
The Acorn Angle...

June 2017, Box #3



What's fresh?

How do I prepare it?

ASPARAGUS

✦ Steam, grill, sauté, or roast.

CARROTS

These carrots are grown in our hoop house. They are a nice sweet treat.

✦ The leaves are edible. Try them in salads or soups.

GARLIC SCAPES

These long curly stems are the flower stalk of garlic. We remove them from the plant to ensure that more energy goes into the garlic bulb instead of the flower.

✦ Snap off the end with the flower bud and you can eat the entire green stalk.

✦ Garlic scapes are more mild than regular garlic.

✦ Mince like you would regular garlic and use in most recipe that calls for garlic.

✦ Try making garlic scape pesto.

LETUCE

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

ONIONS - WINTER

✦ Chop and add to scrambled eggs or a burrito bowl.

RADISHES

These radishes are spicy. As the temps get hotter, so does the bite of the radish.

✦ Try roasting them. It softens them, and reduces some of their spiciness.

✦ Chop finely and add to guacamole or salsa. It gives the dip a nice crunch.

RHUBARB

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

HERB - MINT

✦ Try making mint tea: Wash and tear up the fresh mint leaves. Put them in a French press or teapot and pour some boiling water over them. Allow to steep for about 3-7 minutes, depending on how strong you want your tea. Feel free to add a bit of honey or even a splash of whole milk if you want.

✦ Make a refreshing Mojito with mint and lime. Yummy. Tastes like summer!

Hello!

The start of this growing season has been challenging in terms of weather. Much of our planting was delayed by a very wet month of May. The month of June seems to be blowing in as hard as it can. Strong winds and heavy rain are not ideal for growing young seedlings.

Every year brings challenges. This year our early spring was cold, but we didn't have a late May freeze like last year, which killed all of our apple blossoms. The apple trees look good this year, with small fruit starting to form.

Diversification on a farm is important. We grow over 60 different varieties of fruits and vegetables. Some will be great this year, and we may have challenges with others. We know we can't control the weather, so we try to put things in perspective. Some days we feel defeated, but most days we have a lot to smile about. We have a beautiful farm and we feel fortunate to grow healthy food for our family and yours. Thanks for all of your support and understanding.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Fruit salad with honey mint dressing with greek yogurt.

Lunch - Garlic scape pesto served over pasta.

Snack - White bean and garlic scape hummus with fresh veggies.

Dinner - Rice bowl with chicken, green onions and black beans.

Dessert - Rhubarb and strawberry crisp.

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).

Looking to add some color to your space? Check out our **FLOWER CSA SHARE** options. You can choose 5 or 10 weeks of local flowers designed in a glass vase. Check out our website for more details.

Recipes of the week...

Roasted Radishes and Garlic Scapes

1 bunch **radishes**, cut in half
1/4 cup **garlic scapes**, chopped
1 T. olive oil
1/2 tsp. salt
Pepper to taste

Toss radishes and garlic scapes in olive oil, salt and pepper.
Roast at 400 degrees for 20-25 minutes.

Mashed Potatoes with Garlic Scapes

2 1/2 lbs. russet potatoes, peeled and cut into 1" pieces.
2 Tablespoons butter (can omit this if on a restricted fat diet/lifestyle)
1-2 Tbsp, olive oil
1/4 cup finely chopped **garlic scapes**
1/4 cup hot milk (or more)

Cook potatoes until very tender. Drain and return to pot. Over medium high heat, melt butter with olive oil in a small skillet. Add scapes and saute about 5 minutes. Add to potatoes and mash. Gradually add milk while stirring. Season with salt and pepper.

White Bean and Garlic Scape Hummus

1/3 cup sliced **garlic scapes**
1 tablespoon lemon juice
1/2 teaspoon sea salt
Ground black pepper (to taste)
1 can (15-ounces) cannellini beans, rinsed and drained
1/4 cup olive oil

1. In the bowl of a food processor, process the garlic scapes, lemon juice, sea salt and black pepper until finely chopped, scraping the sides as needed.
2. Add the beans and process to a rough puree (the beans will be just about completely mashed).
3. With the machine running, slowly pour in the olive oil and process until smooth. Check the consistency; if it is still thick and paste-like, you can add 2 or 3 tablespoons of water to thin it out a bit. Taste, and add more salt and pepper, if desired. Serve with your favorite vegetables, pita chips, etc.

Rhubarb Strawberry Lemonade

3 1/2 cups water
1/2 lb **rhubarb**, cut into 1 inch pieces (2 cups)
1/2 C sugar, or to taste
Two 3 in strips of lemon zest removed w/ a vegetable peeler, plus additional for garnish
1/2 teaspoon vanilla
2 cups sliced strawberries
1 cup fresh lemon juice

Directions: In a saucepan stir together the water, the rhubarb, the sugar, 2 strips of the zest, and the vanilla. Bring mixture to a boil, stirring until the sugar is dissolved, and simmer it, covered, for 8 minutes. Stir in 1 cup of the strawberries and boil the mixture, covered, for 2 minutes. Let the mixture cool and strain it through a coarse sieve set over a pitcher, pressing hard on the solids. Stir in the remaining 1 cup of strawberries and the lemon juice, divide the lemonade among stemmed glasses filled with ice cubes, and garnish each glass with additional zest.

Fruit Salad with Honey-Mint Lime Dressing

Juice of a small lime, approx. 3 Tbl.
3 Tbl. Honey
3 Tbl. Brown Sugar
3 Tbl. of finely chopped **fresh mint**.
8-10 cups of various fresh, cut, fruit in bite size pieces: strawberries, blueberries, peaches, kiwis, grapes, oranges, bananas, black raspberries, etc.

In a small bowl whisk together top 4 ingredients until well incorporated. Place in the refrigerator until ready to toss with fruit.

In a large bowl, gently mix all the cut fruit and Honey Mint Lime dressing together. Garnish with additional mint sprigs.



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