
The Acorn Angle...

May 2016, Spring Share #1



What's fresh?

How do I prepare it?

LETTUCE

- ☞ Enjoy the variety of colors and textures with our loose-leaf, head lettuce.

ONION - GREEN

- ☞ Chop and add to salads or soups.

PEA SHOOTS

- ☞ These are a great addition to a green salad, or toss them with a wild rice or quinoa blend.

RADISH

- ☞ Try roasting radishes in the oven with some herbs and seasoned salt.
- ☞ Chop finely and add to guacamole to give it a little crunch.
- ☞ Slice thinly and add to tacos.

RHUBARB

- ☞ Enjoy this versatile stalk in a fruit crisp, pie, cake, or even lemonade. Check out our blog for more recipes.

SPINACH

- ☞ Enjoy raw in a refreshing salad.
- ☞ Chop and add to scrambled eggs, soups, or pasta sauce.

SUNCHOKES (Jerusalem Artichoke)

(These are bagged and look like ginger).

- ☞ Try substituting for potatoes in a recipe.
- ☞ Scrub, slice and eat raw, with hummus.
- ☞ Try them sautéed, stir-fried, steamed, or simmered, alone or with other vegetables

HERB - TARRAGON

- ☞ This herb pairs great with chicken.

PLANTS - 4 PACK OF HERBS

- ☞ Parsley, Sage, Chives, Thyme
- ☞ Sage, Chives & Thyme are perennials. Plant them in your garden and expect them to survive through the winter.
- ☞ Parsley is a hearty herb and will last until temps are below freezing.
- ☞ Herbs can be planted in a pot or directly in the ground.

FARM FRESH EGGS

- ☞ Our chickens are happily laying lots of eggs this time of year and we would like to share with you.

Hello!

CSA season has ARRIVED! I always look forward to the new farming season as no two seasons are ever alike. New experiences, customers, friends, veggies, recipes, failures (I like to think of them as experiments), and successes. I hope you and your families are as excited as I am.

Take advantage of the new food with an open mind. Be curious and playful as the CSA begins. Please ask questions if you ever need assistance with ANYTHING. I want this to be a rewarding and fun experience. Involve the whole family in opening the box, recipe planning, and eating! Share the bounty and the whole family will appreciate the taste of spring!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Rhubarb sauce on yogurt.

Lunch - Spring salad with lettuce, radishes and green onions.

Snack - Strawberry rhubarb applesauce

Dinner - Quiche with radishes, green onions, and asparagus.

Dessert - Rhubarb coffee cake.

Enjoy the adventure that **UNFAMILAR VEGETABLES** will bring to your table. Google recipes and tips and ask friends for veggie advice. Maybe you will find out that your neighbor has the world's best recipe for Sunchokes or really loves cooking with herbs. Your CSA experience is bound to spark a few interesting conversations and hopefully create new connections.

You will get one more **SPRING CSA SHARE** next week: May 31st. Following that, we will take a 2 week break and our regular CSA season will start on June 21st. Please refer back to the mailing you received to find out the pick up dates for your specific CSA share. Call or email Kyle if you have questions.

Please read our weekly **NEWSLETTERS**. This is our main means of communication with members.

Remember to bring your own **BOX or BAG** to transfer produce from our CSA tubs. Returning our CSA tubs right away helps to minimize the number of boxes we lose each year.

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.

Recipes of the week...

Sunchoke Spinach Dip

1 pound **sunchokes**
2 cups fresh **spinach**
1 cup Parmesan cheese, grated
1/2 cup mayonnaise
4 tablespoons cream cheese
juice of half a lemon
3 garlic cloves
3/4 teaspoon kosher salt
1/8 teaspoon ground black pepper
pinch ground cayenne pepper

This recipe is great to take to a potluck. I have gotten lots of compliments on this delicious dip.

Peel sunchokes and place in a medium pot with enough water to cover. Bring to a boil over high heat, reduce heat to medium and cook for 12 minutes. Remove the sunchokes from heat, drain, and place in a food processor or blender. To the food processor, add the remaining ingredients (spinach, Parmesan, mayonnaise, cream cheese, lemon juice, garlic, salt, pepper, and cayenne. Puree until smooth.

Serve with bread, crackers, or chips. Refrigerate if not using immediately.

Spinach Salad with Strawberries & Blue Cheese

8 ounces fresh torn **spinach** or baby spinach (1 bag)
1 1/2 to 2 cups cleaned and sliced strawberries
1/2 cup pecan halves or pieces, lightly toasted, if desired (see below)
2 to 3 ounces blue cheese, feta, or goat cheese, crumbled, optional

Dressing

1/4 cup Canola oil or other salad oil
2 tablespoons balsamic vinegar
1 tablespoon plus 1 teaspoon granulated sugar
1 teaspoon chopped, fresh **tarragon**
1/8 teaspoon each onion and garlic powder
dash dry mustard

Toss the spinach with the sliced strawberries, pecans, and cheese, if using. Cover and refrigerate until serving time.

Combine dressing ingredients in a jar; shake until well blended.

When ready to serve, drizzle dressing over the salad and toss lightly.



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