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# The Acorn Angle...

July 2015, Box #6



**What's fresh?**  
**How do I prepare it?**

## **BEETS - Golden**

- ☞ Golden beets can vary in sweetness; they tend to be a bit sweeter and taste a little less earthy and more mellow in intensity than Red beets. Thanks to its beautiful yellow color, roasted Golden beets can brighten up any food dish and look marvelous in all kinds of salads.

## **BLUEBERRIES**

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

## **CABBAGE - RED**

- ☞ Store in a plastic bag in the refrigerator for a month or more.
- ☞ Make coleslaw with carrots.

## **CARROTS**

- ☞ Sauté in butter with a little onion, salt, and fresh herbs.
- ☞ Make carrot top pesto (with a little basil) and serve over roasted carrots.

## **KALE**

- ☞ Make pasta salad with kale. Sauté kale in olive oil with garlic and onions. Cook until tender. Add to cooked pasta and season with salt and pepper.
- ☞ Chop and add raw to a rice or green salad.
- ☞ Add chopped kale to scrambled eggs.

## **KOHLRABI**

- ☞ Peel off outer skin and slice into sticks. Eat raw or steam.

## **ZUCCHINI/SUMMER SQUASH**

This crop is just starting, and due to the wet weather these last few weeks, some of the plants have been stunted by too much water.

- ☞ This vegetable is great raw or cooked.
- ☞ Dice for a pasta or green salad addition.
- ☞ Add to a stir fry or steam and add to a pesto pasta salad.

## **HERB - BASIL**

- ☞ Basil will stay fresh in the refrigerator for a few days - but it will turn black if it gets too cold. Wrap with a damp papertowel and store in a sealed bag.

Hello!

Very early, Saturday morning a severe, fast moving storm barreled across our farm. The winds flattened crops, broke branches, littered sticks and leaves and toppled trees. On the road surrounding our property, 5 trees fell over the road, causing it to be impassable.

Although the surrounding area was impacted by the winds, rain and lightning, there seemed to be a narrow section that received the same damage that we had. It wasn't a tornado, just very strong winds.

Fortunately no major damage was done to our house, or barns. Our hoophouse (30x90, high-tunnel structure with metal posts, covered in plastic) was damaged. The west side was pushed in by the wind, causing the posts to dislocate and the middle metal braces and posts inside the hoophouse were pulled from the ground. The plastic was ripped off and will all need to be replaced.

These are all fixable problems and no one was hurt, but it is a reminder to us that Mother Nature is always in charge.

Every growing season has its challenges and successes. We are happy for the warm weather, which the plants love, but we could use a little break on the rain. Some areas of are farm are super saturated, and the wet conditions have stunted some of our plants.

Fortunately, we plant over 50 varieties of vegetables, have multiple field locations, and differing soil types on our farm. This gives us insurance that while some crops might falter, others will thrive.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

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

Breakfast - Blueberry muffins.

Lunch - Penne pasta with chunks of roasted beets, topped with blue cheese and walnuts. (I just had this at a restaurant and it was amazing!)

Snack - Raw carrots and kohlrabi sticks with beet hummus.

Dinner - Teriyaki steak kabobs, veggie kabobs and Asian cabbage slaw.

Dessert - Blueberry cobbler.

Are you receiving our **EMAILS**? Please add our email address: [csa@oldoakfamilyfarm.com](mailto:csa@oldoakfamilyfarm.com) to your address list. If you haven't been receiving emails, check your junk, bulk, or promotion mail folder. (Gmail users often have the most trouble with our emails).

We still have room in our **CSA FLOWER SHARE**. If you would like to receive 5 weeks of beautifully arranged, local, organic flowers let us know. The flower share also makes a great gift! Check out our website under "fresh flowers" for more information.

## Recipes of the week...

### Zucchini & Basil Pasta

1 1/2 pounds penne pasta (or any pasta)  
1/2 cup extra-virgin olive oil  
1 1/2 pounds small **zucchini or summer squash**, halved lengthwise and sliced 1/2 inch thick  
Salt and freshly ground pepper  
4 tablespoons butter  
3/4 cup freshly grated Parmesan cheese (about 2 ounces)  
1/4 cup plus 2 tablespoons **basil**

*\*If you are a garlic lover, add some minced garlic to the zucchini in the skillet.*

Cook the pasta in a large pot of boiling salted water until al dente. Drain, reserving 1 cup of the cooking water. Meanwhile, heat 1/4 cup of the olive oil in a large skillet. Add the zucchini to the skillet, season with salt and pepper and cook over high heat, stirring occasionally, until lightly browned, about 5 minutes. Return the pasta to the pot and add the butter and zucchini along with any olive oil in the skillet. Add 1/2 cup of the reserved pasta cooking water and half of the Parmesan and season with salt and pepper. Cook over moderate heat, stirring, until the liquid is creamy and slightly absorbed, 1 to 2 minutes. Add more of the pasta cooking water if the pasta is dry. Stir in half of the basil and transfer the pasta to a large platter. Sprinkle with the remaining basil and Parmesan and serve immediately.

### Beet Hummus

1/2 pound **beets**  
2 Tbsp Olive Oil  
5 Tbsp lemon juice  
1 small clove garlic, chopped  
1 Tbsp ground cumin  
1 Tbsp lemon zest (zest from approximately 2 lemons)  
Generous pinch of sea salt or kosher salt

Fresh ground pepper to taste  
Place beets in about 1/4-inch of water in a 375 degree oven, and cook until a fork or knife can be easily inserted. Place all ingredients in a food processor or blender and pulse until smooth. Adjust seasoning to taste. Chill and store in the refrigerator for up to 3 days or freeze for longer storage. Eat with crackers or pita chips.

### Asian Cabbage Slaw

**Red or green cabbage**, thinly sliced  
6 green onions, thinly sliced  
2 large **carrots**, grated  
1/4 cup low sodium soy sauce  
1/4 cup lime juice  
1/4 cup sesame oil  
2 Tbsp. white vinegar



Mix cabbage, carrots, and green onions together in a large bowl. In a smaller separate bowl, whisk together all remaining ingredients. Pour dressing over the vegetables. Add more vinegar if needed.

Makes 12 servings. Nutrition analysis per serving: 60 calories, 4.5 g fat, 1 g protein, 6 g carbohydrate, 1 g fiber, 200 mg sodium.



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