
The Acorn Angle...

May 2015, Spring Share #2



What's fresh?
How do I prepare it?

ASPARAGUS

- ☞ Roast asparagus in the oven with olive oil and seasoned salt at 400 degrees. Remove when you can easily pierce with a fork, but before it turns mushy.

KALE

- ☞ Enjoy this young kale in a salad or lightly sautéed with olive oil and garlic.
- ☞ Add chopped kale to soup at the end of cooking.

LETTUCE

- ☞ The spotted lettuce is called trout-back lettuce. I tell my kids it is called leopard lettuce.

ONION - GREEN

- ☞ You can store green onions in a bag in the fridge for a week or more.
- ☞ You can use the entire green onion. Chop the green tops and add to salads, soups, or as a garnish.

PEA SHOOTS

We grew these specifically to be cut as shoots. You can eat them raw, steamed, or stir fried.

- ☞ Add to salad or a sandwich.
- ☞ Try mango, pea shoot and quinoa salad. Recipe link was emailed.

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.
- ☞ Make vegetable lasagna.
- ☞ Chop and add to scrambled eggs, soups, or pasta sauce.

HERB - TARRAGON

- ☞ Make a standard chicken salad and add diced celery, finely chopped tarragon, sliced grapes and pecans.
- ☞ Add chopped tarragon to a salad or eggs.

Hello!

We are in the middle of planting season. Our fields are filling up fast with broccoli, sweet corn, tomatoes, onions, peppers, cucumbers, lettuce and about 40 other varieties of vegetables. Most of our plants are started as seeds in our greenhouse and later planted into the field. Some of our plants are direct seeded into the ground, such as carrots, beets, radishes, and some herbs.

Our planning and planting schedule is seasonal and based on the individual requirements that each plant needs. For example, our brussel sprout seeds are started in late March in our greenhouse. They are planted in the field in early May, and we don't harvest them until late September. Lettuce, on the other hand matures fairly quickly, in about 30-60 days. All of our plants have individual personalities and we enjoy getting to know them over the season.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Rhubarb coffee cake.

Lunch - Chicken salad with tarragon in a wrap.

Snack - Spinach dip with fresh vegetables.

Dinner - Grilled chicken with grilled asparagus and stir fried pea shoots.

Dessert - Vanilla ice cream topped with rhubarb sauce.

This is your last **SPRING CSA SHARE**. 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.

Recipes of the week...

Strawberry Spinach Salad

1/2 pound bag of **spinach**
2 cups cleaned and sliced strawberries
1/2 cup pecan halves or pieces, lightly toasted
2 to 3 ounces goat cheese, gorgonzola, or feta - crumbled. OPTIONAL

Dressing:

1/4 cup olive oil
3 TBS balsamic vinegar (a thicker, higher quality balsamic vinegar makes the best dressing)
2 tsp maple syrup
1/2 tsp fresh **tarragon**
1/8 tsp garlic powder
1/8 tsp onion powder
1/4 tsp Dijon mustard

****I use this dressing with many salads.
Make a double batch and store in the fridge
in a glass jar.****

Toss spinach with sliced strawberries, pecans and cheese. Combine dressing ingredients in a jar; shake until well blended. When ready to serve, drizzle dressing over the salad and toss lightly.

Stir-fried Pea Shoots

6-8 cups **pea shoots**
2 Tbsp. peanut oil
3 garlic cloves, chopped
1 slice fresh ginger, peeled and crushed
1/2 tsp. salt
2 Tbs. chicken stock
Pinch of sugar
Sesame oil, to taste



Rinse the pea shoots in cold running water. Drain and dry in a salad spinner or thoroughly pat dry with paper towels.

Heat a wok over medium heat. When hot, add the oil, garlic, ginger and salt and toss and stir until fragrant, about 30 seconds. Increase the heat to high, add 1-2 cups of pea shoots, and toss and stir until wilted, about 30 seconds.

Push the shoots up the sides of the wok and add another 1-2 cups. Toss and stir until wilted, about 30 seconds. Push the shoots up the sides of the wok again and repeat until all pea shoots have been added to the wok and cooked.

Add the stock and sugar and toss and stir until the liquid is reduced to a few tablespoons, 1 to 2 minutes. Season with sesame oil.

Transfer to a bowl and serve immediately.

Makes 4 servings. Nutrition analysis per serving: 60 calories, 10 g fat, 4 g protein, 15 g carbohydrate, 4 g fiber, 31 mg sodium



N6370 Niedfeldt Rd. · Bangor, WI 54614
608.486.4205 · csa@oldoakfamilyfarm.com
blog: www.oldoakfamilyfarm.wordpress.com
web: www.oldoakfamilyfarm.com

The Niedfeldt family:
Jerry & Connie Niedfeldt
Kyle, Eric, Owen & Iris Zenz
Jacey, Ric, Breck & Joelle Heller