
The Acorn Angle...

June 2016, CSA Box #1



What's fresh?

How do I prepare it?

ASPARAGUS

- ☞ Enjoy this seasonal treat roasted, steamed, boiled or even eaten raw.

CARROTS

GARLIC SCAPES

These long curly stems are the flower stalk of garlic. We remove them from the plant to ensure that more energy goes into the garlic bulb instead of the flower.

- ☞ Snap off the end with the flower bud and you can eat the entire green stalk.
- ☞ Garlic scapes are more mild than regular garlic.
- ☞ Mince like you would regular garlic and use in most recipe that calls for garlic.
- ☞ Try making garlic scape pesto.

LETTUCE

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

ONION - GREEN (Scallions)

- ☞ You can use the entire onion. Use the white part as a substitute for regular onions, and use the green part in salads, soups, sandwiches, and as a garnish.

RADISH

- ☞ Try roasting radishes. Cut in half, toss with olive or coconut oil, and sprinkle with salt. Roast at 400 for about 15-20 minutes - until they start to brown a bit. Mince garlic scapes, toss with radishes and serve.

RHUBARB

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

SWISS CHARD - red & green

- ☞ Eat raw, steamed, sautéed or cooked.

HERB - THYME

- ☞ Try making herb butter or freezing in olive oil in ice cube trays.

PLANT -

SUNGOLD CHERRY TOMATO

- ☞ Enjoy this super sweet golden yellow cherry tomato. Plant it directly in the ground or in a 3-5 gallon pot.

Hello!

This is our ninth season as a CSA farm. We love growing our vegetables with you in mind. We have been busy planning, planting, weeding, and harvesting. We promise to provide a variety of fresh, delicious, organic vegetables each week. Boxes will be a balance of familiar vegetables, and a few “weird” ones. We hope by the end of the season, the “weird” vegetables will fall into your category of familiar and delicious.

We know you have expectations about how this season will go. Some of them might include: Trying new vegetables and recipes, cooking more meals at home, losing weight, getting your family to eat more fruits and vegetables, or eating locally and seasonally.

A good part of the success of your CSA experience also lies in your hands. If your goal is to make more meals at home, then it is important to carve out more time in your day and create meal plans. If you want your kids to eat more fruits and vegetables, then you need to model that behavior, and involve them in the experience (talking about the vegetables, picking them out of the box and cooking with them).

Make goals and challenge yourself to meet them. Share your CSA experience with your friends and family. Whatever you are looking forward to, we hope you find satisfaction with our CSA program.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Asparagus Quiche.

Lunch - Garlic scape pesto pasta.

Snack - Carrots with dill dip.

Dinner - Steak and grilled radishes with sautéed chard.

Dessert - Rhubarb sauce over ice cream.

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.

Looking to add some color to your space? Check out our **FLOWER CSA SHARE** options. You can choose 5 or 10 weeks of local flowers designed in a glass vase. Check out our website for more details.

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...

Rhubarb Strawberry Lemonade

3 1/2 cups water
1/2 lb **rhubarb**, cut into 1 inch pieces (2 cups)
1/2 C sugar, or to taste
Two 3 in strips of lemon zest removed w/ a vegetable peeler,
plus additional for garnish
1/2 teaspoon vanilla
2 cups sliced strawberries
1 cup fresh lemon juice

Directions: In a saucepan stir together the water, the rhubarb, the sugar, 2 strips of the zest, and the vanilla. Bring mixture to a boil, stirring until the sugar is dissolved, and simmer it, covered, for 8 minutes. Stir in 1 cup of the strawberries and boil the mixture, covered, for 2 minutes. Let the mixture cool and strain it through a coarse sieve set over a pitcher, pressing hard on the solids. Stir in the remaining 1 cup of strawberries and the lemon juice, divide the lemonade among stemmed glasses filled with ice cubes, and garnish each glass with additional zest.

Garlic Scape Pesto Pasta

10 large **garlic scapes**
1/3 cup unsalted pistachios
1/3 cup finely grated Parmigiano-Reggiano
Kosher salt and black pepper
1/3 cup extra-virgin olive oil
1 pound spaghetti

Make the pesto: Puree the garlic scapes, pistachios, Parmesan, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a food processor until very finely chopped. With the motor running, slowly pour the oil through the opening. Season the pesto with salt and pepper to taste. (The pesto keeps in the fridge, covered, for 1 week or frozen for a month.)

In a large pot of heavily salted boiling water, cook the spaghetti until al dente. Reserve 1 cup of the pasta-cooking water, then drain the pasta. Whisk together 2/3 cup of the pesto and the reserved pasta water and toss with the pasta. Season with salt and pepper to taste and serve right away.

Swiss Chard and Quinoa Pilaf Salad

1/2 Tbsp. olive oil
1/2 small onion, diced (could use **green onion**)
1 tsp. minced garlic (could use **garlic scapes**)
1 cup uncooked quinoa, rinsed
1/2 cup cooked lentils
1 cup chopped fresh mushrooms
2 cups vegetable broth
3 cups chopped **Swiss chard** greens
6-ounce bag dried cranberries
1/2 cup poppy seed dressing

Heat the oil in a large pot over medium heat. Stir in onion and garlic; sauté 5 minutes or until the onion is tender. Mix in quinoa, lentils, mushrooms and broth. Cover and simmer 20 minutes; remove from heat. Gently mix chard into the pot; cover and let sit 5 minutes or until chard is wilted. Stir in cranberries and dressing; chill at least one hour to allow flavors to blend.

Makes about 5 cups. Per 1/2 -cup serving: 170 calories, 5 g fat, 3 g protein, 28 g carbohydrate, 3 g fiber, 230 mg sodium



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