

The Acorn Angle...

June 2015, Box #2



What's fresh?

How do I prepare it?

ASPARAGUS

- ☞ Our asparagus season is coming to a close. Enjoy this last little bit!

BOK CHOY

- ☞ 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).

BROCCOLI

- ☞ My favorite way to eat broccoli is to roast it in the oven. Cut into bite size florets, toss with olive oil and sprinkle with salt. Roast at 400 degrees for about 20 minutes or until it starts to get a little crispy on a few spots. Don't over do it.

CARROTS

- ☞ These carrots are so crisp and sweet.
- ☞ The leaves are edible too. Chop them into a salad or add to soup.

CHARD - Red

- ☞ Use as a substitute for spinach in a cooked recipe. (Vegetable lasagna, quiche, artichoke dip.)
- ☞ Store in a plastic bag in your refrigerator. It will last a week or more.

LETTUCE

- ☞ We cut our lettuce as loose-leaf heads. This extends the life of the lettuce in your fridge. Expect it to last at least a week.

ONION - GREEN (Scallions)

- ☞ You can use the entire onion. Use the white part as a substitute for regular onions, and use the green part in salads, soups, sandwiches, and as a garnish.

RHUBARB

- ☞ Try making a sauce to put on ice cream. It freezes well.

HERB - TARRAGON

- ☞ Sauté mushrooms in olive oil and add minced tarragon.
- ☞ Add chopped tarragon to deviled eggs and garnish with tarragon leaves.

Hello!

I would like to share a few easy ways to incorporate more local and seasonal food into your diet. Adapted from the book: *From Asparagus to Zucchini* by the Madison Area CSA Coalition.

Start slowly. Eating local and seasonal food often requires that you make some changes in food preparation, meal planning, and shopping. You may find that your tastes, and those of family members, also change as you learn to eat locally available food. Do not expect these changes to occur overnight. Set reachable goals by incorporating seasonal food slowly into your meals and shopping.

Develop a connection to your food. One of the most basic ways to do this is to plant a garden, even if it is only one potted tomato plant sitting on the porch. Another option is to become connected to the people from whom you buy food - at a farmers' market or through your CSA.

Learn how to substitute. Treat recipes as a starting point from which ideas can be generated, instead of something that must be followed exactly.

Plan for the winter. With a little planning and some work in the summer, you can enjoy local foods all winter long. It is relatively easy to can your own tomatoes, pickles and, jams, and even easier to put some food away in a freezer or store squash and root crops in a basement.

Enjoy it all. Enjoy the tastes, the challenge, the relationships you develop with producers, and the knowledge that you are doing something good for yourself and the earth.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Carrot muffins.

Lunch - Broccoli pasta salad.

Snack - Raw carrots and broccoli with hummus.

Dinner - Chicken and mushrooms in tarragon cream & sautéed bok choy.

Dessert - Rhubarb cookies.

Looking to add some color to your space? Check out our **FLOWER CSA SHARE** options. You can choose 5 or 10 weeks of local flowers designed in a glass vase. Check out our website for more details.

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.

Recipes of the week...

Chicken & Mushrooms in Tarragon Cream

2 skinless, boneless chicken breasts, split in half to form 4 breasts
Salt and Freshly-ground black pepper
All-purpose flour (or a gluten-free substitute)
2 Tablespoons unsalted butter, divided
1 Tablespoon olive oil
3 cups sliced mushrooms
3 Tablespoons finely chopped, fresh **green onions**
1/4 cup dry white wine
1/3 cup chicken stock
1/3 cup heavy cream
3 Tablespoons fresh **tarragon**

Makes 2 large servings. Season both sides of the sliced chicken breasts with salt and pepper, and then lightly dredge them in flour.

In a skillet, heat the oil and one tablespoon of butter over moderately-high heat. When the butter melts and its foam subsides, add the breasts, and cook them until brown and slightly springy (not squishy) to the touch — about 4 minutes per side. Transfer the chicken to a plate.

Add the remaining butter to the skillet, and then pour in the scallions, mushrooms, and salt and pepper. Toss about with a spatula until the mushrooms brown — about 5 minutes. Add the vermouth and chicken stock to the mushroom mixture; simmer for 2 minutes. Then add the heavy cream and the tarragon. Stir until the liquid begins to thicken — about 1 minute. Then return the chicken to the pan, and baste it several times with the sauce.

Serving – Place the chicken breasts on a serving platter, spoon on the mushrooms and sauce. Serve at once.

Rhubarb Sauce

3 cups sliced fresh or frozen **rhubarb**
1/2 cup sugar
1/4 cup water
1/8 tsp ground nutmeg
1/4 tsp vanilla extract

*We served this at our open house
and received rave reviews!*

In a saucepan, combine the rhubarb, sugar substitute, water and nutmeg. Bring to a boil. Reduce heat; simmer, uncovered, for 6-8 minutes or until rhubarb is tender. Remove from the heat; stir in vanilla. Serve warm or cold over ice cream.

Bok Choy with Garlic

1 Tbsp. olive oil
2 cloves garlic, crushed and chopped
3-5 cups **bok choy**, trimmed and cut into bite size pieces
1/4 tsp. salt or to taste

Heat the oil in a large skillet or wok over medium heat, and cook the garlic in the hot oil until fragrant, 1 to 2 minutes. Mix in the bok choy, and cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes. Sprinkle with salt to serve.

Makes 4 servings. Nutrition analysis per serving: 150 calories, 5 g fat, 14 g protein, 20 g carbohydrate, 9 g fiber, 150 mg sodium.



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