety**

These are freshly dug. Check out our facebook site to see pictures of our new potato digger. We love this new toy!

## **SUMMER SQUASH**

- 🌿 Steam summer squash, zucchini, carrots, and other veggies. Mix with pasta sauce and cooked pasta...easy dinner meal.

## **SWEET CORN**

- 🌿 Try an easy casserole: brown hamburger, with onion and pepper, add fresh corn kernels, and add a can or box of tomato soup. Add cheese if you like. Bake together at 350 for 20 minutes or until heated through.
- 🌿 If you happen to find a hidden field pest in the top of your corn just cut off the tip, don't discard the entire ear.

## **ZUCCHINI**

- 🌿 Puree in a food processor and add to tomato sauce. Use for tomato soup, pasta sauce, or lasagna filling.

## **HERB - BASIL**

- 🌿 Dry for future use or freeze in water cubes.

Hello!

We are almost half way through our CSA season. I hope you have been enjoying the anticipation of each weekly box. We realize that you may love some items, and dislike others. Our hope is to provide you with a wide variety of seasonal, high quality, organic produce that will expand your palate.

The CSA experience is filled with:

**Patience** - waiting throughout the season for certain veggies: tomatoes, squash, etc. to ripen.

**Understanding** - realizing that even with our best intentions mother nature may have other plans.

**Commitment** - taking the time and effort to prepare the veggies that you receive in your box.

**Satisfaction** - feeling good about eating and preparing healthy food.

**Enjoyment** - the wonderful taste of farm fresh veggies, eating new foods, and meeting and supporting your local farmer.

As farmers, we put a lot of effort into growing your food. Although, ultimately, you as the consumer must put in the hard, but tasty work that closes the circle from farm to table. I hope you have found satisfaction in eating and preparing fresh, local food that is good for you, the land, and the local economy.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

\*Kyle's favorite blog recipe for the week: Delicious Roasted Veggies. Check it out @[www.oldoakfamilyfarm.wordpress.com](http://www.oldoakfamilyfarm.wordpress.com)

### **Meal Ideas for the Week:**

Breakfast - Quiche with onion, sautéed summer squash and zucchini.

Lunch - Fajitas with grilled peppers, onions, summer squash.

Snack - Baked, breaded zucchini sticks.

Dinner- Grilled steaks with grilled vegetables on skewers.

Dessert- Chocolate chip zucchini cookies.

Want more **VEGGIES or BEEF?** Email us to be added to our weekly email list. Availability can be found and ordered at [www.farmmatch.com/oldoakfamilyfarm](http://www.farmmatch.com/oldoakfamilyfarm). You can also visit us at the Cameron Park Farmer's Market (La Crosse) on Friday nights. 4-8pm.

**NEWSLETTERS** are available online. Paper copies will be included with each CSA box. If you want to check out past newsletters or share with a friend, you can find them at: [www.oldoakfamilyfarm.com/whatsfresh/CSAnewsletter](http://www.oldoakfamilyfarm.com/whatsfresh/CSAnewsletter)

# Recipes of the week...

## Zucchini Oat Chocolate Chip Cookies

- 1 1/2 cups all-purpose flour
- 1 tsp ground cinnamon
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup unsalted butter, softened
- 1/2 cup granulated sugar
- 1/3 cup packed light-brown sugar
- 1 large egg
- 1 1/2 tsp vanilla extract
- 1 1/2 cups shredded **zucchini** (from about 1 - 1 1/2 medium)
- 1 cup quick oats
- 3/4 cup chopped pecans or walnuts
- 1 2/3 cups semi-sweet chocolate chips

Preheat oven to 350 degrees. In a mixing bowl whisk together flour, cinnamon, baking soda and salt for 20 seconds, set aside.

In the bowl of an electric stand mixer fitted with the paddle attachment whip together butter, granulated sugar and brown sugar until creamy. Mix in egg and vanilla extract. Add zucchini and with mixer set on low speed, slowly add in flour mixture. Stir in oats, walnuts and chocolate chips (I reserved 1/3 cup of the chocolate chips to press into the tops of dough balls before baking, just for looks which is totally optional).

Shape dough into balls, 2 Tbsp each, then transfer to a Silpat or parchment paper lined baking sheets, spacing cookies 2-inches apart. Bake in preheated oven 11 - 14 minutes until edges are lightly golden. Cool on baking sheet 2 minutes then transfer to a wire rack to cool completely. Store in an airtight container.

## Sautéed Cabbage

- 1 small head **cabbage**
- 2 Tbsp. unsalted butter
- 1/4 tsp. salt
- 1/2 tsp. freshly ground black pepper

Cut the cabbage in half and, with the cut-side down, slice it as thinly as possible around the core, as though you were making coleslaw. Discard the core.

Melt the butter in a large sauté pan or heavy-bottomed pot over medium-high heat. Add the cabbage, salt, and pepper and sauté for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season to taste and serve warm.

Makes 6 servings. Nutrition analysis per serving: 60 calories, 4 g fat, 2 g protein, 7 g carbohydrate, 3 g fiber, 120 mg 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*