
The Acorn Angle...

August 2016, Box #10



What's fresh?

How do I prepare it?

CARROTS - Purple & Orange

We experimented with a new purple carrot this year. They didn't get too big, but they have a good flavor and beautiful color!

CUCUMBER

Our second planting of cucumbers is just starting.

EGGPLANT

Always cook eggplant to eliminate a slightly toxic substance called solanine. Eggplant is very versatile. Try baking, stuffing, sautéing, steaming or even grilling. Eggplant can be chewy if not properly cooked, when in doubt, cook a bit longer. Store unrefrigerated for a few days or put in a plastic bag in your refrigerator crisper drawer for 1 week or more.

FENNEL

- ✦ Fennel has a distinct black licorice flavor. If you aren't a fan of that, make sure to roast fennel, as it mellows the flavor. (In full disclosure, this is the only way I like fennel - but I REALLY like it this way)
- ✦ You can eat the fronds and the bulb.
- ✦ This vegetable pairs well with tomato and basil dishes.
- ✦ Try roasting and making a frittata.

KALE

ONIONS - Red

PEPPERS - Green or colored

PEPPERS - Hot

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

POTATOES - Russet or Kennebec

SUMMER SQUASH/ZUCCHINI

Summer squash is still going strong...

TOMATOES

This is not the best growing season for tomatoes. Frequent rain and high humidity have contributed to excessive moisture in the tomato field - causing blight.

We will aim to put as many tomatoes in the boxes as we can, but at this point, the quantity is less than normal.

Today's message is a guest post from our employee, Michelle.

This is Michelle's second summer with us, and sadly, she leaves us on Wednesday to go back to her real job.

As a public school teacher, come June I am quite eager to swap out my four classroom walls to the vast Driftless classroom of Old Oak Family Farm. Each summer lends itself to new learning experiences, and the following are just a glimpse into this journey:

1. The arduous task of weeding is the strongest sense of job security. More specifically, writing help in capital letters in the dirt next to the miles of potatoes doesn't actually work.
2. Never leave the door to the chicken coop open for too long. In fact, chasing after said chickens with a long handled scrubbing brush isn't an effective approach.
3. Beauty is in the form of the most simplistic. From the smell of freshly cut mint, to the taste of freshly dug up carrots, each day at the farm illustrates many angles of beauty in its purest form.
4. The best kind of breaks involve watching an Owen firework show or checking out Iris' latest addition to her fort.

In short, your purchase of this season's CSA share supports the farm in many ways, and for that I thank you.

~Michelle

Week #10 marks the end of the **SUMMER CSA SHARE**. Thank you to those of you who are finishing up your CSA season this week. We have had a great bounty this summer. Thank you for your support!

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.

Please take a few minutes each week to **PROPERLY STORE** your produce. Most of the items will store well in the refrigerator in a plastic bag. Taking care of your vegetables right away ensures that they stay fresh for the maximum amount of time.

We hope you can find a way to reuse the plastic **BAGS** that your produce arrives in. We wish we didn't have to use so many bags, but it helps with our sorting, preparing and packing the CSA boxes.

Recipes of the week...

Eggplant Burgers

3 T olive oil
1 medium **onion**, diced
1 medium **eggplant**, diced
1½ c walnuts, toasted and chopped
1 t salt
pepper
2 c dry bread crumbs
2 large eggs, beaten or ½ c firm tofu, puréed until smooth
½ c Parmesan cheese, grated
½ c Pecorino cheese, grated
3 cloves garlic, minced or crushed
zest of 1 lemon
¼ c fresh parsley or 1 T dried parsley
1 T dried oregano
½ c basil, chopped

Heat 2 T oil over medium heat and sauté onion about 5 minutes, until translucent. Add eggplant and a dash salt and sauté 8-10 minutes, until soft, adding more oil if needed to keep eggplant from drying out. Preheat oven to 375.

Transfer to bowl and stir in walnuts. Place one cup of this mixture in food processor and purée, then return to bowl. Add remaining ingredients except the remaining T oil and mix well. Oil the cookie sheet and your palms.

Take about half a cup of the eggplant mixture and shape into a patty. Place on cookie sheet and repeat with remaining mixture. Spray or lightly drizzle the burgers with oil, then bake until golden brown and crusty, about 25-30 minutes.

Remove from oven, cover with foil, and let rest for 5-10 minutes before serving. Or you can fry them in a bit of vegetable oil until golden on each side.

One of our summer employees made this meal for his college roommates. They all loved it, and requested it several times. There are many great recipes for eggplant, but if you aren't quite sure about this beautiful veggie, consider this recipe.

Grilled Veggie and Hummus Wraps



4 (1/2-inch thick) slices **red onion**
1 red **bell pepper**, seeded and quartered
1 **egg plant**, cut into ½-inch thick slices
2 Tbsp. olive oil, divided
¼ cup chopped parsley
1/8 tsp. salt
1 (8 oz.) container plain hummus
4 whole grain flatbreads
½ cup crumbled feta cheese

Heat large skillet over medium-high heat. Brush onion, bell pepper, and eggplant with 1 Tbsp. olive oil. Add onion and pepper to pan. Cook 3 minutes on each side; remove from pan. Add eggplant to pan. Cook for 3 minutes; remove from pan. Coarsely chop cooked vegetables. Combine vegetables, parsley, salt, and 1 Tbsp. olive oil in a bowl; toss to combine.

Spread ¼ cup hummus over each flatbread, leaving a 1/2-inch border around edges. Divide vegetables over each flatbread. Top each serving with 2 Tbsp. cheese. Roll up wraps, and cut diagonally in half.

Serves 4. Nutrition analysis per serving: 355 calories, 23g fat, 17g protein, 35g carbohydrate, 15g fiber, 790mg sodium

Red Chili Onion Rings



2 egg whites
½ tsp. salt
1/8 tsp. ground black pepper
1 Tbsp. chili powder
½ large **red onion**, cut into rings
1/3 cup dry bread crumbs

Preheat oven to 450 degrees. In a bowl, combine egg whites, salt, pepper and chili powder; mix well. Dip onion rings into egg mixture then coat with bread crumbs. Place in single layer on baking sheet sprayed with cooking spray. Bake 10 minutes or until golden brown.

Serves 2. Per serving: 110 calories, 1.5 g fat, 7 g protein, 19 g carbohydrate, 3 g fiber, 820 mg sodium.



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