
The Acorn Angle...

June 2015, Box #3



What's fresh?
How do I prepare it?

BROCCOLI

- ☞ Add to a quiche, pasta salad, casserole, or a stir fry.

CARROTS

- ☞ Blend into tomato sauce to add sweetness.

GARLIC SCAPES

These long curly stems are the flower stalk of garlic. We remove them from the plant to ensure that more energy goes into the garlic bulb instead of the flower.

- ☞ Snap off the end with the flower bud and you can eat the entire green stalk.
- ☞ Garlic scapes are more mild than regular garlic.
- ☞ Mince like you would regular garlic and use in most recipe that calls for garlic.
- ☞ Try making garlic scape pesto.

KALE

- ☞ Sauté olive oil and chopped garlic scapes. Add kale and remove from heat when the color of kale brightens.

LETTUCE

- ☞ If you don't already have a salad spinner, I recommend buying one. I personally like the OXO brand. It is nice to spin and clean lettuce and store in the fridge.

NAPA CABBAGE

- ☞ Add to a stir fry.
- ☞ Add shredded cabbage to soup.

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.

PEAS - SNOW

- ☞ These are delicious eaten raw or slightly steamed or sautéed. If you cook them, don't over do it.

HERB - BASIL

- ☞ Basil smells like summer to me!
- ☞ Add to pasta salad, a sandwich, or pizza.

Hello!

We are in the middle of a busy time on the farm. Last Sunday we welcomed almost 150 bicyclists for lunch at our farm. The event was "Bike the Barns - Driftless". This was the third annual event for our area. Madison has been hosting this event for 9 years. The ride was 55 miles long and toured beautiful countryside. The FairShare CSA Coalition sponsors these rides to raise awareness and funds for their Partner Shares Program which makes joining a CSA more affordable for limited income families. We are happy to be a farm that is endorsed by the FairShare CSA Coalition.

Tomorrow we will have our annual organic farm inspection. We have been certified organic for the last 9 farming seasons. Every year we fill out paperwork in early spring, and then prepare for an inspection some time during the growing season. Being certified definitely involves a considerable amount of paperwork and documentation, but we are proud to sustain a healthy farm and provide clean, healthy produce for you.

Daily activity on the farm this time of year is busy and includes weeding. Lots of weeding. We are also still seeding crops in our greenhouse which will soon be planted in the field. The best part of the job is harvesting for CSA boxes, and packing them for delivery.

Staying busy keeps us on our toes, and puts fresh veggies in your CSA boxes. We wouldn't have it any other way.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Scrambled eggs with chopped, sautéed kale.
Lunch - Fresh salad with sliced carrots, green onions, and pea pods.
Snack - Hummus made with minced garlic scapes.
Dinner - Chicken or beef fajitas with sautéed pea pods.
Dessert - Carrot muffins.

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.

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.

Recipes of the week...

Garlic Scape Pesto

- 10 **garlic scapes**, with the bulb removed, cut into 1/2 inch pieces
- 1 cup (lightly packed) clean and dry **basil** leaves *(optional)* *You could try it without basil to get a pure, delicious garlic scape flavor*
- 1/2 cup pine nuts or walnuts
- 1/4 - 1/2 teaspoon Kosher salt
- 1/2 to 1 cup (or more depending on how thick you want your pesto) of good quality olive oil
- 1/2 to 1 cup of grated Parmesan Cheese

Add garlic scapes, basil and salt to the large bowl of a food processor. Start processing, adding oil slowly. Stop processing and scrape down the sides of the bowl with a rubber spatula. Once a smooth paste has been achieved, add parmesan and process until completely mixed in.

Spread on toasted bread, crackers or serve with salmon, chicken, pasta, or try as a pizza sauce.

Napa Cabbage, Carrot & Almond Slaw

- 6 tablespoons extra-virgin olive oil
- 2 tablespoons plus 2 teaspoons apple cider vinegar
- 1 tablespoon honey
- 1/2 teaspoon Dijon mustard
- Salt
- 2 **carrots**, grated
- 1 head **napa cabbage**, shredded
- 3/4 cup sliced almonds, toasted

In a salad bowl, whisk together the olive oil, vinegar, honey, mustard and 1/8 teaspoon salt. Add the carrots, cabbage and almonds and toss to combine.

Fruit and Kale Smoothie

- 1 frozen banana
- 1 cup mixed berries- blueberries, raspberries, blackberries or berries of choice
- 1 cup plain Greek yogurt*
- 1 cup **kale**, chopped
- 1 cup cold water

Place all ingredients into a blender. Blend until smooth and serve.

*Recipe analyzed using reduced fat Greek yogurt

Makes 4 servings. Nutrition analysis per serving: 90 calories, 1.5 g fat, 15 g carbohydrate, 3 g fiber, 6 g protein, 30 mg sodium



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