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# The Acorn Angle...

July 2016, CSA Box #4



## What's fresh?

### How do I prepare it?

#### BEANS - Green & Yellow

- ☞ Make a minestrone soup or add chopped beans to pasta sauce, simmer until tender and serve over pasta.

#### BEETS

- ☞ Puree and mix into berry smoothies for added nutritional value and pink color.
- ☞ Roast and add to salads, sandwiches, or pasta.
- ☞ Remove leaves from the beets and store separately. Leaves can be eaten raw or cooked.

#### BLUEBERRIES

Our partners, Bill and Jane grow these blueberries. They are always a special treat.

#### CHARD

- ☞ Add chopped chard to a green salad. Add slivered almonds, mandarin oranges, and a raspberry vinaigrette.

#### CUCUMBER

Our cucumbers are just starting.

- ☞ Slice and add to water. Refreshing!
- ☞ Slice into sticks and serve with other cut veggies and hummus.

#### GARLIC - just dug

- ☞ This garlic has not been dried (cured). The papery shells of the cloves may feel fleshy. Peel them off before using clove.
- ☞ Store in the refrigerator.

#### LETTUCE

- ☞ Make several salads at once and refrigerate in reusable containers for an easy lunch during the week.

#### 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 - SAGE

- ☞ Try dipping leaves in batter and frying.
- ☞ Dried sage makes a great tea. If you add honey, it helps ease sore throats and colds.

Hello!

I would like to share a few easy ways to incorporate more local and seasonal food into your diet. Adapted from the book: *From Asparagus to Zucchini* by the Madison Area CSA Coalition.

**Start slowly.** Eating local and seasonal food often requires that you make some changes in food preparation, meal planning, and shopping. You may find that your tastes, and those of family members, also change as you learn to eat locally available food. Do not expect these changes to occur overnight. Set reachable goals by incorporating seasonal food slowly into your meals and shopping.

**Develop a connection to your food.** One of the most basic ways to do this is to plant a garden, even if it is only one potted tomato plant sitting on the porch. Another option is to become connected to the people from whom you buy food - at a farmers' market or through your CSA.

**Learn how to substitute.** Treat recipes as a starting point from which ideas can be generated, instead of something that must be followed exactly.

**Plan for the winter.** With a little planning and some work in the summer, you can enjoy local foods all winter long. It is relatively easy to can your own tomatoes, pickles and, jams, and even easier to put some food away in a freezer or store squash and root crops in a basement.

**Enjoy it all.** Enjoy the tastes, the challenge, the relationships you develop with producers, and the knowledge that you are doing something good for yourself and the earth.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

#### Meal ideas for the week:

**Breakfast** - Blueberry pancakes.

**Lunch** - Pasta salad with zucchini and summer squash.

**Snack** - Zucchini muffins.

**Dinner** - Grilled burgers with lettuce and green bean casserole.

**Dessert** - Beet cake. Check out our recipe for "Don't Knock it Till you Try it - Beet Cake". Find it under "recipes" on our website. Type in "beets" in the search box on the recipe page.

We still have openings for our **FALL CSA SHARE**. This is a 10 week share starting at the end of August and going through the first week of November.

Are you receiving our **EMAILS**? Please add our email address: [csa@oldoakfamilyfarm.com](mailto:csa@oldoakfamilyfarm.com) to your address list. If you haven't been receiving emails, check your junk, bulk, or promotion mail folder. (Gmail users often have the most trouble with our emails).

## Recipes of the week...

### Sage– Roasted Squash

3-4 medium **yellow summer squash** or zucchini  
2 TBS Olive oil  
2 TBS chopped **fresh sage**  
1 TBS minced **garlic**  
Salt and pepper

Directions: Heat oven to 350 degrees. Cut squash or zucchini into 1-inch dice, toss with other ingredients, and roast until tender in baking dish, 15-20 minutes. Season with salt and pepper to taste.

### Simple Skillet Green Beans

2 tablespoons extra virgin olive oil  
½ teaspoon red pepper flake, or to taste  
1 pound **green beans**, trimmed  
2 cloves garlic, minced  
½ teaspoon coarse kosher salt  
2 tablespoons water

Heat oil in a large skillet over medium-high heat. Add red pepper flake and stir to coat the pepper in the oil. Add green beans and cook, stirring often until the beans are blistering and browning in areas, 5 to 7 minutes. Add garlic and salt and cook, stirring constantly until the garlic is fragrant and browning, about 30 seconds. Add water and immediately cover. Cook covered until the beans are bright green and crisp tender, 1 to 2 minutes. Serve immediately.

### Squash Ribbons

2 medium **zucchini**  
2 medium **yellow summer squash**  
1-2 slices bacon  
2 tbsp. unsalted butter  
1 tsp. fresh ground black pepper  
4 ounces parmesan cheese, shaved with a vegetable peeler



Trim the ends of the zucchini and summer squash. Wash and pat dry. Using a vegetable peeler, cut wide ribbons from the whole length of the zucchini and squash. Rotate the squash and peel from all sides. Stop peeling when you get to the seeds. Set aside ribbons and discard the seeds.

Cook bacon in a large non-stick pan until crisp. Remove bacon from pan and place on paper towels to absorb excess grease. Remove excess grease from the pan. Roughly chop and set aside. In the same skillet, melt butter over medium heat. Add squash ribbons and cook for 2-3 minutes until just tender, stirring occasionally. Sprinkle with pepper and remove skillet from heat. Add the parmesan cheese and toss gently to coat.

Makes 6 servings. **Nutrition analysis per serving:** 159 calories, 11 g fat, 10 g protein, 5 g carbohydrate, 1 g fiber, 379 mg sodium.



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