
The Acorn Angle...

September 2015, Box #15



What's fresh?

How do I prepare it?

BROCCOLI

CANTALOUPE - Sarah's Choice

- 🌀 Melons are often hard to tell when ripe. Please let us know if yours is over or under ripe.

FENNEL

- 🌀 All parts of the vegetable can be eaten raw or cooked.
- 🌀 Roast pieces in the oven with olive oil and seasoned salt. This is the only way I like it because it transforms the flavor!

KOHLRABI

- 🌀 Peel, and slice into sticks. Eat raw with hummus or ranch dressing.

LETTUCE

- 🌀 Add to tacos or tostadas with other freshly chopped veggies.

NAPA CABBAGE

- 🌀 Store napa in a plastic bag in the refrigerator for 2 or more weeks. When ready to use, simply peel off outer leaves.

ONIONS

PEPPERS - Regular & Hot

SQUASH - Spaghetti

- 🌀 Squash stores at room temperature for a month or more. - Enjoy it as a decoration before you eat it!
- 🌀 Cut in half, remove seeds, place flesh down on a rimmed baking sheet, add a bit of water to the pan, and bake at 350 for about 60 minutes. Remove when center starts to sink and softens.
- 🌀 Scoop the flesh out of the squash and use it as you would use spaghetti noodles. It has a great mild flavor that works well with sauces and seasonings.

TOMATOES

- 🌀 Our tomato will be wrapping up soon. Enjoy this flavor of summer while it lasts. If tomatoes need a bit more ripening, leave them on your counter.

HERB - CILANTRO

- 🌀 Store in a plastic bag in the refrigerator for 4 days or more.

Hello!

Rising land prices, high insurance costs, small profit margins . . . the last 30 years have been tough for small family farmers. It's easy to become overwhelmed by the challenges family farms face. Fortunately, I was able to enjoy the voices crusading for family farms at Farm Aid 30 in Chicago this past weekend!

30 years ago Willie Nelson brought together many musicians in Champaign, IL to raise awareness to the plight of the small farmer and fight for family farms. That effort has continued and grown over the last 30 years as more and more musicians volunteer at the annual concert.

Farm Aid operates a crisis hotline for farmers and their loved ones in need. They help farmers identify and develop new markets. Farm Aid raises awareness with the public and lawmakers on issues important to small, family farms.

It's hard for the farmer with 10 acres and a few cows to be heard, but Farm Aid organizes those voices into a collective song still herald today by Willie Nelson, Neil Young, John Mellencamp and Dave Matthews (Board Members of Farm Aid). I'm thankful for you, my customers. You give me hope for tomorrow's future farmers and a safe, sustainable food production system.

Thanks for a GREAT, inspiring weekend Willie and family!

Happy eating! ~Kyle, CSA Manager, 608.386.8066

P.S. Check out Farm Aid! Great organization, great cause, great concert! www.farmaid.org. You can also watch the concert on youtube.

Meal Ideas for the Week:

Breakfast - Spaghetti squash hash browns with over-easy eggs.
Lunch - Cream of broccoli soup.
Snack - Tomatoes and cottage cheese.
Dinner - Steak with roasted fennel and napa cabbage slaw.
Dessert - Cantaloupe in a fruit salad.

Hickory Wind Farm - Alpacas & Fiber will be having an Open House Saturday, September 26th from 10:00am to 5:00pm. Their farm is a few miles from ours, over a ridge. Stop out and say "hi" to Nadine & Steve, meet their alpacas, learn about the fiber produced, and take in the beautiful views from the top of the ridge. www.hickorywindfarm.com

Recipes of the week...

Spaghetti Squash Hash Browns

½ of a medium, pre-cooked **spaghetti squash**
¼ cup of chives
¼ teaspoon of garlic powder
1 egg
Salt & Pepper to taste
cheddar cheese (~1/2 cup)

Remove the spaghetti squash from the skin.

Taking large handfuls of the squash in your hands, squeeze the squash a few good times over the sink to release excess water. Place in a large bowl.

Add to the squash the chives, garlic powder, salt & pepper, and egg. Stir thoroughly.

In a greased skillet, cook the squash mixture over medium heat, stirring frequently, for about 10 minutes.

The squash is done when it is golden brown. Immediately top with the cheddar cheese.

Ginger Lime Asian Slaw

8 cups **Napa cabbage**, thinly sliced (or combination of Napa and red cabbage)
3 carrots, grated
1 apple, grated
½ tsp. salt
1 tbs. lime juice
2 tbs. olive oil, divided
1 tbs. minced **onion**
1 tbs. minced fresh ginger
1 tbs. honey
2 tbs. rice vinegar

Combine the cabbage, carrots, apple, salt, and lime juice in a large bowl.

In a medium skillet, cook the minced onion in 1 tablespoon of olive oil for 5 minutes. Add the ginger and cook for an additional 30 seconds.

In a jar, mix the remaining tablespoon of olive oil with the honey and rice vinegar. Add the veggies from pan.

Pour the dressing over the cabbage mixture and mix well. Refrigerate for an hour before serving. This will wilt a bit if you leave it in the refrigerator for a few days, but it still tastes great.

Lime Cilantro Rice

2 cups water
1 Tbsp. butter
1 cup long-grain brown rice
1 tsp. lime zest
2 Tbsp. fresh lime juice
½ cup chopped **cilantro**

Bring the water to a boil; stir the butter and rice into the water. Cover, reduce heat to low, and simmer until the rice is tender, about 20 minutes. Stir the lime zest, lime juice, and cilantro into the cooked rice just before serving.

Makes 2 servings. Nutrition Analysis per serving: 380 calories, 6g fat, 8g protein, 78g carbohydrate, 6g fiber, 5mg sodium



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