
The Acorn Angle...

August 2015, Box #10



What's fresh?

How do I prepare it?

APPLES - MacSpar

These apples are cross between a Macintosh and a Spartan. They are great for baking. They are crisp and tart for fresh eating.

BEANS

☞ Eat raw or add to a delicious minestrone soup.

CARROTS

CUCUMBERS

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

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

☞ Enjoy these freshly dug potatoes in a summer potato salad.

SUMMER SQUASH

☞ Slice 1/4" thick and layer on baking sheet lined with parchment paper. Brush with melted butter and sprinkle with grated parmesan. Bake at 400 for 20 minutes or until cheese is golden brown. Season with salt and pepper.

SWEET CORN

☞ Enjoy on the cob! Bring a large pot of water to a boil and simmer corn for 5 minutes. Remove. Add butter and salt.
☞ Steam corn, slice off kernels with a knife, and add to salads, or other recipes.

TOMATOES

☞ We have a variety of tomatoes in your box this week. The varieties in your box might include: Black Cherry, Pink Bumblebee, New Girl, Brandywine, Cherokee Purple, Black Krim, Green Zebra, or Garden Peach. Judge the ripeness of heirloom tomatoes by their feel rather than color.

ZUCCHINI

☞ Sauté with garlic and add to pasta.

Hello!

We have reached the halfway point of our CSA season. We say goodbye to our summer share members, and welcome to our fall share members who will be starting next week.

I hope you have been enjoying the anticipation of each weekly box. We realize that you may love some items, and dislike others. Our hope is to provide you with a wide variety of seasonal, high quality, organic produce that will expand your palate.

The CSA experience is filled with:

Patience - waiting throughout the season for certain veggies: tomatoes, squash, etc. to ripen.

Understanding - realizing that Mother Nature is always in charge. No matter how hard we plan and put additional measures in - weather can be rough, and it make or break a season. Thank you for supporting us and the uncertainty that farming can bring.

Commitment - taking the time and effort to prepare the veggies that you receive in your box.

Satisfaction - feeling good about eating and preparing healthy food.

Enjoyment - the wonderful taste of farm fresh veggies, eating new foods, and meeting and supporting your local farmer.

As farmers, we put a lot of effort into growing your food. Although, ultimately, you as the consumer must put in the hard, but tasty work that closes the circle from farm to table. I hope you have found satisfaction in eating and preparing fresh, local food that is good for you, the land, and the local economy.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal Ideas for the Week:

Breakfast - Zucchini muffins.

Lunch - Pita sandwich with diced cucumbers, shredded carrots, tomatoes with dill dressing.

Snack - Fresh tomatoes, sliced carrots and green beans.

Dinner- Grilled salmon, roasted potatoes and boiled corn on the cob.

Dessert- Apple pie or crisp.

SUMMER SHARE CSA MEMBERS - Thank you for joining our CSA this season. We enjoyed offering new membership options this year (Spring, Summer, Fall & Winter). Thank you for your support!

Are you receiving our **EMAILS**? Please add our email address: 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).

Recipes of the week...

Zucchini and Carrot Manicotti

12 manicotti shells, cooked as directed
1 - 15 oz. container of ricotta cheese
1 cup coarsely shredded **carrot**
1 cup coarsely shredded **zucchini**
1/2 cup shredded mozzarella cheese

2 TBS chopped fresh parsley
1 egg white slightly beaten
1 - 26 to 30 oz. jar spaghetti sauce
1/4 cup grated parmesan cheese

Preheat oven to 350. In a bowl mix ricotta cheese, carrot, zucchini, mozzarella cheese, parsley, and egg. Fill the cooked manicotti shells and place in a baking dish. Cover with spaghetti sauce and parmesan cheese and bake for 45 minutes.

Roasted Parmesan Green Beans

1/2 pound **green beans**, trimmed (make sure they are dry)
2 tsp olive oil
kosher salt + fresh cracked pepper to taste
1/4 tsp garlic powder
1 1/2 tbsp shredded parmesan

Directions:

Preheat the oven to 425°F. Line a baking sheet with aluminum for easy clean-up.

Lay green beans out on the baking sheet and drizzle oil over them. Season with salt, pepper and garlic powder and toss to evenly coat.

Spread them out on the sheet so that they all lay flat and place on the lower third section of your oven. Bake 10 minutes, shake the pan to turn; bake 5 additional minutes. Remove from the oven and sprinkle with grated cheese.

Summer Squash and Fresh Corn

2 Tbsp. olive oil
1/2 medium onion, sliced
4 cloves garlic, minced
1/2 cup vegetable broth
1 ear **corn**, kernels cut from cob
2 cups sliced **yellow squash**
2 cups sliced **zucchini**
1 Tbsp. chopped fresh parsley
2 Tbsp. butter
Salt and pepper to taste



Heat the oil in a skillet over medium-high heat, and cook the onion and garlic until slightly tender. Mix in the vegetable broth and corn kernels, and cook until heated through. Mix in the squash and zucchini. Cover, and continue cooking 10 minutes, stirring occasionally, until squash and zucchini are tender.

Mix the parsley and butter into the skillet with the squash. Season with salt and pepper. Cook and stir until butter is melted, and serve hot.

Makes 6 servings. Nutrition analysis per serving: 100 calories, 9 g fat, 2 g protein, 6 g carbohydrate, 1 g fiber, 20 mg sodium.



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