
The Acorn Angle...

August 2015, Box #9



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.
- ☞ Make up a big batch of vegetable soup. Serve with homemade bread.

BEETS

- ☞ These will store in your fridge for a month or more. Keep them in a plastic bag.
- ☞ Peel and roast beets in the oven. Slice and add to a salad topped with walnuts, blue cheese, and balsamic vinegar.

CARROTS

- ☞ Try roasting carrots in the oven or in a foil packet on the grill.

CUCUMBERS

- ☞ Add sliced cucumbers to a pitcher of water. Refreshing!

KALE

- ☞ Sauté kale with a few garlic cloves and serve as a side dish.

LETTUCE

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

PLUMS

Our plum tree was so loaded with plums that 2 of the branches snapped off.

- ☞ Some of the plums might need a bit more ripening. Store them on the counter in the paper bag to ripen. Once they soften a bit they are ready to eat.

POTATOES - newly dug

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

SUMMER SQUASH

- ☞ Slice thinly and add to a fresh, green salad.

ZUCCHINI

- ☞ Make zucchini bread, muffins, cookies, cake - SO many ways to include zucchini in a sweet treat.

Hello!

We are engulfed in summertime on the farm. It is a busy time of year with daily harvesting, weeding, and seeding new crops. We enjoy watching new varieties ripen (sweet corn, watermelon) and we keep busy tending to the never ending growth of zucchini, cucumbers and beans.

Our season has been pretty typical, except for the weeds. On our organic farm weeds are our number one problem. We grow 12 acres of vegetables and it is hard to keep up with the pressure of these fast growing pests.

Our solar project is almost complete. Last week we were featured on the local news. We have 80 panels on our barn roof. They are all set to go, we are just waiting for the final connection. We will keep you updated with this adventure and we will let you know how much solar energy we are able to "harvest".

As we near the end of August we say goodbye to many of our farm employees as they head back to college. This time of year we are always looking for additional help on the farm. If you are interested or if you know someone who might be interested in working on our farm for a few months, let us know. (Hours must be between 9-2, M-F).

We are embracing the chaos that summer growing brings to the farm and working to find peace and balance with the weeds.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal Ideas for the Week:

Breakfast - Quiche with sautéed summer squash and zucchini.
Lunch - Salad with roasted beets, blue cheese crumbles, and walnuts.
Snack - Baked, breaded zucchini sticks.
Dinner- Grilled steaks with grilled vegetables on skewers.
Dessert- Chocolate chip zucchini cookies.

Want more **VEGGIES** or **BEEF**? Email us to be added to our weekly direct order list. You can also visit us at the Cameron Park Farmer's Market (La Crosse) on Friday nights. 4-8pm.

NEWSLETTERS are available online. Paper copies are included with each CSA box. If you want to check out past newsletters or share with a friend, you can find them at: www.oldoakfamilyfarm.com/whatsfresh/CSAnewsletter

Recipes of the week...

Beet Brownies

5 oz dark chocolate, 72% or higher cocoa content
¼ cup coconut oil
⅓ cup raw honey
2 eggs
2 teaspoons vanilla extract
¼ teaspoon almond extract
1 cup blanched almond flour
2 Tablespoons coconut flour
¼ cup unsweetened cocoa powder
1½ teaspoons baking soda
¼ teaspoon salt
2 **cooked beets**, pureed

Preheat oven to 350 degrees F. Grease an 8×8 pan with coconut oil, then dust with blanched almond flour. Set aside. In a double boiler, gently melt the chocolate. (If you don't have a double boiler then fill a skillet with a few inches of water and set a small pot in the water, place over very low heat.) Add the coconut oil and raw honey. Mix until fully combined. Remove from heat and set aside to cool.

In small bowl combine the eggs, vanilla and almond extracts. Add the cooled chocolate mixture. In a medium bowl combine almond flour, coconut flour, cocoa powder, baking soda and salt. Pour in the wet ingredients and mix until fully combined. Mix in the pureed beets. Pour batter into prepared pan and bake for 25 minutes, or until fully set. Cool in the pan for at least 30 minutes before cutting. *Tip: Use a serrated, plastic knife to cut your brownies — this makes it less likely to crumble.

Squash Ribbons

2 medium **zucchini**
2 medium yellow **summer squash**
1-2 slices bacon
2 tbsp. unsalted butter
1 tsp. fresh ground black pepper
4 ounces parmesan cheese, shaved with a vegetable peeler



Trim the ends of the zucchini and summer squash. Wash and pat dry.

Using a vegetable peeler, cut wide ribbons from the whole length of the zucchini and squash. Rotate the squash and peel from all sides. Stop peeling when you get to the seeds. Set aside ribbons and discard the seeds.

Cook bacon in a large non-stick pan until crisp. Remove bacon from pan and place on paper towels to absorb excess grease. Remove excess grease from the pan. Roughly chop bacon and set aside.

In the same skillet, melt butter over medium heat. Add squash ribbons and cook for 2-3 minutes until just tender, stirring occasionally. Sprinkle with pepper and remove skillet from heat. Add the parmesan cheese and toss gently to coat.

Makes 6 servings. Nutrition analysis per serving: 159 calories, 11 g fat, 10 g protein, 5 g carbohydrate, 1 g fiber, 379 mg sodium.



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