
The Acorn Angle...

September 2014, box #13



What's fresh?

How do I prepare it?

APPLES - Variety

This was not the best apple year. Our partners, Bill & Jane have a great orchard, but the pests were hard to beat this season. The wet, cool weather was favorable to insects and therefore the insect damage was more than usual.

BEANS - Green

BOK CHOY

CABBAGE - Red

CARROTS

You may notice some odd shapes with this planting of carrots. We just wanted to make sure you didn't get bored with plain old straight carrots *smile*

CELERY

☞ This celery is great tasting, but the flavor is more intense than store bought white colored celery.

☞ Try it in soups, casseroles, or juice it.

PEPPERS - GREEN

☞ Chop and freeze on a cookie sheet. Transfer to a plastic bag and use when needed.

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

This is probably our worst year for growing tomatoes in recent memory. The cool, wet summer resulted in a dramatic decrease in yield and quality.

☞ Keep your tomatoes on your counter to finish ripening. Store them at room temperature until you are ready to eat them.

Hello!

Every growing season brings successes and challenges. For the most part, this has been a successful year. Our tomatoes, on the other hand would beg to differ. They like it hot. I don't think I can recall a day over 100 degrees. (Not that I am complaining *too* much).

The best part of being a diversified CSA farm is the fact that we grow over 60 different types of vegetables, fruits and herbs. This gives us an insurance policy of sorts. If our tomato harvest is less than stellar, than maybe we can make up for it with a good crop of other vegetables.

Every type of plant likes an ideal climate. Some years mother nature is rooting for tomatoes and other years she is rooting for kohlrabi, carrots, and zucchini.

I hope you are noticing the seasonal changes in vegetable varieties and trying out new ways to eat the unfamiliar or enjoying the comfort of your favorites.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Carrot muffins.

Lunch - Vegetable or turkey wrap with tomatillo avocado sauce (recipe from newsletter #12).

Snack - Slices of tomatoes topped with fresh mozzarella and drizzled with balsamic vinegar.

Dinner - Vegetable soup.

Dessert - Apple crisp.

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.

Interested in **BEEF**? We will have grass-fed, Hereford beef available in early October. We sell by the individual cuts or as a quarter steer. Email for more information.

Recipes of the week...

Cheesy Zucchini, Corn & Black Bean Skillet

- 1 cup elbow macaroni
- 1 Tbsp olive oil
- 1 **green pepper**, cut in 1" pieces
- 1 cup chopped onion
- ¼ tsp ground cumin
- ¼ tsp chili powder
- 1 cup frozen corn
- 2 medium **zucchini or summer squash**, cut in ½" pieces
- 1 14.5-oz can diced tomatoes, drained
- ½ tsp salt
- ½ cup low-sodium vegetable or chicken broth
- 1 15-oz can low-sodium black beans, drained and rinsed
- 1 cup reduced-fat shredded cheddar cheese

1. Cook macaroni according to directions; drain and set aside.
2. Heat oil in a large nonstick skillet over medium-high. Add green pepper, onion, cumin, and chili powder. Cook, stirring occasionally, 3 minutes, or until softened.
3. Add the corn, zucchini, tomatoes, and salt. Cook, stirring, 1 minute. Add broth, cover; cook until zucchini is tender, 5 minutes.
4. Stir in black beans and pasta. Cook for an additional 3 minutes. Stir in cheese and serve.

9 Vegetable Hot & Sour Soup

- 3 tbsp olive oil
- 1 onion, thinly sliced
- 1 tbsp grated ginger
- 1 jalapeno, minced
- 1 large sweet potato, peeled and diced
- 1 cup diced **carrots**
- 1/2 **cabbage**, coarsely chopped
- 2 1/2 quarts water or vegetable broth
- 1/2 cup soy sauce
- 1/3 cup rice vinegar
- 2 tsp salt
- 2 tsp ground black pepper
- 1/2 cup cold water
- 1/4 cup cornstarch
- 1 **zucchini**, diced
- 1 red bell pepper, diced
- 8 oz extra firm tofu cut into 1/2-inch cubes
- 4 cups **bok choy**, thinly sliced
- 14 oz canned diced tomatoes
- 2 tsp sesame oil

Heat oil in a large pot over medium heat. Add in the onions, ginger, and jalapeno and cook for a few minutes, stirring. Add in the sweet potato, carrots, and cabbage. Cover and cook for about 3 minutes, or until cabbage starts to wilt. Add in the broth and bring to a boil. Reduce the heat to a simmer and cook for 5 minutes.

In the meantime, whisk together the soy sauce, rice vinegar, salt, pepper, cold water, and cornstarch in a separate bowl. Set aside.

Add the zucchini, bell peppers, and tofu to the pot. Simmer until the veggies are tender, about 8 minutes. Add in the soy sauce mixture and stir until the soup thickens, about 8 minutes. Add in the bok choy and tomatoes and bring the soup back to a simmer. Stir in the sesame oil



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