
The Acorn Angle...

September 2014, box #12



What's fresh?

How do I prepare it?

CARROTS

- ☞ Don't forget you can eat the tops of carrots. Add them to a soup, smoothie, or salad.

CHARD

- ☞ Search for a potato, chard and black bean hash recipe.

CUCUMBERS

- ☞ Try a creamy cucumber salad.

PEPPERS - GREEN

PEPPERS - HOT, Banana

- ☞ Use these small, long yellow peppers to make fresh salsa.

POTATOES - Red

SUMMER SQUASH/ZUCCHINI

TOMATILLOS

Tomatillos are related to tomatoes, but have a slightly acidic taste with a hint of lemon.

Tomatillos are most commonly used for making salsa verde (green salsa).

- ☞ Remove husk, and wash with soap and water to remove the sticky film from the husk.

- ☞ Eat raw in salsa or salad.

- ☞ Cook into a salsa verde to put over enchiladas, fajitas, or sliced pork or beef.

TOMATOES

Finally! We have tomatoes in the box, but they are not as prolific as normal.

- ☞ We grow several different varieties of tomatoes. Some of our tomatoes are heirlooms and they are not always red in color. Judge the ripeness of a tomato by giving it a gentle squeeze. If it has a little give to it, then it is ripe.

WATERMELON - Sugar Baby variety

- ☞ Store out of the fridge up to 4 days. Refrigerate sliced pieces.
- ☞ This melon does have seeds, but the flavor is worth it.
- ☞ Occasionally it is hard to tell if a melon is ripe. If you receive an un-ripe melon, please let us know.

HERB - BASIL

- ☞ Try the yummy vinaigrette recipe.

Hello!

Back to school means a smaller crew on the farm. Every year we say goodbye to some of our student, farm employees who are returning to a new semester. We still have a few die-hard workers who will remain with us throughout the end of the season. That is good news, because before we know it, the heavy work of squash and pumpkin harvesting will be upon us.

September brings transition with our vegetable crops. Soon enough our summer staples like cucumbers and zucchini will be gone and replaced with winter squash. We have plenty of other new varieties of vegetables that will make their way into your boxes within the next two months.

With the return to school, many people feel that summer is over, but don't worry, there will be still be more warm days, and good food to look forward to.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Scrambled eggs topped with homemade salsa.

Lunch - Homemade salsa mixed with rice and beans and put in a tortilla or served over lettuce.

Snack - Chopped tomatoes and cottage cheese.

Dinner - Pasta with sautéed zucchini and a fresh salad.

Dessert - Oatmeal carrot cookies.

A link was emailed to you for our mid-season **SURVEY**.

Link: <https://www.surveymonkey.com/s/BCFCFSB>

Your feedback is important to our CSA. Please take a few minutes to share your experience with our CSA.

It has been a rainy and muddy few weeks. This Don't forget to **WASH** all produce. We typically rinse most veggies, but they may contain a bit of soil, or on occasion a hidden field pest.

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 from 4-8pm.

Recipes of the week...

Tomatillo Avocado Sauce

- 2 avocados
- 4 little fresh **tomatillos**, keep peel on
- 3 garlic cloves
- 1½ limes, juiced
- 6-10 sprigs of cilantro
- ¼ teaspoon of salt

1. Boil tomatillos for about 3-4 minutes. Once boiled remove skin and cut in half.
2. Add all ingredients in the food processor and hit blend until smooth.
3. Use this as a sauce for pulled pork, chicken, or a chip or veggie dip. Delicious!

Basil Balsamic Vinaigrette

- 1/3 cup white balsamic vinegar
- 1 cup olive oil
- 1 cup **basil** leaves
- 1 teaspoon sea salt
- 1 teaspoon sugar or stevia

Add all ingredients to a food processor. Blend until desired consistency is reached.

*This makes a great salad dressing or topping for chicken or roasted/cooked vegetables.

Tomatillo Salsa Verde

- 1 lb. **tomatillos**, husked
- ½ cup finely chopped onion
- 1 tsp. minced garlic
- 1 **hot pepper**, minced
- 2 Tbsp. chopped cilantro
- 1 Tbsp. chopped fresh oregano
- ½ tsp. ground cumin
- 1 tsp. salt or to taste
- 2 cups water

Place tomatillos, onion, garlic, and hot pepper into a saucepan. Season with cilantro, oregano, cumin, and salt; pour in water. Bring to a boil over high heat, then reduce heat to medium-low, and simmer until the tomatillos are soft, 10 to 15 minutes.

Using a blender, carefully puree the tomatillos and water in batches until smooth.

Makes 8 servings. Nutrition analysis per serving: 24 calories, .5g fat, 1g protein, 5g carbohydrate, 1g fiber, 294mg sodium



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