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# The Acorn Angle...

July 2015, Box #4



## What's fresh?

### How do I prepare it?

#### **BLACK RASPBERRIES**

These wild berries (also called black caps) are from our woods. They are time-consuming to pick, but their flavor is worth it.

- ☞ Berries don't store well, eat them right away.

#### **CARROTS**

- ☞ Carrots store best in the fridge with their tops removed.

#### **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 (find the recipe on our website from last week).

#### **KOHLRABI**

- ☞ Remove leaves and store kohlrabi in the fridge in a bag for up to 2 weeks.
- ☞ Peel off the outer layer. Eat raw or cooked.

#### **LETTUCE**

- ☞ This lettuce is a nice variety that has small leaves. Wash the entire head and then cut off the bottom with a knife. The leaves will all fall apart nicely.

#### **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 - Sage**

- ☞ Sage tea is great for sore throats.
- ☞ Freeze sage leaves in ice cubes and use later.

Hello!

Yesterday a semi trailer full of lumber was delivered to our farm. By the end of July we will have a new barn on our farm. 7 years ago we had a barn fire and lost our large hay and tractor storage barn. This new barn will replace that one, but more importantly 80 solar panels will be installed on the roof.

We are very excited to add solar to our farm to offset our daily electrical usage. We are working with H&H Solar out of Madison to put up this project. Earlier this year we were awarded 2 grants to help offset the cost of the solar system. One of the grants was Focus on Energy and the other grant was Rural Energy for America from the USDA. Through the USDA, 544 renewable energy and energy efficiency projects nationwide were granted. Our farm was one of 14 granted in Wisconsin.

Through H&H we are also receiving a "group buy" discount. The more people who buy through the group, the bigger discount. This group is the FairShare CSA Coalition out of Madison. Through this program, H&H not only gives a discount on the solar project, but it gives a donation to the FairShare CSA Coalition to support farmer education programs.

Anyone is eligible for this "group buy". If you are interested, talk to us, or contact H&H Solar directly. Just mention you heard about the FairShare group buy, and you are a member of Old Oak Family Farm CSA.

For more information check out:

<http://www.csacoalition.org/news/fairshare-solar-energy-group-buy/>

Happy eating! ~Kyle, CSA Manager, 608.386.8066

#### **Meal ideas for the week:**

Breakfast - Add green onions to an egg and sausage breakfast skillet.  
Lunch - Garlic lovers pasta salad made with garlic scape pesto.  
Snack - Sage, Strawberry Lemonade.  
Dinner - Stir fry with garlic scapes, carrots, snow peas and kohlrabi.  
Dessert - Vanilla ice cream with black raspberries.

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.

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...

### Cheddar & Sage Corn Muffins

2 1/2 cups Unbleached All-Purpose Flour	1 teaspoon baking soda
1/2 cup stone-ground cornmeal	3 eggs, lightly beaten
1/4 cup sugar	3/4 cup milk (1%)
2 tablespoons baking powder	8 ounces Sharp Cheddar, grated (about 2 cups), divided
1 teaspoon salt	1/4 cup chopped fresh <b>sage</b>
2 cups Sour Cream	

Preheat oven to 425°F. Butter two 12-cup muffin pans.

In large bowl, mix together flour, cornmeal, sugar, baking powder and salt.

In medium bowl, combine sour cream and soda and stir until frothy. Add eggs and milk, mixing well.

Add sour cream mixture to dry ingredients and stir in gently just until blended. Fold in 1 3/4 cups of cheese and sage.

Fill each muffin cup about 2/3 full and top with remaining cheese.

Bake for about 25 minutes or until nicely browned.

### Garlic Scape Carbonara

1/2 lb campanella pasta, or shape of your choosing	1/4 tsp kosher salt
4 slices bacon (about 3 1/4 ounces), chopped	1/4 tsp red pepper flakes
1/4 cup <b>garlic scapes</b> , cut into 1/4 inch coins	1/2 cup freshly grated Romano cheese
2 large eggs	

Set a pot of water to boiling on the stove and cook the campanella pasta (or desired shape).

While it's cooking, cook the bacon over medium heat until browned. Remove the bacon pieces with a slotted spoon and add the garlic scapes. Cook until soft (2-3 minutes). Remove from the pan with a slotted spoon. (Drain both the bacon and the garlic scapes on a paper towel).

Whisk together the eggs, salt and red pepper flakes.

When the pasta is done, quickly remove it from the stove and set a different burner to low heat. Drain the pasta and add it back to the pot, on the burner set to low. Stir in the garlic scapes and bacon. Add the egg mixture and stir feverishly for 3-4 minutes until sauce is thick and creamy. Don't let it overcook or it will be gloppy. Sprinkle the Romano cheese in, a little at a time, and stir to combine. Don't add it all at once or it won't mix throughout the pasta as well (since it will clump).

Serve immediately.

### Kohlrabi and carrots

1 medium **kohlrabi**, peeled, chopped into 3/4-inch cubes  
4 large **carrots**, cut into chunks to match the size of the kohlrabi  
1/4 tsp. Nutmeg  
1 Tbsp. Butter  
Salt and pepper, to taste

Cover the kohlrabi and carrots with lightly salted water and boil until quite tender (about 15-20 minutes). Then drain, lightly mash and add nutmeg and butter.

Makes 4 servings. Nutrition analysis per serving: 80 calories, 3 g fat, 2 g protein, 12 g carbohydrate, 3 g fiber, 60 mg sodium.



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