
The Acorn Angle...

June 2016, CSA Box #2



What's fresh?

How do I prepare it?

BLACK RASPBERRIES

These wild berries (also called black caps) are from our woods. They are time-consuming to pick, but their flavor is worth it.

- ☞ Berries don't store well, eat them right away. Some of the berries have a white color on them. This is natural and is not a mold. It is called bloom.

BOK CHOY

- ☞ Chop and add to a stir fry.
- ☞ Store in a plastic bag in the fridge for a week or more.

BROCCOLI

CARROTS

GARLIC SCAPES

What are those curly green pig tails? A garlic scape is the flower stalk of the garlic plant. We remove them before they flower to encourage growth to the garlic bulb. Break off the flower bud, and use the remaining section of the scape.

- ☞ Chop into 1-inch sections and sauté.
- ☞ Mince green stalk and use cooked or raw.

KOHLRABI

Peel off outer layer with a knife or peeler.

- ☞ Cut into sticks and eat with dip.
- ☞ Dice into 1" cubes and sauté with olive oil, add seasoned salt.

LETTUCE

- ☞ These heads of lettuce grew huge. Enjoy on a sandwich or a great, summer salad.

RHUBARB

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

SUMMER SQUASH

- ☞ Slice and place on skewers. Brush with olive oil and add seasoned salt. Grill.

ZUCCHINI

- ☞ Sauté with olive oil and sprinkle with parmesan or feta cheese.

HERB - MINT

- ☞ Add to water for a refreshing taste.
- ☞ Add to a smoothie.

Hello!

It has been an interesting growing season so far. Some crop growth was stunted and slowed, due to a strange spring. It was initially warm and then cooled off. We lost most of our fruit tree crop, due to the late freeze in mid-May. However, some of our summer crops are ahead of schedule and doing great. This is the earliest we have had zucchini and summer squash in our boxes, and the wild black raspberries are experiencing a bumper crop!

We spent a good deal of time in the woods today picking black raspberries. My 2 children whined a lot about the mosquitos and the brambles, and I'm sure my employees were silently cursing me. Black raspberries are such a special treat and I'm glad we are able to provide a small sampling for you - even if we have thorn scratches and bug bites to prove it.

We are hoping for a great summer growing season, and less severe storms. Our hoophouse that was damaged 2 weeks ago is going to be a total loss. Over 75% of the metal support poles are bent and the plastic is completely torn. Luckily the plants that were growing inside weren't damaged, and are still growing fine.

Farming is full of surprises. We are just keeping our fingers crossed that the rest of them will be good surprises!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Rhubarb muffins.

Lunch - Vegetable wrap with herb cream cheese, lettuce, shredded carrots, chopped broccoli.

Snack - Carrot and kohlrabi sticks with hummus.

Dinner - Roasted broccoli with grilled chicken and sautéed summer squash.

Dessert - Ice cream topped with fresh black raspberries.

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.

Going on **VACATION** this year? Please find a friend to pick up your share, or contact Kyle to make alternative arrangements.

Recipes of the week...

Stir Fry Carrots, Bok Choy & Kohlrabi with Ginger

- 1 (2-inch) piece ginger, peeled
- 2 TBS minced **garlic scapes**
- ¼ cup chicken or vegetable broth
- 2 tablespoons medium-dry cooking Sherry
- 2 teaspoons soy sauce
- ½ teaspoon brown sugar
- 1 tablespoon olive oil
- ½ teaspoon sesame oil
- 2 **carrots**, peeled and cut into ¼" thick discs
- 1 **kohlrabi** bulb, peeled, cut in half and thinly sliced
- 1 **bok choy**

Peel the ginger and cut half of it into very fine matchsticks (less than ⅛ inch thick; about 1 tablespoon) and set aside. Grate remaining ginger and squeeze pulp with your fingers to yield 1 teaspoon liquid, and discard the pulp.

Remove any bruised or withered outer leaves from bok choy. Trim ⅛ inch from bottom of bok choy, then cut head into quarters and chop into bite size pieces. Wash bok choy in several changes of cold water to remove any sand or dirt and dry in a colander or salad spinner until dry to the touch. Prepare the other carrots and kohlrabi and set aside together in a medium sized bowl.

Whisk together ginger juice, broth, rice wine, soy sauce, and sugar in a small bowl.

Heat wok or large saucepan over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Add olive oil and swirl oil until the pan or wok is coated. Add ginger matchsticks and garlic, and stir-fry 5 seconds. Add the chopped carrots and kohlrabi and stir-fry over medium heat for 2 to 3 minutes. Add the bok choy and stir-fry until leaves are bright green and just limp, 1 to 2 minutes. Stir broth mixture, then pour into wok and stir-fry until vegetables are crisp-tender, about 2 minutes. Remove from heat and drizzle with sesame oil, stir to coat, and serve over a bed of brown or white jasmine rice.

Fruit Salad with Honey-Mint Lime Dressing

- Juice of a small lime, approx. 3 Tbl.
- 3 Tbl. Honey
- 3 Tbl. Brown Sugar
- 3 Tbl. of finely chopped fresh **mint**.

8-10 cups of various fresh, cut, fruit in bite size pieces: strawberries, blueberries, peaches, kiwis, grapes, oranges, bananas, **black raspberries**, etc.

In a small bowl whisk together top 4 ingredients until well incorporated. Place in the refrigerator until ready to toss with fruit.

In a large bowl, gently mix all the cut fruit and Honey-Mint Lime dressing together. Garnish with additional mint sprigs.

Thai Beef Wraps

- 1 Tbsp. fresh ginger, grated
- 1 ½ Tbsp. fresh lime juice
- 1 Tbsp. dark sesame oil
- 1 Tbsp. **garlic scapes**, finely chopped
- 2 tsp. fish sauce
- ¾ tsp. sugar
- ½ cup **carrots**, cut into matchsticks
- ¼ cup chopped fresh **mint** leaves
- 4 (8-inch) whole wheat tortillas
- 2 cups Romaine **lettuce**
- 12 oz. thinly sliced deli roast beef

Combine ginger, lime juice, sesame oil, scapes, fish sauce, and sugar in a small bowl. Whisk until thoroughly mixed.

Arrange tortillas on plates, and brush with dressing mixture. Arrange ½ cup lettuce and 3 oz. beef on each tortilla. Combine carrots and mint, and add to toppings on tortillas. Drizzle wraps with remaining dressing mixture.

Roll up and serve immediately.



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