

# The Acorn Angle...

July 2015, Box #5



## What's fresh?

### How do I prepare it?

#### BEANS - GREEN

Our bean plantings are just starting. Enjoy this small sampling raw as a snack or lightly steamed.

#### BEETS

- ☞ Puree and mix into berry smoothies for added nutritional value and pink color.
- ☞ Roast and add to salads, sandwiches, or pasta.
- ☞ Remove leaves from the beets and store separately. Leaves can be eaten raw or cooked. \*Try recipe on back - yummy!\*

#### BLUEBERRIES

Our partners, Bill and Jane grow these blueberries. They are always a special treat.

#### BROCCOLI

We have several plantings of broccoli, and this variety, Imperial, has produced some small heads. There is one head per box.

- ☞ Soak heads upside down in cold, salted water to remove any hidden field pests.
- ☞ Slice the tender stem into a salad.
- ☞ Broccoli leaves have more nutritional value than the head and stem.

#### CARROTS

#### CHARD

- ☞ Add chopped chard to a green salad. Add slivered almonds, mandarin oranges, and a raspberry vinaigrette.

#### COLLARD GREENS

- ☞ Sauté with bacon! Is there any other way?!
- ☞ Blanch leaves and use as a wrap for chicken, hummus, avocado, rice pilaf, etc.

#### GARLIC - Freshly dug

- ☞ This garlic has not been dried (cured). The papery shells of the cloves may feel fleshy. Peel them off before using clove.
- ☞ Store in the refrigerator.

#### PEAS - SNOW & SNAP

- ☞ You can eat both of these varieties whole. No need to shell them.

#### HERB - DILL

- ☞ I love the taste of fresh dill. Try it in a dip, soup, wrap, salads, pasta, or herb butter.

Hello!

Eating seasonally and locally are not new concepts, they just seem to be getting more attention as people are striving for an environmentally responsible lifestyle.

The hardest thing for most people when it comes to eating seasonally is patience. As I anxiously watch the tomatoes transform from a flower to a green fruit, I begin dreaming about salsa, and tomato salads. However, I must remind myself that all good things take time. I am not always the world's most patient person, but when I think about gardening, I am reminded that the entire process is based on patience and optimism.

A few summers ago I read a great book: *Animal, Vegetable, Miracle* by Barbara Kingsolver. This book chronicled one family's year-long quest to eat only seasonal and local food. While I haven't been able to give up some of my favorites: avocados, bananas, and chocolate, I do try to eat as seasonal and local as possible. In my opinion, local food just tastes better than food that is shipped, on average 1,500 miles to get to my plate.

Eating seasonally is an exercise in patience. I hope you can join me in *patiently* waiting for tomatoes and all of the other great summer and fall crops!

Happy eating! ~Kyle, CSA Manager, 608.386.8066

### Meal ideas for the week:

Breakfast - Blueberry pancakes.

Lunch - Roasted beet salad.

Snack - Homemade dill dip with fresh cut veggies.

Dinner - Collard green wraps. Google recipes and fillings. I saw one recipe with roasted yams and chipotle black beans for filling. Yum!

Dessert - Beet cake. Check out our recipe for "Don't Knock it Till you Try it - Beet Cake". Find it under "recipes" on our website. Type in "beets" in the search box on the recipe page.

### Growing Great

As our summer has been progressing, our veggie plants are really starting to take off. I love walking through the fields each morning, searching for new growth and stalking the ever persistent pests and weeds. Although most of the plants look healthy, we do fight our fair share of cucumber and potato beetles, flea beetles, and cabbage caterpillars. We attempt to provide you with the best looking produce available, but on occasion you may encounter a bit of insect damage.

As organic growers we don't believe in using synthetic pesticides or herbicides. Our method of pest control relies on hand-removal, plant diversity, crop rotation and prayer!

## Recipes of the week...

### Orzo with Collard Greens, Sausage Meatballs and Sundried Tomatoes

3 Italian sausage links, casings removed  
2 Tbs. extra-virgin olive oil  
4 cloves **garlic**, minced  
1 bunch **collard greens**, thinly sliced into ribbons  
6-7 sundried tomatoes, thinly sliced  
1/3 cup chicken stock

juice from half a lemon  
2 Tbs. butter  
1/2 cup freshly grated parmesan  
1 cup orzo  
pinch of salt

Pinch little pieces of the sausage and roll them into 1-inch balls. Brown them in a medium skillet over medium-high heat until cooked through. Set aside.

Back in the skillet, add the oil, garlic, collard ribbons and sundried tomato slivers. Sprinkle with a pinch of salt and sauté for a couple of minutes. Add the stock and let it bubble for just a sec. Add the sausage and lemon juice.

In the meantime, boil the orzo in a pot of salted water until al dente. Reserve 1/4 cup pasta water, and transfer the rest of the pasta into the skillet. Off the heat, add the butter and cheese. Toss it all together until melted and coated.

### Honey Beet Greens with Pecans

**\*\*Delicious!\*\***

2 Tbsp. coconut oil, or olive oil  
1/2 cup pecan halves, shelled (or walnuts)  
1 bunch **beet greens** (about 6 cups chopped)  
1 Tbsp. quality honey

1 clove **garlic**, minced  
1/4 crushed red pepper flakes (I used a dash of cayenne pepper)  
Fine sea salt & freshly ground pepper to taste  
1 tsp lemon juice

Wash greens thoroughly; pat dry. Rough chop into bite sized pieces. Heat 1 Tbsp. oil a large skillet over medium heat. Add pecans. Swirl pan to coat with oil. Add honey. Stir to evenly coat nuts. Cook another minute, stirring constantly. Remove from pan; set aside. Leave as halves or, once cooled a bit, rough chop.

In the same pan, add the remaining 1 Tbsp. oil and heat. Add garlic and pepper. Stir, and then add greens. Lightly toss greens to coat. Cook until just tender and wilted, 2-4 minutes. Add lemon over greens, toss, and plate. Sprinkle with honeyed pecans.

### Swiss Chard and Quinoa Pilaf Salad



1/2 Tbsp. olive oil  
1/2 small onion, diced  
1 tsp. minced **garlic**  
1 cup uncooked quinoa, rinsed  
1/2 cup cooked lentils

1 cup chopped fresh mushrooms  
2 cups vegetable broth  
3 cups chopped **Swiss chard greens**  
6-ounce bag dried cranberries  
1/2 cup poppy seed dressing

Heat the oil in a large pot over medium heat. Stir in onion and garlic; sauté 5 minutes or until the onion is tender. Mix in quinoa, lentils, mushrooms and broth. Cover and simmer 20 minutes; remove from heat. Gently mix chard into the pot; cover and let sit 5 minutes or until chard is wilted. Stir in cranberries and dressing; chill at least one hour to allow flavors to blend.

Makes 10 servings. Nutrition analysis per serving (1/2 cup): 170 calories, 5 g fat, 3 g protein, 28 g carbohydrate, 3 g fiber, 230 mg sodium



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