
The Acorn Angle...

June 2015, Box #1



What's fresh?

How do I prepare it?

ASPARAGUS

- ☞ Steam or roast asparagus, but never overcook it. It tastes best when it is prepared tender-crisp.
- ☞ Serve raw or slightly steamed and paired with veggie dip or hummus.

KALE

- ☞ Add chopped kale to pasta sauce.
- ☞ Try a green smoothie. Add a few kale leaves mixed with fruit and yogurt.

KOHLRABI

- ☞ Remove off outer layer with a vegetable peeler or knife.
- ☞ Tastes great raw, steamed, or roasted.
- ☞ Chop and add the leaves to a salad.

LETTUCE

- ☞ Make a great, colorful salad for dinner.

NAPA CABBAGE

- ☞ All of our vegetables are certified organic. We think they taste great, and unfortunately so do a few critters (we hope you can look past some pest damage to the leaves).
- ☞ Sauté with olive oil, garlic and season with salt.
- ☞ Try making coleslaw.

RADISH

- ☞ Dice and add to guacamole, salad, dips or sandwiches.

RHUBARB

- ☞ Enjoy this versatile stalk in a fruit crisp, pie, cake, or even lemonade. Check out our blog for more recipes.

HERB - THYME

- ☞ Try making herb butter or freezing in olive oil in ice cube trays.

PLANTS

Sungold Tomato - Enjoy this super sweet golden yellow cherry tomato. Plant it directly in the ground or in a 3-5 gallon pot.

Basil - This sun-loving herb grows best outdoors in the ground or in a pot. It will grow OK indoors with plenty of sunshine. Trim it regularly and remove flower buds for best results.

Hello!

This is our eighth season as a CSA farm. We love growing our vegetables with you in mind. We have been busy planning, planting, weeding, and harvesting. Much of the effort in making this CSA an enjoyable experience for you is on our part as farmers. We promise to provide a variety of fresh, delicious, organic vegetables each week. Boxes will be a balance of familiar vegetables, and a few "weird" ones. We hope by the end of the season, the "weird" vegetables will fall into your category of familiar and delicious.

We know you have expectations about how this season will go. Some of them might include: Trying new vegetables and recipes, cooking more meals at home, losing weight, getting your family to eat more fruits and vegetables, or eating locally and seasonally.

A good part of the success of your CSA experience also lies in your hands. If your goal is to make more meals at home, then it is important to carve out more time in your day and create meal plans. If you want your kids to eat more fruits and vegetables, then you need to model that behavior, and involve them in the experience (talking about the vegetables, picking them out of the box and cooking with them).

Make goals and challenge yourself to meet them. Share your CSA experience with your friends and family. Whatever you are looking forward to, we hope you find satisfaction with our CSA program.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Asparagus quiche.

Lunch - Pita sandwich with diced radish, lettuce, chopped kale and herbed cream cheese.

Snack - Kale, fruit and yogurt smoothie.

Dinner - Roasted chicken with rhubarb chutney and grilled asparagus.

Dessert - Rhubarb coffee cake.

Please read our weekly **NEWSLETTERS**. This is our main means of communication with members.

Remember to bring your own **BOX or BAG** to transfer produce from our CSA tubs. Returning our CSA tubs right away helps to minimize the number of boxes we lose each year.

Take a few minutes each week to **PROPERLY STORE** your produce. Most of the items will store well in the refrigerator in a plastic bag. Taking care of your vegetables right away ensures that they stay fresh for the maximum amount of time.

Recipes of the week...

Napa Cabbage Chinese Salad

1 large head **Napa cabbage**
5-6 green onions, chopped
1 stick butter, melted
2 pkg. Ramen noodles (don't use seasoning)
1 pkg. sliced almonds
1/2 c. sesame seeds

Dressing
1/2 c. vegetable oil
1/4 c. vinegar
1/2 c. sugar
1 tsp. soy sauce

*We have been sharing
this recipe for years,
and it is always a
favorite.*

Directions: Add "dressing" ingredients and shake well in a closed container. Chop Napa cabbage into thin strips. Add to chopped scallions. In a pan melt butter. Add 2 packages Ramen noodles (break these up into little pieces). Brown these together, once noodles start to turn brown, stir until completely brown. Turn off heat, add seeds and almonds; let cool. When cool add to the cabbage and scallions. Add the dressing just before serving.

Rhubarb Coffee Cake

1/2 cup butter
1 1/2 cup sugar
1 egg
1 tsp vanilla
2 cups flour
1 tsp baking soda
1/2 tsp salt
1 cup milk
2 cups chopped **rhubarb**

Topping
1 cup brown sugar
1 tsp cinnamon
1/2 cup chopped nuts (walnuts or pecans)

Directions: Cream butter and sugar. Add eggs and vanilla. Mix dry ingredients. Add dry ingredients and milk to mixture. Fold in rhubarb. Pour 1/2 batter into greased 9x13 pan. Sprinkle 1/2 of topping on batter. Add remaining batter and then the rest of topping. Bake at 350 for 40 minutes.

Rhubarb Chutney

2 tsp. canola oil
1/4 cup chopped red onion
2 cups chopped **rhubarb**
1/3 cup golden raisins

1 Tbsp. cider vinegar
2 tsp. minced fresh ginger (or 1/4 tsp. ground)
1/8 tsp. pepper



Heat oil in a small saucepan over medium heat. Add onion and cook, stirring, until softened, about 3 minutes. Add rhubarb, raisins, brown sugar, vinegar, ginger and pepper; bring to a boil over medium-high and cook, stirring occasionally, until the rhubarb is soft and breaking down, 5 to 10 minutes. Remove from the heat and cover to keep warm.

Serve with skinless chicken or turkey.

Makes 4 servings. Nutrition analysis per serving: 80 calories, 2.5 g fat, 1 g protein, 13 g carbohydrate, 2 g fiber, 0 mg sodium



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