



The Acorn Angle...

September 2015, Box #13

What's fresh?

How do I prepare it?

APPLES - Bonnie's Best

- ☞ Enjoy these apples cooked in a crisp, pie, or coffee cake.

BEANS

- ☞ Blanch beans in boiling water for 2 minutes, cool and then freeze.

GARLIC

- ☞ Remove cloves from their papery skins and place in a small glass dish. Put a little olive oil over cloves and roast in the oven at 400 degrees for about 20-30 minutes, or until slightly soft. Spread over bread or crackers - yum!

KALE

- ☞ Chop and add to salad, pasta, or soup.

KOHLRABI

- ☞ Our kohlrabi are growing fast. Instead of 2 medium kohlrabi, this one is huge.

LETTUCE

- ☞ Make salad wraps with tortilla shells or pita pockets. Add fresh veggies and a little ranch or Italian dressing.

ONIONS - GREEN

- ☞ Add to a salad or sandwich.

POTATOES - Purple

- ☞ Cut into chunks, toss with minced garlic and a little salt. Roast in the oven at 400 degrees for 30-45 minutes or until easily pierced by a fork.

TOMATOES

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

WATERMELON - Sugar Baby

- ☞ 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.

HERB - HOLY BASIL (Tulsi)

This aromatic herb has amazing health properties. Find more information online.

- ☞ Try it as a tea. Steep leaves in hot water.
- ☞ Google: Holy Basil, for great recipes.

Hello!

Each year when Labor Day rolls around we find ourselves knee deep in "labor"! This time of year, many of our seasonal employees return to school. We always have a great crew each summer, but we do miss their extra help right about now.

Lately we are busy with harvesting, plantings late season vegetables, preparing land for cover crops, and fall and winter season planning. The fun never stops! ☺

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal Ideas for the Week:

Breakfast - Sautéed kale with an over-easy egg on top with diced tomatoes.

Lunch - Large salad with lettuce, tomatoes, green onions, diced beans, and hardboiled egg on top.

Snack - Tulsi lemonade.

Dinner - Mashed purple potatoes with crock pot pulled pork or chicken.

Dessert - Apple coffee cake.

Due to the heavy rain on Sunday night, some of the produce might be little dirtier than usual. Please make sure to always **WASH** all of your produce before eating.

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.

—Did you know? - Tulsi (Holy Basil)—

Tulsi is a type of basil plant. Especially valued in India for its spiritual significance, it is also commonly referred to as "holy basil." It is also revered for its health giving properties and has been used in Ayurvedic medicine for 5,000 years. Like many other herbs, the leaves of the Tulsi plant can be dried and used to make a mild tasting, delicious, and relaxing/rejuvenating tea.

What does Tulsi taste like?

Tulsi has a delicate yet invigorating flavor that is subtly minty, somewhat buttery, and mildly floral with a natural sweetness. The tea is appealing both hot and cold, and is complex enough to pair well with a variety of foods.

What are the health benefits of Tulsi?

Tulsi has been used for 5,000 years because of its amazing health benefits. Tulsi has been said to:

- ☞ Help resist the effects of stress
- ☞ Strengthen the immune system to fight against colds and common ailments
- ☞ Supports respiratory system
- ☞ Supports digestion
- ☞ Maintain healthy metabolism

Recipes of the week...

Tulsi & Mint Lemonade

2" knob of ginger, peeled and sliced
generous handful of **tulsi leaves**, washed and cleaned
generous handful of mint leaves, washed and cleaned
Juice of 2 lemons
1/2 tsp black salt
1/2 tsp roasted cumin powder
4 tbsp sugar syrup or jaggery syrup or nolen gur syrup

Directions In a small mixer, grind the ginger, mint and tulsi with 1/4 cup water.
Using a fine meshed sieve, squeeze out all the juice, with the back of a spoon.
Add to a mixing bowl. Add the lemon juice, black salt, roasted cumin powder and 2 cups of water.
Add the sweetener of choice, mix well.
To serve, add 2-3 ice cubes in a glass and top with the drink.

Watermelon & Tomato Salad

5 cups (3/4-inch) seeded **watermelon** cubes
1 1/2 pounds ripe **tomatoes**, cut into 3/4-inch cubes
3 teaspoons sugar
1/2 teaspoon salt
2-3 **green onions** chopped
1/2 cup red wine vinegar
1/4 cup extra virgin olive oil
Romaine lettuce leaves (optional)
Cracked black pepper to taste

1. Combine watermelon and tomatoes in a large bowl; sprinkle with sugar and salt, tossing to coat. Let stand 15 minutes.
2. Stir in onion, vinegar, and oil. Cover and chill 2 hours. Serve chilled with lettuce leaves, if desired. Sprinkle with cracked black pepper to taste.

Kale Chips

1 bunch **kale**
1 Tbsp. olive oil
1 tsp. seasoned salt



Preheat oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.

Makes 6 servings. Nutrition Analysis per serving: 58 calories, 3g fat, 3g protein, 7.5g carbohydrate, 1.5g fiber, 185mg sodium.



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