
The Acorn Angle...

August 2016, Box #8



What's fresh?

How do I prepare it?

BEANS - Green & Yellow

CAULIFLOWER

- ✦ My favorite way to eat cauliflower is roasted. Chop into bite-size pieces, toss with coconut oil and sprinkle with salt. Roast in an oven pan at 400 for 20-30 minutes or until cauliflower starts to brown a bit around the edges.

CORN - Sweet

- ✦ Don't over cook corn - it really only needs to be boiled for a few minutes.

GARLIC

Roast garlic, mix with butter and salt. Spread over sweet corn.

ONIONS - Red

PEPPERS - Green or colored

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

SUMMER SQUASH/ZUCCHINI

TOMATILLOS

Tomatillos are related to tomatoes, but have a slightly acidic taste with a hint of lemon. Tomatillos are most commonly used for making salsa verde (green salsa).

- ✦ Remove husk, and wash with soap and water to remove the sticky film on husk.
- ✦ Eat raw in salsa or salad.
- ✦ Cook into a salsa verde to put over enchiladas, fajitas, or sliced pork or beef.

WATERMELON

- ✦ These melons are sometimes called a "personal melon" because of their small size. Store out of the fridge up to 4 days. Refrigerate sliced pieces.
- ✦ This melon does have seeds, but the flavor is worth it.
- ✦ Occasionally it is hard to tell if a melon is ripe. If you receive an un-ripe melon, please let us know.

HERB - BASIL

Hello!

This box is truly a summer bounty! Boxes will be pushing 20+ pounds - depending on how large your watermelon is. I joke with my employees that they don't need to go to a crossfit gym - they get plenty of exercise and strength training on the farm. Watermelon season definitely builds muscle!

We love growing watermelon, but it is tricky to determine perfect ripeness. Most of our other vegetables and fruit are fairly easy to determine if they are ripe. Watermelons are another story.

I have a few guidelines that I follow when trying to determine the ripeness of a watermelon.

1. Check to see if the curly tendril closest to the top of the melon is dried up.
2. Look for a yellow spot on the bottom of the melon.
3. "Knock" it and listen for a "full" sound.
4. Lift it up to see if it feels "heavy for its size".

Unfortunately these are not always fail-safe tactics. I wish I could magically peek in each melon before I pick it. Therefore, there is always a chance that you could get an under or over ripe melon. Please tell us if this is the case. We are genuinely curious, and we also want to replace it with a better one for you to enjoy.

If you are overwhelmed with the bounty this week, don't worry, much of it will last for a week or more if you can't get to it. Sweet corn should be your first priority. It will definitely last for a week - but it tastes the best when eaten right away.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Potato hash with peppers and onions. Serve with eggs.
Lunch - Chicken tacos with salsa verde made from tomatillos.
Snack - Roasted garlic spread on crackers or fresh bread with butter.
Dinner - Grilled brats with corn on the cob, roasted beans with basil pesto, and potato salad.
Dessert - Sliced watermelon - best when eaten outside, so you can have a watermelon seed spitting contest!

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

Recipes of the week...

Creamy Tomatillo Avocado Salsa Verde

- 1 ¼ lb. **tomatillos**, husked and rinsed
- 1 large **onion**
- 5 cloves **garlic**
- 2 **jalapenos**
- 1 TBS vegetable oil
- 2 tsp ground cumin
- 1 tsp salt ½ cup packed cilantro
- 1 ½ avocados
- ½ lime (optional)

Preheat the oven to 450 degrees. Peel and chop the onions into quarters. Place the tomatillos, onions, garlic and jalapenos on a rimmed baking sheet. Drizzle with oil. Roast in the oven for 15 minutes or until the exteriors are blistered but the insides are still slightly raw.

Meanwhile, scoop the flesh out of the avocados. Cut the jalapenos in half and scrape out the seeds. Discard seeds. Place the tomatillos, onions, jalapenos and garlic in a food processor. Pulse until mostly smooth. Add the cumin, salt, cilantro and avocado. Pulse until the avocado is pureed into the mixture. Taste for salt. If you desire an extra tart quality, add a bit of lime juice at the end. Yields 2 quarts.

Tex-Mex Chicken Skillet Meal



- 1 Tbsp. olive oil
- 1 **hot pepper**, minced (optional)
- 2 cups diced cooked chicken
- 1-oz package taco seasoning mix
- ¾ cup water
- 4 **small summer squash**, halved and sliced
- 1 **green pepper**, julienned

In a large skillet, heat oil over medium-high. Add hot pepper, chicken, taco seasoning and water; sauté until chicken is heated through. Add squash and green pepper; sauté until crisp-tender, about 3 to 5 minutes

Makes 4 servings. Nutrition analysis per serving: 260 calories, 8g fat, 39g protein, 10g carbohydrate, 1g fiber, 750g sodium.

Tomatillo Chicken Chili



- 1 **onion**
- 1 **green pepper**
- 2 cloves **garlic**
- 1 Tbsp. oil
- 1 (14.5-oz.) can chicken broth
- 6 fresh **tomatillos**, chopped
- 1 (16-oz.) can diced tomatoes
- 1 (7-oz.) can diced green chilies
- ½ tsp. oregano
- ¼ tsp. cumin
- ¼ tsp. cayenne pepper
- ¼ tsp. celery seed
- ¼ tsp. red pepper flakes
- ½ Tbsp. chili powder
- ½ Tbsp. paprika
- Kernels from 2 ears **fresh corn**,
- 1 lb. chicken, cooked and diced
- 1 (15-oz.) can white beans

This is a great recipe that includes a lot of goodies found in your box this week. If you don't quite feel like chili - try serving it with rice and it could be a hotdish. Or, make it and freeze for an easy winter meal!

In a large pot, heat oil over medium-high heat. Add onion, green pepper and garlic and cook for 10-15 minutes or to desired tenderness.

Add broth, tomatillos, green chilies and herbs and spices to the pot and stir. Bring to a boil, then simmer for 10-15 minutes.

Add corn, chicken and white beans and stir. Simmer for 5-10 minutes or until ready to serve. Serves 5

Watermelon Slush



- 3 cups diced **watermelon**; seeds removed
- 2 Tbsp. lime juice
- 1 Tbsp. sugar
- 1 cup crushed ice
- 1/2 cup water

Blend watermelon, lime juice, sugar, ice, and water in a blender until smooth. Serve.

Makes 4 servings. Nutrition Analysis per serving (about 1 cup): 48 calories, 0 g fat, 1 g protein, 12 g carbohydrate, 0 g fiber, 2 mg sodium.



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