
The Acorn Angle...

September 2015, Box #12



What's fresh? How do I prepare it?

BEANS

CABBAGE

DAIKON RADISH

These are the large white “carrot” looking vegetables in your box. They are a radish and have a bit of a “bite” to them.

- ☞ Store them in your refrigerator in a plastic bag for a week or more.
- ☞ Slice and eat raw or grate them into a salad.
- ☞ Try substituting them for potatoes in a scalloped “potato” recipe.
- ☞ Cut them into chunks and put in a crock pot with carrots, onions, potatoes and your choice of meat.

KOHLRABI

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

LETTUCE

POTATOES - Purple

- ☞ Try these mashed - it will add a fun new color to your dinner plate.

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 on husk.
- ☞ Eat raw in salsa or salad.
- ☞ Cook into a salsa verde to put over enchiladas, fajitas, or sliced pork or beef.

TOMATOES

- ☞ Judge the ripeness of heirloom tomatoes by their feel rather than color.

WATERMELON - Sugar Baby

These melons are sometimes called a “personal melon” because of their small size.

- ☞ Store out of the fridge up to 4 days. Refrigerate sliced pieces.
- ☞ This melon does have seeds, but the flavor is worth it.
- ☞ Occasionally it is hard to tell if a melon is ripe. If you receive an un-ripe melon, please let us know.

Hello!

Wow! Schools here! As my kids head back to school ready to learn for another year I started to think about what folks can learn from a CSA box. Just scratching the surface a family can learn about different foods, farming, and cooking .

My husband couldn't name half of the vegetables in the box when I first met him. He still confuses a few things, but he's much more eager to try new vegetables now that's he's seen how the vegetables grow and learned what Wisconsin farmers produce.

Our kids don't eat everything in the box, but they're learning to cook. They don't quite care for potatoes, but if they boil and mash the potatoes themselves they'll at least try what they've cooked.

Take the opportunity to explore the box as a family. Examine the veggies. Research how they grow. Pick out recipes to try as a family. Cook together. Get everyone involved. They'll learn great things from a CSA box!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal Ideas for the Week:

Breakfast - Breakfast wrap with scrambled eggs, crumbled sausage and diced tomatoes.

Lunch - Purple potato salad with kohlrabi and diced daikon radish.

Snack - Homemade salsa with corn chips.

Dinner- Baked whitefish with friend green tomatillos, and roasted tomatoes with parmesan.

Dessert- Fresh watermelon or watermelon popsicles.

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.

We hope you can find a way to reuse the plastic **BAGS** that your produce arrives in. We wish we didn't have to use so many bags, but it helps with our sorting, preparing and packing the CSA boxes.

Recipes of the week...

Roasted Kohlrabi, Potatoes & Daikon Radishes

- 2 **Kohlrabi**, peeled and cut into 1 inch cubes
- 2 lbs **potatoes**, halved or quartered, depending on size
- 1 cup **Daikon radish**, cut into 1 inch cubes
- 3 garlic cloves, thinly sliced
- 1 lemon (zested)
- 3 Tbs extra virgin olive oil
- 1 Tbs fresh parsley, minced
- 3 sprigs of fresh thyme, minced
- 1 sprig of fresh rosemary, minced
- 1 Tbs salt
- ½ tsp fresh ground pepper

Preheat oven to 375. In a large baking dish put cut kohlrabi, radishes and potatoes. Add garlic and zest the lemon. Add olive oil and pour it over the potatoes, radishes, and kohlrabi. Sprinkle fresh herbs and salt and pepper over the content of the baking dish and then stir it around once or twice so that herbs and seasoning are evenly distributed throughout. Bake for 25 minutes, remove from oven and stir, then bake again for another 20 minutes. Check for doneness - a fork should go into the potatoes easily. Remove from oven and allow to cool for a few minutes before serving.

Oven-Fried Green Tomatillos

- Canola or olive oil cooking spray
- 1 pound **tomatillos** (about 12 medium), husked, rinsed and cut into 1/2-inch-thick slices
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/4 cup white whole-wheat or all-purpose flour
- 1 teaspoon garlic powder
- 1 teaspoon Creole or Cajun seasoning
- 2 large eggs
- 1 1/4 cups panko breadcrumbs
- 1/4 cup ketchup
- 1/4 cup low-fat mayonnaise

Position a rack in lower third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray. Sprinkle tomatillos with salt and pepper. Combine flour, garlic powder and Creole (or Cajun) seasoning in a shallow dish. Lightly beat eggs in another dish. Put breadcrumbs in a third dish. Dredge the tomatillos in the flour mixture, dip in the egg and then coat both sides with breadcrumbs. Place on the prepared baking sheet and generously coat with cooking spray. Bake the tomatillos, turning once, until golden brown, 10 to 12 minutes. Meanwhile, combine ketchup and mayonnaise in a small bowl. Serve the tomatillos with the dipping sauce.

Watermelon Slush

- 3 cups diced **watermelon**; seeds removed
- 2 Tbsp. lime juice
- 1 Tbsp. sugar
- 1 cup crushed ice
- 1/2 cup water

Blend watermelon, lime juice, sugar, ice, and water in a blender until smooth. Serve.

Makes 4 servings. Nutrition Analysis per serving (about 1 cup): 48 calories, 0 g fat, 1 g protein, 12 g carbohydrate, 0 g fiber, 2 mg sodium.



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