
The Acorn Angle...

July 2016, CSA Box #3



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.

CELERY

- ☞ This celery is great tasting, but the flavor is stronger than store bought celery.
- ☞ Chop stalk and leaves and freeze for future use. Add to soups or casserole.

KALE - Green or Red

- ☞ Make pasta salad with kale. Sauté kale in olive oil with garlic and onions. Cook until tender. Add to cooked pasta and season with salt and pepper.
- ☞ Add chopped kale to scrambled eggs.

LETTUCE

NAPA CABBAGE

- ☞ All of our vegetables are certified organic. We think they taste great, and unfortunately so do a few critters (we hope you can look past some pest damage to the leaves).
 - ☞ Sauté with olive oil, garlic and salt.
 - ☞ Try making coleslaw.
- ### ONIONS - 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.

PEAS - Snow & Snap

- ☞ You can eat both of these varieties whole. No need to shell them.

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 - DILL

I love the taste of fresh dill. Try it in a dip, soup, wrap, salads, pasta, or herb butter.

Hello!

Happy, belated, Independence Day! Eric and I were working at the farm on Independence Day, and as I picked I contemplated the thought of independence and our food supply.

Often, large farms congregate in a specific region of the US and specialize in producing one crop. Think oranges in Florida, wheat in the Dakotas, corn in the Midwest, and almonds in central California. If a major natural disaster hits a region of the United States it often sends a shockwave through our food supply. A freeze in Florida will limit the supply of oranges in the US and orange prices rise accordingly. We also see this play out with vegetables produced in the drought stricken central valley of California.

Thankfully, CSAs support food independence! Community supported agriculture shores up our food supply because the network of small farms grow many different kinds of crops in all regions of the US! Old Oak Family Farm cultivates over 60 different kinds of vegetables!

A diverse food supply is resilient to natural disasters, promotes a healthy environment, and helps small farmers. I am thankful for all the opportunities America has provided me, especially food independence.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Breakfast burritos with chopped napa and green onions.

Lunch - Pasta salad with sautéed zucchini and summer squash.

Snack - Kale chips.

Dinner - Stir fry.

Dessert - Yogurt parfait with black raspberries and granola.

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**? Please find a friend to pick up your share, or contact Kyle to make alternative arrangements.

Enjoy the adventure that **UNFAMILIAR VEGETABLES** will bring to your table. Google recipes and tips and ask friends for veggie advice. Maybe you will find out that your neighbor has the world's best recipe for kale or really loves cooking with herbs. Your CSA experience is bound to spark a few interesting conversations and hopefully create new connections.

Recipes of the week...

Kale & Quinoa Salad

1 cup water
1/2 cup uncooked quinoa, rinsed
8 ounces **kale**
4 **green onions**, thinly sliced
1/2 cup crumbled feta cheese
1/3 cup dried cranberries
1/3 cup slivered almonds, toasted
Lemon-Dill Vinaigrette:
1/4 cup olive oil
1 teaspoon grated lemon peel
2 tablespoons lemon juice
2 tablespoons chopped fresh mint
2 tablespoons chopped fresh **dill weed**
1 tablespoon Dijon mustard
1 teaspoon honey
1/2 teaspoon Sea Salt
1/4 teaspoon Black Pepper, Coarse Ground

For the Salad, bring water to boil in small saucepan. Add quinoa; reduce heat to low. Cover and simmer 15 minutes or until quinoa is tender. Spoon quinoa into medium bowl. Set aside to cool.

Meanwhile, wash and dry kale leaves well. Use a sharp knife to remove the central rib in each leaf. Stack the leaves and cut crosswise into very thin slices. Place in large bowl. Add green onions, feta and cranberries. Set aside.

For the Vinaigrette, mix all ingredients in small bowl with wire whisk until well blended. Add 1/4 cup of the Vinaigrette to the quinoa; toss to coat well. Add quinoa to salad; toss well. Drizzle remaining Vinaigrette over top; toss to coat well. Let stand at room temperature 30 minutes to blend flavors. Just before serving, sprinkle salad with almonds; toss to mix.

Easy Sautéed Zucchini & Summer Squash

4 TBS butter
1 small onion, thinly sliced (or **green onions**)
2 TBS chopped garlic (you could use garlic scapes if you still have them)
2 TBS chopped fresh tarragon or 2 tsp dried
1 pound **yellow summer squash**, trimmed, sliced into 1/3-inch-thick rounds
1 pound small **zucchini**, trimmed, sliced into 1/3-inch-thick rounds

Melt butter in large skillet over medium-high heat. Add onion, garlic and tarragon; sauté until onion is just tender, about 2 minutes. Add yellow squash and zucchini; sauté until crisp-tender, about 8 minutes. Season with salt and pepper. *Sprinkle with parmesan cheese*

Asian-style salad with sesame ginger vinaigrette dressing

Dressing:

3 Tbsp. honey
3 Tbsp. vinegar
2 Tbsp. orange zest
2 Tbsp. extra virgin olive oil
2 Tbsp. toasted sesame oil
2 tsp. reduced sodium Soy sauce or tamari
1 Tbsp minced fresh ginger



Salad:

Napa Cabbage

Cilantro

Peas

Shredded Carrots

Roasted chicken

Sliced almond

Oranges

Green onions

In a mason jar, combine all the dressing ingredients and shake well.

In a large bowl, combine all the salad ingredients. Add dressing and enjoy!



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