
The Acorn Angle...

May 2016, Spring Share #2



What's fresh?

How do I prepare it?

ASPARAGUS

Our asparagus is off to a slow start this season. The cool spring temperatures delayed growth.

- ☞ Enjoy this seasonal treat roasted, steamed, boiled or even eaten raw.

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

- ☞ We plant lots of peas in our greenhouse and then harvest the stems and leaves. They have a great, fresh, pea flavor. Enjoy raw or sautéed.

RADISH

- ☞ Try roasting radishes. Cut in half, toss with olive or coconut oil, and sprinkle with salt. Roast at 400 for about 15-20 minutes - until they start to brown a bit. Chop garlic chives, toss with radishes and serve.

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.
- ☞ Try a smoothie - recipe on back.

HERB - GARLIC CHIVES

Garlic chives are similar to regular chives, with the added flavor of garlic.

- ☞ Use these chives in a recipe that calls for fresh garlic, or garnish dishes with chopped chives.

HERB - OREGANO

- ☞ Make a garlic, oregano and lemon vinaigrette and top a fresh salad.
- ☞ Hang upside down to dry for future use.

FARM FRESH EGGS

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

Hello!

We are in the thick of outdoor planting. Much of our planting, however actually started months ago in our greenhouse. We start seeds in a warm, sunny environment before they get transplanted outdoors.

Most of our vegetables, fruits, herbs and flowers start from the type of seeds you traditionally think of. A few of our varieties get propagated from ways other than seeds. Potatoes, sweet potatoes, fruit trees, and some flower varieties get their start from vegetative materials.

Early last week we finished planting 600 pounds of potatoes in the ground. We planted them in 3 stages, finishing up most recently with varieties of russet and carola. "Seed" potatoes are simply potatoes from the previous season that we cut in pieces. Each piece of the potato needs to have "eyes" or spots on the potato where sprouts will grow. Potatoes will produce on average about 10 pounds for every pound planted.

This week we plan to plant 500 sweet potato plants, with 500 more "slips" to be planted the following week. Sweet potatoes are ordered and sent to us as "slips". These are basically stem pieces of sweet potatoes that produce roots. Half of the slips we purchase get a head start in small pots in our greenhouse to help them establish roots quicker, and the other half get planted directly into the ground.

Once our seeds and plants are all in the fields, we just weed, water, and wait!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Rhubarb muffins and scrambled eggs with sautéed spinach.

Lunch - Mango and pea shoot quinoa salad.

Snack - Hard boiled egg.

Dinner - Stir fry with asparagus, radishes, pea shoots and garlic chives. Add pea shoots at the end of the stir fry - just warming.

Dessert - Rhubarb coffee cake.

Our regular **CSA SEASON** will start on June 21st. Some of you will get boxes every week (All Season Share) and some of you will get boxes every other week (Half Share). 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.

Recipes of the week...

Mango and Pea Shoot Quinoa Salad

1/2 cup quinoa, (see Note)
1 cup water
1/4 cup orange juice
1/4 cup chopped fresh cilantro
2 tablespoons rice vinegar
2 teaspoons toasted sesame oil
1 teaspoon minced fresh ginger
1/8 teaspoon salt
Pinch of cayenne pepper
1 cup of mango, diced
1/2 cup of sweet bell peppers (red, yellow, or orange)
1 cup black beans, rinsed
1/3 cup chopped **green onion**
1 cup of **pea shoots**

This recipe has become a staple at our family Easter gathering. It is a great, light salad with wonderful flavor.

1. In a dry pan, toast the quinoa for 5 minutes over low heat. Then, add in the cup of water, and let the quinoa cook.
2. Take the rest of the ingredients and stir them together in a bowl. When the quinoa is cooled, fold it into the salad.
3. Serve room temperature or cold.

Rhubarb Sauce

3 cups sliced fresh or frozen **rhubarb**
1/2 cup sugar
1/4 cup water
1/8 tsp ground nutmeg
1/4 tsp vanilla extract

In a saucepan, combine the rhubarb, sugar substitute, water and nutmeg. Bring to a boil. Reduce heat; simmer, uncovered, for 6-8 minutes or until rhubarb is tender. Remove from the heat; stir in vanilla. Serve warm or cold over ice cream.

Mean Green Smoothie

1/2 medium banana
3/4 cup **spinach** leaves, torn
1/2 cup fresh pineapple
1/4 cup orange juice
1/2 cup plain 0% Greek yogurt
2 Tbsp. flaxseed
Ice



Place all ingredients in blender and pulse until smooth. Pour into glass and serve immediately.

Makes 1 serving.

Nutrition analysis per serving: 324 calories, 6g fat, 18g protein, 46 g carbohydrate, 7 g fiber, 74 mg sodium



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