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# The Acorn Angle...

May 2015, Spring Share #1



## What's fresh?

### How do I prepare it?

#### ASPARAGUS

- ☞ Steam or roast asparagus, but never overcook it. It tastes best when it is prepared tender-crisp.
- ☞ Serve raw or slightly cooked and paired with veggie dip or hummus.

#### BOK CHOY

- ☞ Sauté with olive oil, garlic and season with salt or add to a stir fry.
- ☞ Store in a plastic bag in the fridge for a week or more.

#### LETTUCE

- ☞ Enjoy the variety of colors and textures with our loose-leaf, head lettuce.

#### ONION - GREEN

- ☞ Chop and add to salads or soups.

#### RADISH

- ☞ Try roasting radishes in the oven with some herbs and seasoned salt.
- ☞ Chop finely and add to guacamole to give it a little crunch.

#### RHUBARB

- ☞ Enjoy this versatile stalk in a fruit crisp, pie, cake, or even lemonade. Check out our blog for more recipes.

#### SPINACH

- ☞ Enjoy raw in a refreshing salad.
- ☞ Chop and add to scrambled eggs, soups, or pasta sauce.

#### SUNCHOKES (Jerusalem Artichoke)

(These are bagged and look like ginger).

- ☞ Try substituting for potatoes in a recipe.
- ☞ Scrub, slice and eat raw, with hummus.
- ☞ Try them sautéed, stir-fried, steamed, or simmered, alone or with other vegetables

#### HERB - OREGANO

- ☞ Use fresh in a recipe or salad dressing.
- ☞ Remove stems and pack herbs into an ice cube tray. Pour olive oil over herbs and freeze. Remove and store in freezer in a zip lock bag for future recipes.

#### PLANTS - 4 PACK OF HERBS

Parsley, Sage, Basil, Thyme

Hello!

Fresh, fresh, fresh! I love this time of year, because I can't get enough fresh salads, and raw veggies.

This is our first year offering a spring option to our CSA program. We hope you enjoy getting a few extra weeks of garden goodness.

If you are new to the CSA, please read over our "Frequently Asked Questions" and check out our website. Make the most of your CSA box by trying everything - even if you think you hate a vegetable, please try it again in a new way. My tip for the week: add diced radishes to guacamole. The "bite" of the radish goes well with the spiciness of guacamole, and it may hide the flavor a bit.

Enjoy the freshness of this CSA box and experiment with salad recipes this week. Try a new dressing, or add nuts, berries, or cheese.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

#### Meal ideas for the week:

**Breakfast** - Rhubarb sauce on yogurt.

**Lunch** - Spring salad with lettuce, radishes and green onions.

**Snack** - Strawberry rhubarb applesauce

**Dinner** - Quiche with radishes, green onions, and asparagus.

**Dessert** - Rhubarb coffee cake.

You will get one more **SPRING CSA SHARE** next week: June 2nd. Following that, our regular CSA season will start on June 16th. Please refer back to the mailing you received to find out the pick up dates for your specific CSA share. Call or email Kyle if you have questions.

Please read our weekly **NEWSLETTERS**. This is our main means of communication with members.

Remember to bring your own **BOX or BAG** to transfer produce from our CSA tubs. Returning our CSA tubs right away helps to minimize the number of boxes we lose each year.

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.

Don't forget about our **OPEN HOUSE** this Saturday, May 30th from 1:30-4:00pm. Please RSVP by Thursday. You can email us or click on the link that was emailed to you.

## Recipes of the week...

### Sunchoke Spinach Dip

- 1 pound **sunchokes**
- 2 cups fresh **spinach**
- 1 cup Parmesan cheese, grated
- 1/2 cup mayonnaise
- 4 tablespoons cream cheese
- juice of half a lemon
- 3 garlic cloves
- 3/4 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- pinch ground cayenne pepper

Peel sunchokes and place in a medium pot with enough water to cover. Bring to a boil over high heat, reduce heat to medium and cook for 12 minutes. Remove the sunchokes from heat, drain, and place in a food processor or blender. To the food processor, add the remaining ingredients (spinach, Parmesan, mayonnaise, cream cheese, lemon juice, garlic, salt, pepper, and cayenne). Puree until smooth.

Serve with bread, crackers, or chips. Refrigerate if not using immediately.

### Roasted Rhubarb Salad

- 2 cups 1/2-inch pieces fresh **rhubarb**
- 2 Tbsp. sugar
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. olive oil
- 1 Tbsp. minced shallot
- 1/4 tsp. salt
- 1/4 tsp. freshly ground pepper
- 8 cups mixed baby greens (could use **lettuce** or **spinach** torn into bite size pieces)
- 1/2 cup crumbled feta or goat cheese
- 1/4 cup chopped walnuts, toasted\*
- 1/4 cup golden raisins

Preheat oven to 450°F. Toss rhubarb with sugar in a medium bowl until well coated; let stand, stirring once or twice, for about 10 minutes. Spread in an even layer on a rimmed baking sheet. Roast until just beginning to soften, about 5 minutes. Let cool for about 10 minutes.

Meanwhile, whisk vinegar, oil, shallot, salt and pepper in a large bowl. Add greens; toss to coat with the dressing. Divide the greens among 4 plates. Top with the rhubarb, goat cheese (or feta), walnuts and raisins.

\*To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Makes 4 servings. Nutrition analysis per serving: 220 calories, 12 g fat, 7 g protein, 24 g carbohydrate, 4 g fiber, 430 mg sodium



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