
The Acorn Angle...

July 2016, CSA Box #5



What's fresh?

How do I prepare it?

BEANS - Green & Yellow

- ☞ Boil or steam until tender-crisp. Top with herbed butter or homemade basil pesto.

BLUEBERRIES

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

CARROTS

Try fresh carrot juice if you have a juicer.

COLLARD GREENS

Collards contain vitamin A, folic acid, calcium and are low in calories.

- ☞ Sauté with bacon! Is there any other way?!
- ☞ Blanch leaves and use as a wrap for chicken, hummus, avocado, rice pilaf, etc.

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.

KOHLRABI

Kohlrabi is a member of the turnip family and is rich in potassium and vitamin C.

- ☞ Remove off outer layer with a vegetable peeler or knife.
- ☞ Tastes great raw - slice into sticks.

SUMMER SQUASH

- ☞ Try substituting summer squash in a recipe for refrigerator pickles.

ZUCCHINI

- ☞ Add diced zucchini to salads or pasta dishes.
- ☞ Make a pizza crust out of shredded zucchini.

HERB - BASIL

- ☞ Basil smells like summer to me!
- ☞ Add to pasta salad, a sandwich, or pizza.

Hello!

A heat wave is upon us! After working in the sun all day I enjoy a cool place in the evening. Therefore, I hate to make my kitchen even hotter by cooking a meal on a sweltering day.

To beat the heat, and keep the house cool, I try to use my vegetables three ways. One, fire up the grill! Try marinated veggie kabobs with summer squash, zucchini, onions, and mushrooms. Two, make a salad. Try a sweet salad by adding blueberries, candied pecans, and feta cheese topped with balsamic vinegar. Three, cut up your vegetables, make a picnic, and head to the pool!

On hot days the last thing I want to do is cook. Keep your meals simple, and enjoy the dog days of summer.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Blueberry muffins.

Lunch - Lettuce and blueberry salad with poppyseed dressing.

Snack - Crackers dipped into fresh basil pesto.

Dinner - Vegetable wraps with shredded kohlrabi, sliced cucumbers, shredded carrots, and sliced summer squash.

Dessert - Zapple pie (substitute peeled zucchini for apple slices - your family and friends won't know the difference!)

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 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).

Want more **VEGGIES or BEEF**? Email us to be added to our weekly email list. Availability can be found and ordered at <http://oldoakfamilyfarm.com/direct-orders/> You can also visit us at the Cameron Park Farmer's Market (La Crosse) on Friday nights. 4-8pm.

Save your old **EGG CARTONS**. We can always re-use them. Store them in your CSA box, and return to your drop off point.

Recipes of the week...

Greens with Carrots, Feta and Rice

2 **carrots**, shredded
2 bunches dark leafy greens (kale, **collard greens** or Swiss chard), tough stems removed, leaves very thinly sliced
1/2 red onion, finely chopped
1/4 teaspoon sea salt
1/2 teaspoon ground black pepper
1/4 pound feta cheese, crumbled
3 cups prepared brown rice

Put carrots, greens, onions, 1/4 cup water, salt and pepper into a large, deep skillet and toss well. Cover and cook over medium heat, tossing once or twice, until greens are wilted and tender, 10 to 15 minutes. Toss with feta cheese and spoon over brown rice.

Kohlrabi Quiche

2 cups **kohlrabi**, finely grated (1 medium kohlrabi)
1 teaspoon sea salt
2 cups **carrots**, finely grated
9 eggs
1/2 to 1 cup cooked crumbled bacon or chorizo sausage *
2 Tablespoons fresh rosemary leaves, chopped (or 2 teaspoons dried)
1/4 cup green onions, finely chopped
1 teaspoon freshly ground black pepper
oil for greasing the baking dish

Heat oven to 375°F.

Cook the bacon or chorizo sausage. Cool slightly and crumble. Peel the tough outer layer from the kohlrabi and grate it. Transfer it to a medium bowl, sprinkle with 1 teaspoon sea salt and let stand while you prepare the remaining ingredients. Grate the carrots.

Crack the eggs into a bowl and whisk until well combined. Add the grated carrots, bacon or sausage, rosemary, onions, and pepper. Put the kohlrabi in a cheesecloth bag (or just use your hands) to squeeze out as much water as you can. This will help the quiche to set up nicely.

Add the drained kohlrabi to the bowl with the rest of the ingredients and stir until well combined.

Oil a 9 or 10 inch quiche dish or pie pan. Pour the mixture into the dish and smooth with the back of a spoon.

Bake at 375 for 40 to 45 minutes until set in the middle, lightly browned and just beginning to brown on the edges.

Caprese stuffed chicken

2 oz. fresh mozzarella pearls (or any kind of mozzarella cheese)
1/4 cup fresh **basil**, chopped
2 cloves **garlic**, minced
10 cherry tomatoes, cut in half
1 Tbsp. balsamic vinegar
1/2 tsp. salt, divided
1/2 tsp. ground black pepper divided
2 medium **zucchini or summer squash**
1 Tbsp. olive oil
1/4 tsp dried oregano*
1/4 tsp dried rosemary*
2 (6-oz.) boneless, skinless chicken breasts, thawed

Preheat oven to 400 degrees F.

In a small bowl, mix the mozzarella, basil, garlic, tomatoes, vinegar and 1/4 tsp. of salt and 1/4 tsp. of pepper until combined. Set aside.

Prepare the zucchini and summer squash by trimming off the ends and then cutting them in half lengthwise. Cut each half into 1/2 inch segments. Divide zucchini and squash between two pieces of tin foil. Drizzle with olive oil and sprinkle with oregano and rosemary.

Divide the tomato mixture between the chicken breasts, rolling the chicken around the mixture and using toothpicks to secure the seam.

Place prepared chicken on top of the squash piles, and sprinkle with remaining salt and pepper. Wrap the ends of the foil around the chicken and seal, taking care not to puncture the tin foil with the toothpicks.

Place on a large baking sheet and bake for 25 minutes, or until the center of the chicken reaches 165 degrees F. Drizzle with balsamic vinegar, serve, and enjoy!

*Can be substituted with Italian seasoning



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