
The Acorn Angle...

August 2015, Box #11



What's fresh?

How do I prepare it?

CARROTS

CUCUMBERS

KOHLRABI

🌀 Peel, and cut into sticks. Enjoy the mild, sweet flavor of this veggie.

ONIONS

🌀 Add chunks of onion to veggie skewers and prepare on the grill.

PEPPERS - GREEN & HOT

The large green peppers are a regular, sweet green pepper, and the long yellow (Hungarian) or short dark green (Jalapeno) are hot.

PLUMS

🌀 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 - Yukon Gold

SUMMER SQUASH / ZUCCHINI

TOMATILLOS

Tomatillos are related to tomatoes, but have a slightly acidic taste with a hint of lemon. Tomatillos are most commonly used for making salsa verde (green salsa).

🌀 Remove husk, and wash with soap and water to remove the sticky film from the husk.

🌀 Eat raw in salsa or salad.

🌀 Cook into a salsa verde to put over enchiladas, fajitas, or sliced pork or beef.

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.

HERB - BASIL

The basil is delicious and a few garden critters agree. Please look past a few holes in the leaves.

HERB - CILANTRO

Hello!

Yikes! It got cool in a hurry. Well, I guess cool is relative, but it felt cold for August. The cool weather reminded me of the changing seasons, kiddos heading back to school, and it had me mourning the end of summer.

However, a walk across the farm perked me up, and changed my perspective! I started to examine the fall crops and it got me excited about what the changing seasons and Mother Nature will soon be bringing to my plate. Roasted vegetables and a baked chicken, beef stew with carrots and potatoes, or pumpkin pie. All great things to enjoy on a cool Sunday afternoon. Bring on fall!

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal Ideas for the Week:

Breakfast - Eggs and potato hash with peppers and onion.

Lunch - BLTs.

Snack - Tomatillo salsa with tortillas.

Dinner- Tacos with fresh veggie fixings.

Dessert- Plum cobbler.

FALL SHARE CSA MEMBERS - Welcome to our CSA this season. We enjoy 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).

Please take a few minutes each week to **PROPERLY STORE** your produce. Most of the items will store well in the refrigerator in a plastic bag. Taking care of your vegetables right away ensures that they stay fresh for the maximum amount of time.

Recipes of the week...

Kohlrabi Parmesan Casserole

3 tablespoons butter or coconut oil
2 medium **kohlrabies** (about 1 pound), peeled and coarsely shredded (3 cups)
1 medium red or **green sweet pepper**, chopped (3/4 cup)
1 medium **carrot**, coarsely shredded (1/2 cup)
1/4 cup grated Parmesan or Romano cheese
2 teaspoons snipped fresh thyme or 1/2 teaspoon dried thyme, crushed
1/8 teaspoon salt
1/8 teaspoon cracked black pepper
Grated Parmesan or Romano cheese (optional)
Fresh thyme

In a large skillet melt margarine or butter. Stir in shredded kohlrabi, chopped red or green sweet pepper, and shredded carrot. Cook and stir for 4 to 5 minutes or until vegetables are crisp-tender.

Stir in the 1/4 cup Parmesan or Romano cheese, thyme, salt, and pepper. Sprinkle with additional Parmesan or Romano cheese, if desired. Garnish with fresh thyme. Makes 4 servings.

Cashew Basil Pesto

2 cups fresh **basil leaves**
1/2 cup cold-pressed extra virgin olive oil
3/4 cup raw cashews, soaked for several hours
1-2 large cloves fresh garlic
1 handful of fresh watercress or parsley
juice of one lemon
dash of Himalayan sea salt

*Serve this over raw, shredded or spiralized zucchini/summer squash.
It is delicious!*

This is a dairy free version. You can add 2 TBS nutritional yeast OR 1/4 cup of shredded parmesan for additional flavor.

Soak the cashews (from several hours to overnight). Drain, discard the soak water and rinse. Rinse the basil and watercress/parsley. Toss all ingredients into a high-powered blender or food processor. If your blender is on the whimpy side, roughly chop the parsley/watercress and basil leaves to make it easier.

Blend to a thick paste, stopping occasionally to scrape the sides of the blender, so it all gets evenly blended.

All Raw Salsa Verde

6 medium tomatillos, husked and rinsed
1 **jalapeno or fresh hot pepper** (start with less pepper, and add more if you need more "heat")
6 sprigs fresh **cilantro**, thick stems removed and roughly chopped
1/4 cup water
1/4 cup finely chopped **onion**
1/4 tsp. salt or to taste

Roughly chop the tomatillos and the hot pepper. In a blender or food processor, combine the tomatillos, hot pepper, cilantro and 1/4 cup water. Process to a coarse puree, then scrape into a serving dish. Stir chopped onion into the salsa and season with salt.

Makes 4 servings. Nutrition analysis per serving: 20 calories, .5 g fat, 1 g protein, 4 g carbohydrate, 1 g fiber, 150 mg sodium.



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