
The Acorn Angle...

August 2016, Box #9



What's fresh?

How do I prepare it?

CORN - Sweet

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

GROUND CHERRIES

Remove husk and sort through.

- ✦ Eat raw as a snack or cook into a sauce or try the recipe on back.
- ✦ I have described the taste as a cross between a cherry tomato and cantaloupe...maybe you will have a different thought?!

ONIONS - Walla Walla

These onions taste great raw, with a nice sweet flavor.

PEPPERS - Green or colored

PEPPERS - Hot

- ✦ These peppers are small in size and either yellow (Hungarian) or green (Jalapeno).

POTATOES - Russet

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.

TOMATOES

Heirloom tomatoes are prized for their flavor and unique colors. You can determine ripeness by feel.

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.
- ✦ Occasionally it is hard to tell if a melon is ripe. If you receive an un-ripe melon, please let us know.

HERB - BASIL

Basil is growing great - it loves heat!

Hello!

We are almost half way through our CSA season. I hope you have been enjoying the anticipation of each weekly box. We realize that you may love some items, and dislike others.

Our hope is to provide you with a wide variety of seasonal, high quality, organic produce that will expand your palate.

The CSA experience is filled with:

Patience - waiting throughout the season for certain veggies: tomatoes, watermelon, squash, etc. to ripen.

Understanding - realizing that even with our best intentions mother nature may have other plans.

Commitment - taking the time and effort to prepare the veggies that you receive in your box.

Satisfaction - feeling good about eating and preparing healthy food.

Enjoyment - the wonderful taste of farm fresh veggies, eating new foods, and meeting and supporting your local farmer.

As farmers, we put a lot of effort into growing your food. Although, ultimately, you as the consumer must put in the hard, but tasty work that closes the circle from farm to table.

I hope you have found satisfaction in eating and preparing fresh, local food that is good for you, the land, and the local economy.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Zucchini bread with fruit.

Lunch - Corn salsa, tortillas, and shredded corn.

Snack - Sliced tomatoes with fresh mozzarella drizzled with balsamic vinegar.

Dinner - Cheesy zucchini, corn and black bean skillet.

Dessert - Ground cherry coffee cake.

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...

Cheesy Zucchini, Corn & Black Bean Skillet

1 cup elbow macaroni
1 Tbsp olive oil
1 **green pepper**, cut in 1" pieces
1 cup chopped **onion**
¼ tsp ground cumin
¼ tsp chili powder
1 cup fresh or frozen **sweet corn**
2 medium **zucchini or summer squash**, cut in ½" pieces
1 ½ cups diced **tomatoes**
½ tsp salt
½ cup low-sodium vegetable or chicken broth
1 15-oz can low-sodium black beans, drained and rinsed
1 cup reduced-fat shredded cheddar cheese

1. Cook macaroni according to directions; drain and set aside.
2. Heat oil in a large nonstick skillet over medium-high. Add green pepper, onion, cumin, and chili powder. Cook, stirring occasionally, 3 minutes, or until softened.
3. Add the corn, zucchini, tomatoes, and salt. Cook, stirring, 1 minute. Add broth, cover; cook until zucchini is tender, 5 minutes.
4. Stir in black beans and pasta. Cook for an additional 3 minutes. Stir in cheese and serve.

Almond and Ground Cherry Coffee Cake from Harmony Valley Farm

2/3 c. unsalted butter
¾ c. granulated sugar
1 c. almonds, ground
1 c. flour
1 ½ tsp. baking powder
½ tsp. salt
1 egg
1 tsp. ground cinnamon
1 1/2 to 2 cups **ground cherries**

Sift flour baking powder, cinnamon and salt. Cream butter and sugar until light and fluffy. Beat in the egg. Stir in the almonds and flour.

The dough will be stiff. Spread half the batter into a greased and floured eight inch cake pan. Cover with the fruit (keep it whole) and dot with remaining dough, almost covering fruit. Bake for 45-50 minutes at 350.

I look forward to making this recipe every year. It has great flavor and the ground cherries make it seasonally special. You can also substitute blueberries or other fruit.

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 bacon 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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