
The Acorn Angle...

May 2017, Box #1



What's fresh?
How do I prepare it?

ASPARAGUS

This favorite vegetable likes warm weather, so it has been slow to emerge this spring. Enjoy a small sampling.

✦ Steam, grill, sauté, or roast. This veggie tastes great any way - just don't over cook.

GARLIC - GREEN

These look like green onions, but are tinged in purple color, and the leaves look like a blade of grass.

- ✦ The entire portion of this vegetable can be eaten.
- ✦ The flavor is more mild than cured garlic cloves, but you can use it in many recipes as a substitute for garlic cloves.

LETUCE

ONIONS - WINTER

- ✦ These green onions overwinter and have a great mild flavor.
- ✦ Eat raw or add to a variety of recipes.

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.

RADISHES

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.

SPINACH

- ✦ Enjoy raw in a refreshing salad.
- ✦ Make vegetable lasagna.
- ✦ Chop and add to scrambled eggs.

PLANTS - HERB PACK

Basil, Oregano, Sage, Parsley

An informational sheet has been stapled to the bag with your herb plants. Happy growing! They can all be grown in pots if you don't have outdoor space.

Hello!

Welcome to the start of our CSA season. This is our tenth season growing for CSA members. We love growing with all of you in mind.

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 - Quiche with spinach, asparagus and green onions.

Lunch - Fresh salad with lettuce, pea shoots, radishes and green onions.

Snack - Spinach artichoke dip.

Dinner - Grilled salmon with roasted asparagus and spinach salad.

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 asparagus or really loves cooking with herbs. Your CSA experience is bound to spark a few interesting conversations and hopefully create new connections.

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 **WASH & 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...

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**

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.

Green Garlic Salad Dressing

1 stem **green garlic**, white and light green parts only
1/4 cup olive oil
2 tablespoons champagne vinegar
1 tablespoon honey
2 teaspoons lemon juice
1/4 teaspoon salt
1/4 teaspoon black pepper

In a blender, pulse the green garlic until in small pieces. Measure in the remaining dressing ingredients and run the blender until the dressing is smooth and emulsified. Taste and adjust salt and pepper as desired.

Rhubarb Coffee Cake

1/2 cup butter
1 1/2 cup sugar
1 egg
1 tsp vanilla
2 cups flour
1 tsp baking soda
1/2 tsp salt
1 cup milk
2 cups chopped **rhubarb**

Topping

1 cup brown sugar
1 tsp cinnamon
1/2 cup chopped nuts (walnuts or pecans)

Directions: Cream butter and sugar. Add eggs and vanilla. Mix dry ingredients. Add dry ingredients and milk to mixture. Fold in rhubarb. Pour 1/2 batter into greased 9×13 pan. Sprinkle 1/2 of topping on batter. Add remaining batter and then the rest of topping. Bake at 350 for 40 minutes.



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