
The Acorn Angle...

July 2016, Box #6



What's fresh?

How do I prepare it?

BEANS - Green & Yellow

- Blanch and freeze for future use.

CABBAGE - Red or Green

- Store in a plastic bag in the refrigerator for a month or more. Make coleslaw with carrots.

CARROTS

- Sauté in butter with a little onion, salt, and fresh herbs.

CELERY

- Homegrown celery has a wonderful, bold flavor. Use in soups, casseroles, or salads.
- Sauté celery, garlic, onions, and parsley, then puree in a food processor. Freeze in ice cube trays and add to sauces, soups, and skillet dishes for a savory treat.

CUCUMBERS

- Dice and add to a pasta salad with green onions, cherry tomatoes, and Italian dressing.

KALE

- Make pasta salad with kale. Sauté kale in olive oil with garlic and onions. Cook until tender. Add to cooked pasta and season with salt and pepper.
- Add chopped kale to scrambled eggs.

ONIONS - Green/Scallions

SUMMER SQUASH

- This vegetable is great raw or cooked.
- Dice for a pasta or green salad addition.
- Add to a stir fry or steam and add to a pesto pasta salad.

ZUCCHINI

- Try making chocolate chip zucchini cookies or chocolate zucchini bread. Both make great treats to eat right away or freeze.

HERB - BASIL - Green & Purple

- Basil will stay fresh in the refrigerator for a few days - but it will turn black if it gets too cold. Wrap with a damp papertowel and store in a sealed bag.
- I have heard people say that purple basil makes the best tasting pesto - try it!

Hello!

We survived the high temps and rain storms of last week. Everything in the garden is pretty happy this season. Ample rain and warm temps make for great growing conditions.

Speaking of great growing, our zucchini and summer squash crops are in full swing. I try to get creative with these vegetables because they are so versatile (and plentiful).

This was my dinner menu last week: On Monday I sautéed up a huge pan of diced summer squash and zucchini with crushed garlic and olive oil (this created lots of leftovers). For this first meal, this was a side dish. On Tuesday I used these leftovers in quesadillas. I put a layer of refried beans on a soft-shell corn tortilla, followed by grated carrots, and my leftover zucchini-summer squash mix. It was delicious. You could also add cheese, or other veggies. On Wednesday I used the leftovers as a pizza topping, along with sautéed kale and goat cheese. On Thursday I sautéed up some mushrooms with garlic, added the leftovers and served it over quinoa.

Get creative! Google zucchini recipes and you will find millions! There are recipes for sweet, savory, and sour. Enjoy the experimentation.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Zucchini bread muffins.

Lunch - Veggie pocket pita with shredded cabbage, diced celery, sliced cucumbers, chopped green onions - topped with ranch dressing.

Snack - Purple basil lemonade.

Dinner - Teriyaki steak kabobs, veggie kabobs, and Asian cabbage slaw.

Dessert - Zucchini cookies.

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

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

Save your old **EGG CARTONS**. We can always re-use them. Store them in your CSA box, and return to your drop off point.

Recipes of the week...

Zucchini & Basil Pasta

1 1/2 pounds penne pasta (or any pasta)
1/2 cup extra-virgin olive oil
1 1/2 pounds small **zucchini or summer squash**, halved lengthwise and sliced 1/2 inch thick
Salt and freshly ground pepper
4 tablespoons butter
3/4 cup freshly grated Parmesan cheese (about 2 ounces)
1/4 cup plus 2 tablespoons **basil**

**If you are a garlic lover, add some minced garlic to the zucchini in the skillet.*

Cook the pasta in a large pot of boiling salted water until al dente. Drain, reserving 1 cup of the cooking water. Meanwhile, heat 1/4 cup of the olive oil in a large skillet. Add the zucchini to the skillet, season with salt and pepper and cook over high heat, stirring occasionally, until lightly browned, about 5 minutes. Return the pasta to the pot and add the butter and zucchini along with any olive oil in the skillet. Add 1/2 cup of the reserved pasta cooking water and half of the Parmesan and season with salt and pepper. Cook over moderate heat, stirring, until the liquid is creamy and slightly absorbed, 1 to 2 minutes. Add more of the pasta cooking water if the pasta is dry. Stir in half of the basil and transfer the pasta to a large platter. Sprinkle with the remaining basil and Parmesan and serve immediately.

Purple Basil Lemonade

4 cups water
1/2 cup fresh lemon juice
1/2 cup loosely packed **purple basil leaves** (about 1/4 ounce)
6 tablespoons sugar
4 cups ice
4 **purple basil sprigs**

Combine 4 cups water and juice in a large bowl. Place 1/2 cup basil and sugar in a mortar; pound with pestle until a paste forms. Add sugar mixture to juice mixture; stir until sugar dissolves. Strain mixture through a sieve over a bowl; discard solids. Place 1 cup ice in each of 4 glasses. Pour about 1 cup lemonade into each glass; garnish each serving with 1 basil sprig.

Asian Cabbage Slaw

Red or green cabbage, thinly sliced
6 **green onions**, thinly sliced
2 large **carrots**, grated
1/4 cup low sodium soy sauce
1/4 cup lime juice
1/4 cup sesame oil
2 Tbsp. white vinegar



Mix cabbage, carrots, and green onions together in a large bowl. In a smaller separate bowl, whisk together all remaining ingredients. Pour dressing over the vegetables. Add more vinegar if needed.

Makes 12 servings. Nutrition analysis per serving: 60 calories, 4.5 g fat, 1 g protein, 6 g carbohydrate, 1 g fiber, 200 mg sodium.



N6370 Niedfeldt Rd. · Bangor, WI 54614
608.486.4205 · csa@oldoakfamilyfarm.com
blog: www.oldoakfamilyfarm.wordpress.com
web: www.oldoakfamilyfarm.com

The Niedfeldt family:
Jerry & Connie Niedfeldt
Kyle, Eric, Owen & Iris Zenz
Jacey, Ric, Breck & Joelle Heller