

The Acorn Angle...

August 2016, Box #11



What's fresh?

How do I prepare it?

CABBAGE - Red & Green

Our cabbage is small due to a wet growing year.

- ✦ Make a cabbage lime slaw and top fish tacos.

CELERY

- ✦ This celery tastes great in soups, casseroles and chopped in salads.
- ✦ Chop and freeze for future use.

CUCUMBER

Our second planting of cucumbers is just starting.

- ✦ Slice and add to a glass of water.

ONIONS

Did you know? - The ancient Egyptians saw the concentric circles of the onion as a symbol of the universe and treated it as an object of worship.

PEPPERS - Green or colored

- ✦ Try stuffed pepper soup.
- ✦ Chop and freeze for future use.

PEPPERS - Hot

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

POTATOES - Russet

- ✦ Try homemade hash browns.

SUMMER SQUASH

- ✦ Chop and add to quiche.
- ✦ Make refrigerator pickles with summer squash instead of cucumbers.

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.

WATERMELON

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

HERB - BASIL

- ✦ Spread basil pesto on grilled cheese or a sandwich.

Hello!

Summer is coming to a close and my eight year old son isn't interested in getting back into the school year early bedtime routine. Tonight he offered to write this CSA newsletter for me (as a stall tactic to prevent going to bed). I asked him what he would say. He suggested "Vegetables are great. Our farm is great. Thank you for your CSA". I explained that I needed a few more sentences than that, but his false enthusiasm for helping me was appreciated.

This summer has been a tad wet, and we have had a bit more moisture than we would have liked. Our farm is very diversified in our topography and our soil. Most of our land is sloping with a sandy loam or a clay loam. Unfortunately we do have a section of our land that is heavier on the clay side, and it also has a bit of a depression. This is a good thing during a dry spell, as clay will hold moisture longer than sand. However in a really wet year, the soil just stays saturated. This year we planted many of our cabbages in this area, and therefore they didn't grow to their full potential. Not much sauerkraut this year.

YOU make our CSA great.

We are humbled and honored to be voted:

2016 "Best of La Crosse County"

#1 CSA and #1 Farmer's Market stand.

THANK YOU for your continued support!

Happy Eating! ~Kyle Zenz, CSA Manager

Meal Ideas for the Week:

Breakfast - Eggs and potato hash with peppers and onion.

Lunch - BLTs.

Snack - Basil pesto with crackers.

Dinner - Tacos with fresh veggie fixings topped with lime cabbage slaw.

Dessert - Watermelon smoothie.

FALL SHARE CSA MEMBERS - Welcome to our CSA this season. We enjoy offering new membership options this year (Spring, Summer, Fall & Winter). Thank you for your support!

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.

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



Best of La Crosse County

Recipes of the week...

Sweet Basil Salad Dressing

¼ lb. fresh **basil leaves** (about 2 1/2 cups, roughly chopped)
⅓ cup rice vinegar
¾ cup canola oil
1 tablespoons sugar
2 tablespoons honey
1 clove garlic
2 teaspoons Dijon mustard
Sea salt and pepper to taste

1. Combine vinegar, basil, garlic, mustard, sugar and honey in a food processor or blender. Puree mixture until smooth and bright green.
2. With motor running, slowly add the salad oil to form an emulsion.
3. Season with sea salt and pepper to taste.

Fresh Basil Pesto

2 cups Fresh **Basil Leaves**, packed
½ cup Extra Virgin Olive Oil
½ cup Parmesan Cheese
¼ cup Pine Nuts {or you can substitute ¼ cup chopped Walnuts}
2 Garlic Cloves, minced

1. Combine Basil Leaves, Pine Nuts, Garlic and Parmesan Cheese in Food Processor or Blender
2. Pulse or Blend ingredients until combined.
3. Slowly pour in Olive Oil while running food processor or blender on a low speed.
4. Optional: Add in a pinch of pepper or salt to taste.

Honey Lime Cabbage Slaw

1 small or ½ head **cabbage**, very thinly sliced (about 4-5 cups)
1 tablespoon olive oil
¼ teaspoon salt
Juice of 1 lime (about 1 tablespoon)
1 teaspoon honey

Mix olive oil, salt, lime juice and honey. Toss with cabbage. Let sit for 30 minutes or more before serving.

Summer Squash Muffins

2 cups **summer squash**, finely diced or grated
3 eggs
3 cups flour
1 tsp baking soda
1 tsp baking powder
2 tsp cinnamon
1 tsp salt
1 cup sugar
¾ cup brown sugar
½ cup oil
½ cup unsweetened applesauce
2 tsp vanilla
1 cup chopped pecans

Preheat oven to 350. Grease muffin tins or use muffin liners.

Prepare squash. Press into colander to remove as much liquid as possible.

In a mixing bowl, blend oil, applesauce, and eggs together. Add vanilla, sugar, and brown sugar. Mix until smooth. In a separate bowl, whisk flour, baking soda, baking powder, salt, and cinnamon together. One cup at a time, add dry mixture to wet and blend before adding next cup until all are just mixed. Using a spoon, stir in the squash. Stir in nuts. Spoon batter to ¾ full in muffin tins. Bake for 16-20 minutes or until golden brown. Increase baking time for larger muffins.

Watermelon Salsa

1 seedless **watermelon**, cut into small cubes
2 **green peppers**, diced
1 small **onion**, diced
1 **jalapeño**, diced
3-4 cloves garlic, minced
Juice of ½ lime
½ bunch of cilantro, diced
Dash of salt

Cut watermelon first and strain in sink while preparing all other ingredients.

Mix all ingredients together, sprinkle with salt, and enjoy! Best served with your favorite tortilla chips.



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