

The Acorn Angle...

September 2014, box #14



What's fresh?
How do I prepare it?

BEANS - Green

BOK CHOY

- ☞ Sauté with olive oil, garlic and season with salt.
- ☞ Chop and add to a stir fry.
- ☞ Store in a plastic bag in the fridge for a week or more.

CABBAGE - Green

- ☞ Make cabbage soup, add to salads, make freezer-coleslaw, try cabbage and beef casserole, or cabbage rolls.

FENNEL

- ☞ Fennel has a distinct black licorice flavor. If you aren't a fan of that, make sure to roast fennel, as it mellows the flavor. (In full disclosure, this is the only way I like fennel - but I REALLY like it this way)
- ☞ You can eat the fronds and the bulb.
- ☞ This vegetable pairs well with tomato and basil dishes.
- ☞ Try roasting and making a frittata.

GARLIC

I add garlic to everything, but my favorite is roasting it with olive oil and spreading it on fresh baked bread.

KALE

Give this superfood another try. Kale is packed with great vitamins and nutrients.

- ☞ Check out the recipe to the right. I have received many great reviews about this one - even from non-kale eaters.

LETTUCE

ONIONS

PEPPERS - GREEN

- ☞ Add to soups, omelets, quiches, casseroles, and a stir fry.

TOMATOES

- ☞ This is the last of our tomatoes. Sadly, there are only a few per box. If some seem a little unripe, just set them on a window sill for a few days to ripen up.

HERB - PARSLEY

- ☞ Add to fresh salads, and tabouli.
- ☞ Hang up to dry for later use.

Hello!

I'm sure many of you have heard the term "eat the rainbow". Health-protective phytonutrients are found in deeply colored plant foods. Learn more about these nutrients and where to find them:

- ☞ A precursor to antioxidant vitamin A, beta-carotene helps bolster your immune system; sibling alpha-carotene may be even more effective at squelching development of liver, lung, and skin cancer cells
- ☞ Lycopene has been linked to a reduced risk of prostate and lung cancers.
- ☞ Anti-inflammatory anthocyanins may assist in combating cancer cells as well as diabetes.
- ☞ Heart health gets a boost from resveratrol and flavonols.
- ☞ Lutein aids in preventing cardiovascular disease and protects your eyes from cataracts and macular degeneration.

RED - tomato, watermelon (lycopene); strawberries (anthocyanins)

ORANGE - carrot (alpha-carotene); yam, pumpkin (beta-carotene)

YELLOW - yellow bell pepper, table queen squash (beta-carotene)

GREEN - spinach (lutein); kale, broccoli (flavonols/lutein)

BLUE - blueberries (anthocyanins); concord grapes (resveratrol)

PURPLE - plum, eggplant, blackberries (anthocyanins)

Article from *Vegetarian Times*, March 2011.

~~~Marinated Kale Salad~~~

4-6 cups coarsely chopped **kale**

1 cup finely chopped red **onion**

1/2 red bell pepper

1/2-3/4 cup chopped carrot (2 small carrots)

1 cucumber (2 cups chopped halves)

1 avocado, chopped

1 & 1/4 cup chopped grape tomatoes (or other variety)

1/2 cup mixed raisins and Goji berries

1/3 cup chopped walnuts

Dressing: 1 cup lemon tahini dressing or sesame ginger (Annie's brand is a good choice)

Chop vegetables and mix in a large mixing bowl. Reserve walnuts for sprinkling on top. Tear the leaves off of the kale and rip into bite-sized pieces. Wash and dry kale leaves. Mix the vegetables, kale leaves, and dressing in large bowl until thoroughly combined.

Place in fridge to 'marinate' for 10-15 minutes. Serves 4. Keeps in fridge in a sealed container for 1 day.

Recipes of the week...

Japanese Vegetable Pancakes AKA Okonomiyaki

From Smitten Kitchen smittenkitchen.com/blog/2013/05/japanese-cabbage-and-vegetable-pancakes

Pancakes:

1/2 small **head cabbage**, very thinly sliced (1 pound or 5 to 6 cups shreds)
4 medium carrots, peeled into ribbons with a vegetable peeler
5 **kale** leaves, ribs removed, leaves cut into thin ribbons
4 scallions, thinly sliced on an angle (or about 1/2 cup of **onions** diced)
1 teaspoon kosher salt
1/2 cup all-purpose flour
6 large eggs, lightly beaten
Canola, avocado, safflower or peanut oil for frying

We had a Japanese exchange student visit our farm last month and she prepared these for our family.

Give them a try, they are surprisingly delicious!

Tangy Okonomiyaki Sauce:

1/4 cup ketchup
1 1/2 tablespoons Worcestershire sauce
1/4 teaspoon dijon mustard
1 tablespoon rice cooking wine or sake
1 teaspoon soy sauce
1 tablespoon honey
1/8 teaspoon ground ginger

Make the pancakes: Toss cabbage, carrot, kale, scallions and salt together in a large bowl. Toss mixture with flour so it coats all of the vegetables. Stir in the eggs. Heat a large heavy skillet on medium-high heat. Coat the bottom with oil and heat that too.

To make a large pancake, add 1/4 of the vegetable mixture to the skillet, pressing it out into a 1/2- to 3/4-inch pancake. Gently press the pancake down flat. Cook until the edges begin to brown, about 3 minutes. 30 seconds to 1 minute later, flip the pancake with a large spatula. Cook on the other side until the edges brown, and then again up to a minute more.

To make small pancakes, grab little piles of the vegetable mixture to form 3 to 4 pancakes. Press down gently with a spatula so they flatten slightly, but no need to spread them much. Cook for 3 minutes, or until the edges brown. Flip the pancakes and cook them again until brown underneath.

If desired, make okonomiyaki sauce: Combine all sauce ingredients in a small saucepan and let simmer for 3 to 5 minutes, until smooth and thick.

Fruit and Kale Smoothie

1 cup chopped **kale** leaves (packed)
1 can (about 2 cups) pineapple packed in fruit juice or water
1 can (about 2 cups) peaches packed in fruit juice or water
1 cup milk

Makes 4 servings.

Nutrition analysis per serving: 130 calories, 0g fat, 3g protein, 30g carbohydrate, 3g fiber, 45mg sodium



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