
The Acorn Angle...

August 2016, Box #7



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.

CHARD or KALE

Half of the boxes will have chard and the other half, kale.

- ✦ Melt coconut oil in a skillet, sauté minced garlic and add chopped chard or kale. Add mushrooms and enjoy as a side dish.

CUCUMBERS

- ✦ Make refrigerator pickles. They can be sweet, spicy, or herbed.
- ✦ Make creamy cucumber salad with plain yogurt, mayonnaise, dill, salt & pepper.

ONIONS - Green (Scallions)

- ✦ Chop and add to potato salad.

PEPPERS - Green

- ✦ Add to soups, stews, omelets, quiches, casseroles, and stir-fries.

PEPPERS - Hot

- ✦ These peppers are small in size and either yellow (Hungarian) or green (Jalapeno).
- ✦ Be careful when chopping hot peppers. Do NOT touch your eyes before washing hands with plenty of soap.

POTATOES - White, Kennebec

- ✦ Make potato salad.
- ✦ Chop into cubes and boil until tender. Drain and add butter.

SUMMER SQUASH

Cut into 1 to 2 inch pieces. Boil for 4-6 minutes. Drain and top with butter, a squeeze of lemon, sprinkle of herbs, grated parmesan cheese and a pinch of pepper.

ZUCCHINI

- ✦ Make kebabs and grill. Cut into slices or pieces, coat with olive oil and sprinkle with seasoned salt.

HERB - HOLY BASIL (Tulsi)

This aromatic herb has amazing health properties. Find more information online.

- ✦ Try it as a tea. Steep leaves in hot water.
- ✦ Google: Holy Basil, for great recipes.

Hello!

The month of July vanished before my eyes! Late summer brings a weekly cycle of harvesting, weeding, planting, and then **more** harvesting and weeding. It is a very busy time of year on the farm. We have great workers on our farm, however most of them are college students, and during the month of August, they trickle back to college one by one.

Our planting schedule has decreased from earlier in the year, but we are still planting lettuce, carrots, kohlrabi, cabbage, green onions, and other fall crops.

Variety in the boxes will continue to change as we transition into late summer crops. We enjoy the variety of harvesting new vegetables, and we hope you enjoy the pleasure of tasting new vegetables.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Swiss chard or kale breakfast burritos. (add chopped swiss chard or kale to scrambled eggs, along with diced peppers) add sliced green onions and salsa.

Lunch - Potato salad.

Snack - Easy refrigerator pickles.

Dinner - Spaghetti and sauce with cubed summer squash and zucchini.

Dessert - Zucchini (or summer squash) bread with butter.

- Did you know? - Tulsi (Holy Basil)

Tulsi is a type of basil plant. Especially valued in India for its spiritual significance, it is also commonly referred to as "holy basil." It is also revered for its health giving properties and has been used in Ayurvedic medicine for 5,000 years. Like many other herbs, the leaves of the Tulsi plant can be dried and used to make a mild tasting, delicious, and relaxing/rejuvenating tea.

What does Tulsi taste like? Tulsi has a delicate yet invigorating flavor that is subtly minty, somewhat buttery, and mildly floral with a natural sweetness. The tea is appealing both hot and cold, and is complex enough to pair well with a variety of foods.

What are the health benefits of Tulsi? Tulsi has been used for 5,000 years because of its amazing health benefits.

Tulsi has been said to:

- ✦ Help resist the effects of stress
- ✦ Strengthen the immune system to fight against colds and common ailments
- ✦ Supports respiratory system
- ✦ Supports digestion
- ✦ Maintain healthy metabolism

Recipes of the week...

Zucchini Bites

1 cups **zucchini**, grated (could use **summer squash** as a substitute)
1 egg (1 large egg equals 3-4 tbsp when whisked together)
1/4 yellow onion, diced
1/4 cup cheese (cheddar or Parmesan work the best)
1/4 cup bread crumbs - I used Italian style
Salt and Pepper

1. Preheat oven to 400F. Spray a mini-muffin tin with non-stick spray, set aside.
2. Grate the zucchini and then place in a dish towel to squeeze out the excess water- like when using frozen spinach; if you skip this part, the middle of the zucchini tots will be really soggy while the outside gets crispy and no one wants that.
3. In a bowl combine, the egg, onion, cheese, bread crumbs, zucchini, salt and pepper.
4. Using a spoon or a cookie scoop, fill the muffin cups to the top. Bake for 15-18 minutes, or until the top is browned and set.

Tulsi & Mint Lemonade

2" knob of ginger, peeled and sliced
generous handful of **tulsi leaves**, washed and cleaned
generous handful of mint leaves, washed and cleaned
Juice of 2 lemons
1/2 tsp black salt
1/2 tsp roasted cumin powder
4 tbsp sugar syrup or jaggery syrup or nolen gur syrup

Directions In a small mixer, grind the ginger, mint and tulsi with 1/4 cup water. Using a fine meshed sieve, squeeze out all the juice, with the back of a spoon. Add to a mixing bowl. Add the lemon juice, black salt, roasted cumin powder and 2 cups of water. Add the sweetener of choice, mix well. To serve, add 2-3 ice cubes in a glass and top with the drink.

Pesto Green Bean and Potato Salad

1 small red onion coarsely chopped
1 lb. **green or yellow beans** trimmed and cut in half
1 1/2 lbs. **potatoes**, washed and cut into 1 inch chunks
1/2 cup pesto

Place potatoes in a large pot and cover with cold water. Bring the water to a boil, reduce heat to medium and cover. When potatoes are almost done (about 12 minutes) add green bean and cook for another 3-4 minutes. Drain potatoes and green beans.

In a large bowl mix onions, green beans and potatoes with pesto until evenly coated.

Serves 6.



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