
The Acorn Angle...

July 2015, Box #7



What's fresh?

How do I prepare it?

BEANS

- ☞ Make a minestrone soup or add chopped beans to pasta sauce, simmer until tender and serve over pasta.

CABBAGE - RED

- ☞ Make a beautiful coleslaw.
- ☞ Cut small wedges and serve with dip.
- ☞ Store in the refrigerator in a plastic bag for a month or more.

CARROTS

- ☞ Scrub carrots with a vegetable brush under running water. Peeling is unnecessary. Carotene and trace minerals are close to the carrot's skin surface.

CUCUMBERS

- ☞ Slice and add to water. Refreshing!
- ☞ Slice into sticks and serve with other cut veggies and hummus.

FENNEL

- ☞ Fennel has a distinct black licorice flavor. If you aren't a fan of that, make sure to roast fennel, as it mellows the flavor. (In full disclosure, this is the only way I like fennel - but I REALLY like it this way)
- ☞ You can eat the fronds and the bulb.
- ☞ This vegetable pairs well with tomato and basil dishes.
- ☞ Try roasting and making a frittata.
- ☞ Slice the stalks into sticks and spread on cream cheese. (This is a favorite of one of our customers - he is 4 years old).

POTATOES - newly dug

- ☞ Make potato salad with tarragon.
- ☞ Chop into cubes and boil until tender. Drain and add butter.

ZUCCHINI/SUMMER SQUASH

I am always excited about the start of the zucchini season...towards the end of the season (when there is more than I can deal with)...the excitement drastically fades!

- ☞ Enjoy raw or cooked.

HERB - TARRAGON

- ☞ Add to eggs, potato salad, or chicken.

Hello!

As July comes to a close, it feels like everyone is trying to squeeze in as much "summer" as they can. One more camping trip, another day at the pool, or a quick trip to spend time with family or friends.

Some of my favorite memories of late summer include picnics and social gatherings. Of course, food always takes center stage. Sweet corn, watermelon, fresh, sliced tomatoes, cucumber salad, and coleslaw. These late summer favorites will be in our CSA boxes before we know it. I just saw some baby watermelons on the vine the other day!

I hope all of you have been enjoying new ways to prepare and eat veggies. I enjoy putting this newsletter together, because it allows me to try out new recipes.

One new recipe that I tried out this week is roasted fennel fries. They are absolutely delicious! I know that some of you may be leery about eating fennel, but I encourage you to give it a chance by trying this recipe. The flavor really mellows out - they are simply outstanding!

I have been told by many great chefs that the reason some people don't like certain vegetables is simply because they haven't been prepared correctly. I also like to think this is true - so I will continue to provide new recipes and encourage you to "eat all of your veggies"!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

*This newsletter was written a week in advance, because I am currently vacationing in Vancouver, Canada. My childhood friend is getting married on a remote island off of the coast. I am very excited about this opportunity to be a part of her special day and take a short break from the farm. My parents, and employees are holding everything together while I am gone. You undoubtedly have a great looking CSA box filled with tasty vegetables. Since the newsletter was written so far in advance, there is a chance that something on the list may end up being omitted, or perhaps a new variety included. Thanks for your understanding. We have a great team working together to grow and harvest your CSA boxes.

Meal ideas for the week:

Breakfast - Scrambled eggs with tarragon.

Lunch - Potato salad with tarragon.

Snack - Zucchini muffins.

Dinner - Spaghetti and sauce with roasted fennel and carrots.

Dessert - Zucchini (or summer squash) bread with butter.

Recipes of the week...

Green Beans with Tarragon

1 pound **green beans**, trimmed
1 tablespoon unsalted butter
1½ teaspoons fresh **tarragon**, finely chopped
½ teaspoon garlic powder
salt to taste
ground black pepper to taste

Fill a 3 quart sauce pan approximately ½ full with salted water and bring to a boil.
Drop trimmed green beans into the water and bring back up to a boil. Cook gently for 5-6 minutes or until tender.
Drain the green beans and return to the pan, adding butter, chopped tarragon, garlic powder, salt and pepper. Stir to melt the butter and combine. Serve immediately.

Roasted Fennel Fries

1 large **fennel bulb**, fronds removed and sliced into 1/3" thick pieces
1 tbsp olive oil
salt and pepper

Preheat oven to 375°.
Cover a large baking sheet with parchment paper and place the fennel slices in a single layer.
Drizzle with olive oil and season with salt and pepper.
Place in the oven and cook for 30–45 minutes flipping once halfway through.
Bake until the fennel is fork tender and a golden brown.

Grape and Fennel Salad

1 ½ Tbsp. extra-virgin olive oil
2 Tbsp. champagne vinegar or white-wine vinegar
1/2 tsp. fennel seeds, lightly crushed
1/4 tsp. salt
1/4 tsp. freshly ground pepper, divided
5 cups red and green seedless grapes (about 1 3/4 pounds), halved
1 large **fennel bulb**, halved, cored and thinly sliced
3 stalks celery, thinly sliced on the diagonal
4 scallions, thinly sliced on the diagonal
3 Tbsp. slivered almonds, toasted

Using chopped, small or sliced nuts, toast them by cooking in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Whisk oil, vinegar, fennel seeds, salt and pepper in a large bowl. Add grapes, fennel, celery and scallions; toss to coat. Serve topped with the toasted almonds.

Makes 8 servings. Nutrition analysis per serving: 120 calories, 4 g fat, 2 g protein, 21 g carbohydrate, 3 g fiber, 103 mg sodium



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