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# The Acorn Angle...

July 2017, Box #6



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## What's fresh? How do I prepare it?

### **BEANS– Yellow & Green**

Make a minestrone soup or add chopped beans to pasta sauce, simmer until tender and serve over pasta.

### **CUCUMBER**

- ✦ Slice and add to water. Refreshing!
- ✦ Slice into sticks and serve with other cut veggies and hummus.

### **GARLIC - fresh dug**

✦ This garlic has not been dried (cured). The papery shells of the cloves may feel fleshy. Peel them off before using clove.

- ✦ Store in the refrigerator.

### **LETUCE**

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

### **NAPA CABBAGE**

Growing conditions for our napa haven't been the best. You will find smaller, second quality heads in the boxes this week.

- ✦ Sauté with olive oil, garlic and salt.
- ✦ Chop and add to a salad or throw in a stir fry near the end of cooking.
- ✦ Try making coleslaw.

### **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, but you can always steam or sauté them.

### **PEAS - SNOW**

These are the larger, wider pods. Try in a stir fry, or sautéed with butter and garlic.

### **PEPPER - HOT, Hungarian Wax**

- ✦ The small, long peppers are hot.

### **SUMMER SQUASH**

Slice and place on skewers. Brush with olive oil and add seasoned salt. Grill

### **ZUCCHINI**

- ✦ Store in your refrigerator in a plastic bag until ready to use.

### **HERB - BASIL**

- ✦ Basil smells like summer to me!
- ✦ Add to pasta salad, a sandwich, or pizza.

### **HERB - DILL**

If you only associate dill with pickles, you are missing out. Try it fresh in a salad, or check out a recipe on back.

Hello!

Wow. Rain. Too much of a good thing? Everything in moderation? Yes, rain does make me happy. Plants need rain to grow quality food for us all. However, too much is bad for plants as it stunts growth and creates disease problems.

Five inches of rain fell on Wednesday night. More came on Thursday and Friday, and we haven't dried out yet. This spring and summer has been wetter than average for us, but I'm thankful we have not had damaging rain of catastrophic proportions. Farms in southern Wisconsin were not as lucky. "Growing" forward I hope we have rain in moderation to keep crops healthy and on track to produce a bountiful harvest.

Blueberries were listed on our weekly email, and we planned to have them in boxes this week. However wet conditions combined with a fruit fly infestation has prematurely ended the blueberry crop for the year. Spotted Wing Drosophila is a fruit fly that lays its eggs in ripening fruit. This invasive species made its presence in our raspberry crop several years ago. It is devastating to fruit growers. Sprays can be used with moderate success, but we tend to shy away from all insecticides, even organically approved ones.

Stay dry out there and thank you for all of your continued support!

Happy eating

~Kyle, CSA Manager, 608.386.8066

### **Meal ideas for the week:**

Breakfast - Zucchini & bacon quiche.

Lunch - Salad with garlic dill dressing.

Snack - Yogurt and dill chicken salad served with crackers.

Dinner - Chicken kebabs with zucchini and summer squash with grilled green beans.

Dessert - Zucchini cookies.

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](http://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...

### 3-Bean Israeli Couscous Salad

4 tablespoons olive oil, divided  
1/4 cup finely chopped red onion  
2 tablespoons red wine vinegar  
1 1/2 teaspoons Dijon mustard  
3/4 teaspoon fine salt, divided  
1/4 teaspoon freshly ground black pepper  
1 cup Israeli (pearl) couscous  
2 cups water  
4 ounces **green beans**, trimmed and cut into 1/2-inch pieces  
4 ounces **yellow wax beans**, trimmed and cut into 1/2-inch pieces  
1 (15-ounce) can kidney beans, drained and rinsed  
2 tablespoons coarsely chopped fresh **dill** leaves  
2 tablespoons coarsely chopped fresh Italian parsley leaves

Whisk 3 tablespoons of the oil, onion, vinegar, Dijon, 1/4 teaspoon of the salt, and pepper in a large bowl until combined; set aside while you cook the couscous.

Heat the remaining 1 tablespoon oil in a large saucepan over medium heat until shimmering. Add the couscous and cook, stirring occasionally, until toasted and light golden-brown, about 3 minutes. Add the water and remaining 1/2 teaspoon salt, stir to combine, and bring to a boil.

Reduce the heat to medium-low and simmer uncovered for 7 minutes. Add the green and yellow beans and stir to combine. Cover the pot and cook until the couscous and green beans are tender, about 3 minutes more. Drain the mixture through a fine-mesh strainer to remove any excess cooking liquid.

Transfer the hot couscous mixture to the bowl of dressing, add the kidney beans, and stir to combine. Let sit 20 minutes, stirring occasionally, to cool and let the flavors combine. Stir in the dill and parsley. Serve warm or at room temperature.

### Yogurt & Dill Chicken Salad

For the chicken:

1 tablespoon unsalted butter  
1 small onion, diced  
2 **garlic cloves**, minced  
1 cup white wine, optional  
18 ounces boneless skinless chicken breasts

For the salad:

2/3 cup whole milk yogurt  
1/4 cup mayonnaise  
2 large shallots, minced, or 1/4 cup chopped onion  
1/2 cup finely chopped **fresh dill**  
1 teaspoon salt, or to taste  
Freshly ground black pepper

Poach the chicken: Melt the butter over medium heat in a wide, shallow Dutch oven or sauté pan. Sauté the onion and garlic in the butter, then add the white wine, if using, and the chicken breasts. Add enough water to cover the chicken breasts by 1 inch. Bring to a boil. Cover and reduce the heat to a bare simmer. Cook for 8 to 10 minutes or until the chicken is cooked through. Cool thoroughly.

Shred with two forks then chop the resulting shreds finely. You should have about 2 1/2 cups of shredded chicken. Make the salad: Whisk together the yogurt and mayonnaise. Toss with the chicken. Mix in the shallots/onion and dill.

Taste and season with salt and pepper.  
Refrigerate for at least an hour to let the flavors combine.  
The chicken salad will keep up to 3 days in the refrigerator.

### Sweet and Sour Cucumbers with Fresh Dill

3-4 medium **cucumbers** (1 1/2 pounds total), unpeeled, very thinly sliced  
1 tablespoon coarse kosher salt  
1/2 cup distilled white vinegar  
1/4 cup finely chopped **fresh dill**  
3 tablespoons sugar  
1/2 teaspoon freshly ground black pepper

Place cucumber slices in colander. Sprinkle with salt; toss to coat. Let stand 15 minutes, stirring occasionally. Meanwhile, for dressing, stir vinegar, dill, sugar, and pepper in large bowl until sugar is dissolved. Drain cucumbers well; pat dry. Add cucumbers to dressing and stir to blend. Refrigerate at least 15 minutes and up to 2 hours; serve cold.



**The Niedfeldt family:**  
*Jerry & Connie Niedfeldt*  
*Kyle, Eric, Owen & Iris Zenz*  
*Jacey, Ric, Breck & Joelle Heller*

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