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# The Acorn Angle...

June 2017, Box #4



**What's fresh?**

**How do I prepare it?**

## **BOK CHOY**

All of our vegetables are certified organic.

- ✦ We think they taste great, and unfortunately so do a few critters (we hope you can look past some pest damage to the leaves).
- ✦ Sauté with olive oil, garlic and season with salt.
- ✦ Chop and add to a stir fry.
- ✦ Store in a plastic bag in the fridge for a week or more.

## **CARROTS**

### **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.

## **KALE**

### **KOHLRABI**

These light green, round, mild tasting vegetables grow above ground.

- ✦ Peel off the outer layer with a knife or a kitchen peeler.
- ✦ Cut the kohlrabi into slices or sticks.
- ✦ Eat raw, steam, or stir fry.
- ✦ Leaves are also edible. Sauté with olive oil and garlic.

## **LETUCE**

### **SALAD TURNIPS (Hakurei)**

These look like white radishes.

- ✦ These are more mild and tender than regular turnips.
- ✦ Eat raw, roast, grill, bake or pickle. They are great sliced or grated into a salad.

## **HERB - THYME**

Try making carrot thyme soup or herb butter.

- ✦ Thyme works as a digestive aid and helps break down fatty food.

Hello!

As the Fourth of July is upon us, I am reminded of our fond, or should I say obsessive relationship with food during celebrations and gatherings. Food is not just center stage during Thanksgiving and Christmas, but we tend to build most of our gatherings around food no matter what the season or occasion. Next time you are planning or attending a celebration, consider these thoughts:

### **Eat Real Food**

Eating with friends and family should make us feel great and energized not sluggish or overly stuffed. One way to prevent this all too often occurrence is to avoid serving overly processed foods. Make and serve fresh, homemade dishes, and be sure to include fruits and vegetables. You may even find that picky eaters might reach for carrot sticks if potato chips are nowhere to be found.

### **Eat Local and Organic**

Before you open up your cookbook and plan to make butternut squash soup in July, think about seasonal options. What is in your CSA box? What is available at the farmer's market? What is growing in your garden? Plan your meals around food that is ultra-fresh with low food miles attached.

### **Make it a Pot Luck**

Reduce your workload by asking guests to bring a dish to pass. You can request a type of dish (salad, dessert, main dish) or just ask everyone to follow a theme, like "what did you find at your farmer's market this week". Have guests label their dishes, including ingredients. You can even vote for favorites or pass around recipes following the meal.

### **Consider Those with Allergies or Food Preferences**

Planning in advance for vegetarians, and those with special dietary restrictions is important and can really make your guests feel special and included. Include at least one or more dishes that are meat-free, dairyfree, gluten-free, and low in sugar.

### **Eat Fruit for Dessert**

Chocolate chip cookies and cakes can definitely have their place, but consider putting out a beautiful and mouthwatering fruit plate at the end of the meal instead of the standard sweets.

Enjoy eating your way through celebrations this summer! Create new food traditions and enjoy your time spent with good company.

Happy eating and Happy 4th of July!  
~Kyle, CSA Manager, 608.386.8066

## Recipes of the week...

### Slow Cooker Chicken Adobo

2 medium onions, sliced  
2-3 cloves garlic, minced or 2-3 stems of **garlic scapes**, minced  
1/3 cup apple cider vinegar  
1/3 cup soy sauce  
1 TBS brown sugar  
1 bay leaf black pepper  
8 skinless, bone-in chicken thighs (about 1 3/4 pounds)  
1 tsp paprika  
1 large head **bok choy**, or 2 medium heads, cut in half, lengthwise (rinse with water) and then cut horizontally into 1-inch strips  
2 green onions (scallions) thinly sliced

Cooked rice, or quinoa

In a 5- to 6-quart slow cooker, combine the onions, garlic, vinegar, soy sauce, brown sugar, bay leaf, and 1/4 teaspoon pepper. Place the chicken on top and sprinkle with the paprika.

Cook, covered, until the chicken and onions are tender, on low for 7 to 8 hours or on high for 4 to 5 hours (this will shorten total cooking time). Ten minutes before serving, if the slow cooker is on the low setting, turn it to high.

Gently fold the bok choy into the chicken and cook, covered, until tender, 3 to 5 minutes. Serve with the rice and sprinkle with the scallions.

### Pan-Roasted Hakurei Turnips with Honey

1 bunch small **Salad (Hakurei) turnips** (about 10), halved lengthwise

2 tsp. vegetable oil

Salt and pepper

1/2 TB honey

Pinch of cayenne

1/2 TB water

Toss turnips with 1 tsp. oil, salt and pepper in a medium bowl.

Combine honey, cayenne and water in a small bowl.

Heat a small skillet over medium-high heat. Add remaining tsp. oil. Add turnips. Sauté for about 10 minutes, turning turnips frequently, until they are golden brown.

Add honey mixture to turnips and toss them for a few minutes until glazed and tender. Add additional salt and pepper to taste.

### Kyle's Stir Fry

2 TBS olive oil

2 garlic cloves, minced OR 2 stems of **garlic scapes** minced.

1 TBS minced fresh ginger

2 TBS Bragg's Liquid Aminos OR Soy Sauce

2-3 **carrots**, thinly sliced

2-3 stalks celery, thinly sliced

1 cup canned garbanzo beans, drained

1 cup chopped cabbage, **bok choy**, or napa

1-2 cups additional veggies: broccoli, cauliflower, peas, pea pods,

**kolorabi, salad turnips, peppers, etc.**

Rice, cooked

*\*I never have a recipe when I make this, so I did my best to write it down. Experiment and have fun!\**

Sauté garlic and ginger in olive oil in a large skillet until translucent. Add Bragg's or soy sauce and carrots and celery. If you have other harder veggies (broccoli stems) add those with the carrots and celery. Stir until they become tender, add the garbanzo beans and other tender vegetables. If you have very tender vegetables, or very thinly sliced veggies, add those towards the end. I cover the skillet with a lid to steam the softer veggies (cabbage, pea pods, etc.). You may need to add additional soy sauce or water in the pan. Serve over rice.



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