
The Acorn Angle...

July 2017, Box #5



What's fresh?

How do I prepare it?

BEANS

Our beans are just starting. I love eating beans right out of the field. Enjoy the first fresh bites of the year.

BLUEBERRIES

Our organic partners, Bill and Jane grow wonderful blueberries.

CARROTS

Carrots store best in the refrigerator with their tops removed. Don't forget, you can eat the tops.

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

- ✦ Sauté chopped kale and add to pizza.

LETUCE

- ✦ Make up a few salads in advance for a quick lunch option throughout the week.

PEAS - SNAP

You can eat the entire pod. I just snap off the top of the stem and pop them in my mouth. I love eating these raw as a snack, but you can always steam them, or chop and add to a salad.

PEAS - SNOW

The entire pod is edible. They are great in a stir fry or sautéed with a little garlic and sesame oil.

SUMMER SQUASH/ZUCCHINI

- ✦ Store in your refrigerator in a plastic bag until ready to use.
- ✦ Sauté with minced garlic scapes and oil.

HERB - BASIL

- ✦ Chop and add fresh basil to a salad or sandwich.
- ✦ Add as a topping for pizza.

Hello!

The heat of summer finally showed up! Vegetables are literally ripening and growing before my eyes. I love the anticipation of walking out into the fields and discovering new crops awaiting picking.

After working in the sun all day I enjoy a cool place in the evening. Therefore, I hate to make my kitchen even hotter by cooking a meal on a sweltering day. To beat the heat, and keep the house cool, I try to use my vegetables three ways. One, fire up the grill! Try marinated veggie kabobs with summer squash, zucchini, onions, and mushrooms. Two, make a salad. Try a sweet salad by adding blueberries, candied pecans, and feta cheese topped with balsamic vinegar. Three, cut up your vegetables, make a picnic, and head to the pool! On hot days the last thing I want to do is cook. Keep your meals simple, and enjoy the dog days of summer.

Fruit is abundant this time of year, whether it is in your CSA box (blueberries), at the grocery store, or at a roadside stand. I just bought a few peaches at a roadside stand last week and now the kale and peach salad (recipe on back) is my new obsession. I think you could replace the peaches with blueberries, strawberries, or cherries and achieve the same great taste. Try experimenting with adding fruit to your salads. You will be pleasantly surprised.

We gladly welcomed rain on Sunday night, but it made our veggies a bit dirty. We do rinse most of our veggies, but we do not consider them to be "washed". Please take a few minutes and wash all of your fruit and vegetables before you eat them raw or cook with them.

Enjoy the heat of summer. We can't wait to find out what will be ripening next.

Happy eating
~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Blueberry pancakes.
Lunch - Pasta with sautéed zucchini, basil and parmesan cheese.
Snack - Carrots and snap peas with vegetable dip.
Dinner - Grilled chicken topped with garlic scape pesto.
Dessert - Greek yogurt with blueberries and granola.

Want more **VEGGIES or BEEF?** Email us to be added to our weekly email list. Availability can be found and ordered at: oldoakfamilyfarm.com/direct-orders You can also visit us at the Cameron Park Farmer's Market (La Crosse) on Friday nights 4-8pm.

Recipes of the week...

Kale & Peach Salad

Dressing:

- 1 teaspoon dijon mustard
- 1 tablespoon maple syrup
- 1 tablespoon apple cider vinegar
- 1 teaspoon minced shallot or red onion
- 2 tablespoons olive oil

Salad:

- 1 bunch (about 12 ounces) **kale**, thoroughly washed
- 1 ripe peach, pitted and thinly sliced
- 3/4 cup walnuts, toasted
- 1/2 shallot, thinly sliced or 1/4 cup thinly sliced red onion
- 1 red bell pepper, seeded, stemmed and thinly sliced
- 1/4 cup crumbled goat cheese or feta
- Salt and black pepper, to taste

To make the dressing: In a small bowl, whisk together the mustard, maple syrup, apple cider vinegar and shallot. Continue to whisk while streaming in the olive oil, mixing until combined.

To make the salad: Remove the stems from the kale and reserve for another use (slice and use in a soup, for example). Thinly slice the kale leaves and place them in a large mixing bowl. Give the kale leaves a good massage with your hands to help soften them. Add half of the dressing and toss to coat. Let sit for about 10 minutes then add the peach slices, walnuts, shallot, pepper, goat cheese, along with a pinch of salt and a few grinds of black pepper. Add the remaining dressing and carefully toss everything together. Serve immediately.

Garlic Scape Pesto

- 10 large **garlic scapes**, with the bulb removed, cut into 1/2 inch pieces
- 1 cup (lightly packed) clean and dry **basil leaves**
- 1/2 cup pine nuts or walnuts
- 1/4 - 1/2 teaspoon Kosher salt
- 1/2 to 1 cup (or more depending on how thick you want your pesto) of good quality olive oil
- 1/2 to 1 cup of grated Parmesan Cheese

How to Make It

Add garlic scapes, basil and salt to the large bowl of a food processor. Start processing, adding oil slowly. Stop processing and scrape down the sides of the bowl with a rubber spatula. Once a smooth paste has been achieved, add parmesan and process until completely mixed in. Stop processing and add all of the nuts. Pulse processor until nuts are roughly chopped and fully mixed in. This gives the pesto a great texture.

Storage Suggestions:

Put in an airtight container and cover with a thin layer of olive oil. Will keep refrigerated for a week or two. Spoon garlic scape pesto into ice cube trays. When cubes are frozen, remove and transfer to a plastic freezer bag.

Serving Suggestions:

Grill sausage, chicken or fish and serve it with pasta and garlic scape pesto. Spread fresh ricotta cheese on a toasted baguette and cover with garlic scape pesto. Use garlic scape pesto on sandwiches instead of mayo. Add frozen scape pesto cubes to soups, pasta sauces or stews for a great, rich flavor. Add additional olive oil to thin down pesto and drizzle over tomatoes and mozzarella.

Garlic Peas

- 2 cups fresh **sugar snap peas**
- 2 teaspoons vegetable oil
- 1/8 teaspoon salt

- Pinch ground black pepper
- 2 cloves garlic, minced or try 1 stem **garlic scape**

1. Prepare snap peas by cutting off the tips on each end of the pods.
2. Preheat oil in a wok or medium skillet over medium/high heat.
3. Sauté snap peas in oil with salt and black pepper for 2 1/2 to 3 minutes, tossing often, until the peas are cooked, but still crispy. The pods should begin to get a few dark brown scorched spots developing on them when they're done. Add the minced garlic, toss a bit more, then immediately pour the snap peas out onto a serving platter. If you keep the garlic in too long it could burn and turn bitter, so don't leave it in the hot pan for any longer than about 10 seconds.



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