
The Acorn Angle...

August 2014, box #10



What's fresh? How do I prepare it?

BEETS - Golden, Chioffa & Purple

- ☞ These aren't your average beets. The golden beets are a beautiful shade of yellow and the chioffa have bulls-eye marking when you slice them.
- ☞ Peel beets, slice in circles or half moons, about 1/4 inch thick. Put in a glass baking dish and drizzle with olive oil. Roast at 400 degrees for 30-40 minutes until tender. Eat warm as a side dish, or refrigerate and add to salads.

CABBAGE - RED

- ☞ Make apple, cabbage coleslaw with vinegar dressing.
- ☞ Chop and add to a stir fry near the end of cooking.

CUCUMBERS

- ☞ Add diced cucumbers, onion, tomatoes, olives and feta to cooled, cooked noodles. Top with Italian dressing.

LETTUCE

- ☞ Put tuna or chicken salad in a leaf and eat as a wrap.

ONIONS

- ☞ Make your own homemade French onion dip.

PEPPERS - GREEN

- ☞ Our peppers are coming on slow this season, due to the cool summer nights. They like it hot!

POTATOES - Red & White

- ☞ Enjoy these freshly dug potatoes in a summer potato salad.

SUMMER SQUASH

- ☞ Add steamed summer squash to fettuccine noodles with a creamy sauce.

SWEET CORN

- ☞ Try sweet corn salsa, mixed with onion, cilantro, lime juice, green pepper, salt and pepper.

ZUCCHINI

- ☞ Add slices of zucchini to lasagna.
- ☞ Try cheddar zucchini cornbread.

Hello!

Here we are at week 10. Our CSA season has reached the half way point. This is when the boxes start to get heavier! We have just started harvesting potatoes. It will be a long process before they are all dug. Before we know it, winter squash will also be adding some weight to the boxes.

As far as summers go, this one has been pretty good. Nice temperatures in the low 80's most days and cool nights for sleeping. If I wasn't trying to grow heat-loving crops like tomatoes, melons, and peppers, I wouldn't have anything to complain about. Soon enough these plants will bear mature fruit, but they aren't as happy as they would be if we were having a HOT summer. The summer of 2012 was pretty awful with the widespread drought, but it was by far our best season for growing tomatoes. I guess you win some, you lose some - but for the most part, we are winning this season!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week:

Don't Knock it Till You Try it, Beet Cake.

Check it out @www.oldoakfamilyfarm.wordpress.com

Meal Ideas for the Week:

Breakfast - Quiche with caramelized onions, peppers and summer squash.

Lunch - Salad with roasted beets, candied pecans, goat cheese and balsamic vinegar.

Snack - Homemade French onion dip with cut veggies.

Dinner- Fish tacos with shredded cabbage and corn salsa.

Roasted potatoes as a side dish.

Dessert- Chocolate beet brownies. They are yummy!

Watch your email inbox for our mid-season **SURVEY**. Your feedback is important to our CSA. Please take a few minutes to share your experience with our CSA.

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. 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

Recipes of the week...

Red Flannel Hash

1 **onion**, thinly sliced
1 teaspoon salt
3 cloves garlic, minced
1 teaspoon oregano
1 teaspoon thyme

1/2 teaspoon black pepper
3-4 red **potatoes**, diced small (with or without skins)
3 **beets**, peeled and diced small
1/2 head **cabbage**, core removed and thinly sliced
4-6 large eggs

Heat one tablespoon of olive oil in a large skillet over medium-high heat. Add the onions and 1/2 teaspoon of salt, and cook until the onions become soft and translucent, about 5 minutes. Stir in the garlic, herbs, and 1/2 teaspoon of black pepper. Stir until the garlic becomes fragrant, about 30 seconds.

Add the potatoes, beets, and another 1/2 teaspoon of salt. Stir everything together, cover the pan, and turn the heat down to medium. Cook for 10-12 minutes, stirring every few minutes, until the beets are tender. Don't worry if the potatoes start to fall apart a little - they are meant to! As you stir, be sure to scrape the bottom of the pan every so often to work in the browned bits from the pan.

When the beets are tender, stir in the cabbage. Cover and cook for another 3-5 minutes, until the cabbage is wilted. Give the mash a taste and add more salt and pepper if desired.

At this point, you can serve the mash right away or you can turn down the heat and let it simmer for as long as a half an hour. You can also take the mash off the heat completely and re-heat it when you're ready to serve.

Five minutes before you're ready to serve, crack the eggs around the circumference of the pan. Cover the pan and let the eggs poach for 5 minutes for runny yolks or 7 minutes for firm yolks. Scoop onto plates and serve.

Yellow Squash Patties

8 medium **yellow squash**, shredded
1 **onion**, shredded
1 Tbsp. salt
1 cup all-purpose flour
1/2 cup cornmeal
1 egg, lightly beaten
1 cup shredded cheddar cheese
Ground black pepper to taste
1 Tbsp. olive oil



Place the squash and onion in a colander, sprinkle with salt, and drain about 30 minutes, until no longer moist.

In a bowl, mix the squash and onion, flour, cornmeal, egg, and cheese. Season with pepper.

Heat the oil in a skillet over medium heat. Drop squash mixture by heaping tablespoons into the skillet, and cook 3 minutes on each side, or until golden brown.

Makes 12 servings. Nutrition Analysis per serving: 150 calories, 6g fat, 6g protein, 19g carbohydrate, 3.2g fiber, 662mg sodium.



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