

The Acorn Angle...

August 2015, Box #8



What's fresh?

How do I prepare it?

BEANS

- ☞ We have a few different kinds of beans growing this season. The pole beans are a flat bean, and our bush beans are rounded - green and yellow.

CUCUMBERS

- ☞ Try making a summery spread using cream cheese, chopped cucumber, onion, and dill.

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 fritatta.
- ☞ Slice the stalks into sticks and spread on cream cheese. (This is a favorite of one of our customers - he is 4 years old).

GARLIC

- ☞ Mince and add to vegetables to roast in the oven. Try beans, fennel, potatoes, summer squash or zucchini.

LETTUCE

- ☞ Add as a topping to a summertime grilled burger.

POTATOES - newly dug

- ☞ Cut into bite size pieces and boil until fork tender. Add a little butter, salt and pepper. Delicious!

SUMMER SQUASH

- ☞ Try substituting summer squash in a recipe for refrigerator pickles.

ZUCCHINI

- ☞ Slice, marinate, and grill for a tasty side to chicken or fish

HERB - MINT

- ☞ Add to fruit salad.
- ☞ Create a fun summer cocktails.
- ☞ Make tabouli with cucumbers, tomatoes, onions, parsley and olive oil.

Hello!

Our zucchini and summer squash crops are in full swing. I try to get creative with these vegetables because they are so versatile (and plentiful). This was my dinner menu last week: On Monday I sautéed up a huge pan of diced summer squash and zucchini with crushed garlic and olive oil (this created lots of leftovers). For this first meal, this was a side dish. On Tuesday I used these leftovers in quesadillas. I put a layer of refried beans on a soft-shell corn tortilla, followed by grated carrots, and my leftover zucchini-summer squash mix. It was delicious. You could also add cheese, or other veggies. On Wednesday I used the leftovers as a pizza topping, along with sautéed kale and goat cheese. On Thursday I sautéed up some mushrooms with garlic, added the leftovers and served it over quinoa.

Get creative! Google zucchini recipes and you will find millions! There are recipes for sweet, savory, and sour. Enjoy the experimentation.

Happy eating! ~Kyle, CSA Manager, 608.386.8066



SHARE A SHARE!

We are a proud member of the FairShare CSA Coalition. They act as a parent-organization for CSA farms and also do AMAZING outreach and education work aimed at promoting local food and local farms.

FairShare CSA Coalition is holding a donation drive to support their Partner Shares program from **July 20** through **Aug. 7**.

We believe every family should have access to locally produced, organic food. Unfortunately, for many people, purchasing local, farm-fresh, food is beyond their means. The Partner Shares program brings fresh produce within reach for low-income families by providing up to \$300 toward the cost of their CSA share. This means farmers receive a fair price for their produce, and families no longer have to choose between eating healthy and affording life's other expenses.

As you continue enjoying the delicious produce in your CSA box, we invite you to share this experience with others in your community.

Please donate to the Partner Shares program and "Share a Share" today! For more information about Partner Shares and how you can donate please visit FairShare's website: www.csacoalition.org/news/share-the-seasons-bounty/

"Eating well should be a joyful experience that enhances your diet, your health, and your life. Trying to eat well should NOT be a source of stress. The Partner Shares program assists in reducing the stress of trying to eat well, thereby enhancing lives and spreading joy!" – Johanna N., Vermont Valley Community Farm, LLC, Partner Shares Participant

Recipes of the week...

Potato Fennel Gratin

- 1 **fennel bulb** with fronds
- 2 pounds boiling **potatoes**
- 4 tablespoons (1/4 cup) unsalted butter, melted
- 1 cup coarsely grated Gruyère cheese (3 ounces)

Preheat oven to 450°F with rack in lower third of oven. Butter a 2-quart shallow flameproof gratin pan or baking dish (not glass.)

Cut fronds from fennel and chop enough to measure 1 tablespoon. Set aside. Cut off and discard stalks. Quarter fennel lengthwise and cut very thinly with slicer into a large bowl. Peel potatoes and cut very thinly with slicer into bowl. Add butter with 3/4 teaspoon salt and 1/4 teaspoon pepper and toss to coat.

Transfer vegetables to gratin dish, spreading them out in an even layer, and cover tightly with foil. Bake 30 minutes, then reduce oven to 350°F and continue to bake until vegetables are tender, 20 to 25 minutes more. Remove from oven and remove foil, then sprinkle gratin evenly with cheese.

Preheat broiler and broil gratin 4 to 5 inches from heat just until cheese is lightly golden 4 to 5 minutes. Let gratin stand 5 minutes before serving.

Fruit Salad with Honey-Mint Lime Dressing

- Juice of a small lime, approx. 3 Tbl.
- 3 Tbl. Honey
- 3 Tbl. Brown Sugar
- 3 Tbl. of finely chopped fresh **mint**.

In a small bowl whisk everything together until well incorporated. Place in the refrigerator until ready to toss with fruit.

8-10 cups of various fresh, cut, fruit in bite size pieces: strawberries, blueberries, peaches, kiwis, grapes, oranges, bananas, blackberries, etc.

In a large bowl, gently mix all the cut fruit and Honey-Mint Lime dressing together. Garnish with additional mint sprigs.

Zucchini Toss

- 1 head of romaine **lettuce**, torn into bite-size pieces
- 2 Tbsp. olive oil
- 2 **zucchini**, thinly sliced
- 1 cup sliced radishes
- 3 green onions, sliced

- 3 Tbsp. crumbled blue cheese
- 2 Tbsp. wine vinegar
- 1/2 tsp. salt
- 1/2 tsp. minced garlic
- 1/8 tsp. ground black pepper



In large salad bowl, toss lettuce with oil until leaves glisten. Add zucchini, radishes, onions and cheese; stir. In small bowl, combine vinegar, salt, garlic and pepper; pour over salad mixture and toss.

Makes 8 servings. Nutrition analysis per serving (about 1 cup): 70 calories, 4.5 g fat, 3 g protein, 7 g carbohydrate, 3 g fiber, 140 mg sodium



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