
The Acorn Angle...

May 2017, Box #2



What's fresh?

How do I prepare it?

ASPARAGUS

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

KALE

This is a very versatile vegetable, and can be included in so many recipes.

- Try a green smoothie with kale, yogurt and fruit.
- Add chopped kale to a soup near the end of cooking.
- Substitute it for cooked spinach in most recipes.

LETUCE

- Pick out some great dressing and enjoy a fresh salad.

ONIONS - WINTER

These green onions overwinter and grow right away each spring.

- Substitute for regular onions in many recipes.
- Chop and add to sandwiches, salads, soups, or pasta.

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.

RHUBARB

Enjoy this versatile stalk in a fruit crisp, pie, jam, cake, or even lemonade.

SPINACH

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

HERB - OREGANO

- Try making herb butter, and use it to sauté veggies.
- Chop and add to tomato sauce.
- Hang upside down to dry for future use.

PLANT - Sungold Cherry Tomato

This is one of my favorite tomatoes. Many people like to have this plant potted close to their house for an easy snack. The flavor is incredibly sweet. There in an informational sheet included with your plant.

Hello!

The color green will stand out in your box this week. Spring veggies are abundant and tasting so fresh right now. Embrace all of the leafy greens and find creative ways to cook with them or enjoy raw. I am especially looking forward to adding more greens to my diet this week, after indulging in too much tasty food over the extended Memorial Day weekend.

This spring has been very wet on the farm. It seems like it has been hard to find a few days stretch without rain. We do have plants and seeds in the fields, but we are behind our "typical" schedule for planting. This time of year we are especially grateful for our hoophouse. This is a 30x90 foot structure covered in plastic and protected from excessive precipitation. This structure doesn't have any supplemental heat. It is heated only from the sun. We have many things growing in here, including kale, lettuce, herbs, carrots, tomatoes, and flowers.

Keeping our fingers crossed for drier weather so we can catch up on all of our planting.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Breakfast bowl with hash browns, sautéed kale and green onions with 2 over easy eggs on top.
Lunch - Spinach and strawberry salad.
Snack - Rhubarb sauce and Greek yogurt.
Dinner - Spinach lasagna.
Dessert - Rhubarb sauce on ice cream.

It has been rainy! Take a few minutes to **WASH** your spinach and lettuce. We have rinsed them, but you may still find some field dirt. Your kale and pea shoots should be pretty clean (they were grown in our hoophouse - but it is still a good idea to give them another rinse.

If you will be gone on **VACATION** during a CSA pick up please arrange for a friend to get your box, or let us know and you can pick it up later at our farm or at our La Crosse Farmers Market on Friday nights.

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.

Are you receiving our **EMAILS**? Please add our email address: csa@oldoakfamilyfarm.com to your address list. If you haven't been receiving emails, check your junk, bulk, or promotion mail folder. (Gmail users often have the most trouble with our emails).

Recipes of the week...

Spinach & Beef Lasagna

- 1 pound lean ground beef
- 1 cup chopped **green onion** (green and white parts)
- 2 jars (24 ounces each) spaghetti sauce
- 4 garlic cloves, minced
- 1 teaspoon dried basil
- 1 tablespoon **fresh oregano**
- 1/2 pound **fresh spinach**, chopped (your CSA bag is 1/2 pound)
- 2 cups ricotta cheese
- 2 cups (8 ounces) shredded part-skim mozzarella cheese, divided
- 9 no-cook lasagna noodles

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the spaghetti sauce, garlic, basil and oregano. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. In a large bowl, combine the spinach, ricotta and 1 cup mozzarella cheese.

Spread 1-1/2 cups meat sauce into a greased 13-in. x 9-in. baking dish. Top with three noodles. Spread 1-1/2 cups sauce to edges of noodles. Top with half of the spinach mixture. Repeat layers. Top with the remaining noodles, sauce and mozzarella cheese.

Cover and bake at 375° for 30 minutes. Uncover; bake 10-15 minutes longer or until bubbly. Let stand for 10 minutes before cutting. Yield: 12 servings.

Triple Berry Kale Salad

- 2 cups **kale**, de-stemmed and roughly chopped
- 1 cup strawberries, chopped
- 1 cup blueberries
- 1 cup blackberries
- 1/4 cup sliced almonds
- 1/4 cup feta cheese
- Creamy Strawberry Poppyseed Dressing:
 - 1/3 cup plain greek yogurt
 - 1/2 cup strawberries, chopped
 - 1 T milk (unless you like it thicker)
 - 3 tablespoons sugar
 - 4 teaspoons cider vinegar
 - 2 teaspoons poppy seeds

In a large bowl add kale, strawberries, blueberries, sliced almonds and feta cheese. Toss.

To make the dressing: Add the greek yogurt, strawberries, milk, sugar, and cider vinegar to a food processor or blender and pulse until smooth. Whisk in the poppyseeds. Drizzle desired amount over salad and toss.

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.

Pasta with Pea Shoots

- 2 ounces fresh **pea shoots** (3 cups)
- 1 large clove garlic
- Salt to taste
- 3 tablespoons butter or olive oil, or a mixture
- 1/2 pound bow-tie pasta
- 4 ounces cremini mushrooms, sliced
- 1 ounce prosciutto, chopped
- 3 tablespoons freshly grated Parmesan cheese, plus additional cheese for the table
- Freshly ground black pepper

Chop pea shoots, including stems into pieces. Set aside.

Mash the garlic with a pinch of salt to form a paste. Mix with the butter or oil.

Heat a large pot of salted water for the pasta. Heat 2 tablespoons of the garlic butter or oil in a large, heavy skillet. Add the mushrooms, and saute over medium heat for a few minutes, until the mushrooms have wilted. Stir in the prosciutto, cook another few seconds, then remove from the heat.

When the water has come to a boil, add the pasta and cook about 7 minutes, until al dente. Drain the pasta and add it to the skillet. Return the skillet to the heat.

Add the pea shoots to the skillet along with the remaining garlic butter or oil, and cook over medium heat, stirring, for a minute or two, until the pea shoots have just wilted and the ingredients are well mixed. Add the cheese, season with salt and pepper, and serve at once, offering more cheese at the table.



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