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# The Acorn Angle...

August 2017, Box #7



## 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.

#### **BROCCOLI**

#### **CARROTS**

#### **CUCUMBER**

- ✦ Make refrigerator pickles. They can be sweet, spicy, or herbed.
- ✦ Make creamy cucumber salad with plain yogurt, mayonnaise, dill, salt & pepper.

#### **CELERY**

This celery has a stronger taste than store-bought celery, but it has great flavor!

- ✦ Try it in casseroles, soup or salad.
- ✦ Chop and freeze for future use.

#### **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.

#### **PEPPER - GREEN**

Add to soups, stews, omelets, quiches, casseroles, and stir-fries.

#### **PEPPER - HOT**

- ✦ These peppers are slender, small in size and either yellow (Hungarian) or green (Jalapeno).
- ✦ Be careful when chopping hot peppers. Do NOT touch your eyes before washing hands with plenty of soap.

#### **SUMMER SQUASH**

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

#### **ZUCCHINI**

#### **HERB - BASIL - Green or Purple**

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

#### **HERB - HOLY BASIL (TULSI)**

This aromatic herb has amazing health properties.

- ✦ Try it as a tea.
- ✦ Steep leaves in hot water.
- ✦ Google: Holy Basil, for great recipes.

Hello!

I hope many of you have been experimenting with new recipes this summer. Get creative. Feel free to tweak recipes to match the contents of your CSA box. Or search for specific recipe combinations like “carrot and basil”. You never know what tasty treats you might discover.

My go-to meal for this summer is tacos. I love that I can create them in so many ways. Typically we use ground beef or a refried bean base, however this summer I can't get enough of fish tacos. The thing I love most about tacos are the fixings! Fresh lettuce, grated carrots, marinated onions, fresh salsa, diced peppers, guacamole, black beans, rice, cheese, and I could just keep going on and on.

Embrace new recipes and please share your experiences with us. We love hearing about your culinary adventures!

Happy eating

~Kyle, CSA Manager, 608.386.8066

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

Breakfast - Summer squash muffins.

Lunch - “Stuffed” pepper pasta casserole.

Snack - Refrigerator pickles.

Dinner - Spaghetti and sauce with diced zucchini and summer squash.

Dessert - Carrot cake.

#### **- Did you know? - Tulsi (Holy Basil)**

Tulsi is a type of basil plant. Especially valued in India for its spiritual significance, it is also commonly referred to as “holy basil.” It is also revered for its health giving properties and has been used in Ayurvedic medicine for 5,000 years. Like many other herbs, the leaves of the Tulsi plant can be dried and used to make a mild tasting, delicious, and relaxing/rejuvenating tea.

**What does Tulsi taste like?** Tulsi has a delicate yet invigorating flavor that is subtly minty, somewhat buttery, and mildly floral with a natural sweetness. The tea is appealing both hot and cold, and is complex enough to pair well with a variety of foods.

**What are the health benefits of Tulsi?** Tulsi has been used for 5,000 years because of its amazing health benefits.

#### **Tulsi has been said to:**

- ✦ Help resist the effects of stress
- ✦ Strengthen the immune system to fight against colds and common ailments
- ✦ Supports respiratory system
- ✦ Supports digestion
- ✦ Maintain healthy metabolism

# Recipes of the week...

## Squash Ribbons

- 2 medium **zucchini**
- 2 medium yellow **summer squash**
- 1-2 slices bacon
- 2 tbsp. unsalted butter
- 1 tsp. fresh ground black pepper
- 4 ounces parmesan cheese, shaved with a vegetable peeler

Trim the ends of the zucchini and summer squash. Wash and pat dry. Using a vegetable peeler, cut wide ribbons from the whole length of the zucchini and squash. Rotate the squash and peel from all sides. Stop peeling when you get to the seeds. Set aside ribbons and discard the seeds. Cook bacon in a large non-stick pan until crisp. Remove bacon from pan and place on paper towels to absorb excess grease. Remove excess grease from the pan. Roughly chop bacon and set aside. In the same skillet, melt butter over medium heat. Add squash ribbons and cook for 2-3 minutes until just tender, stirring occasionally. Sprinkle with pepper and remove skillet from heat. Add the parmesan cheese and toss gently to coat.

## Creamy Jalapeno Ranch Dip

- 2-3 small to medium fresh **jalapeno peppers**, seeded, deveined and coarsely chopped
- 1 cup sour cream
- 1 cup mayonnaise
- 1 (1 oz.) package Ranch seasoning mix
- 2 cloves **garlic**, minced
- 1/4 cup fresh cilantro
- Salt and pepper, to taste

Place everything but the salt and pepper in the bowl of a food processor. Process until smooth. Season with salt and pepper, to taste. Refrigerate until serving.



**The Niedfeldt family:**  
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## Summer Squash Muffins

- 2 cups **summer squash**, finely diced or grated
- 3 eggs
- 3 cups flour
- 1 tsp baking soda
- 1 tsp baking powder
- 2 tsp cinnamon
- 1 tsp salt
- 1 cup sugar
- 3/4 cup brown sugar
- 1/2 cup oil
- 1/2 cup unsweetened applesauce
- 2 tsp vanilla
- 1 cup chopped pecans

Preheat oven to 350. Grease muffin tins or use muffin liners. Prepare squash. Press into colander to remove as much liquid as possible.

In a mixing bowl, blend oil, applesauce, and eggs together. Add vanilla, sugar, and brown sugar. Mix until smooth. In a separate bowl, whisk flour, baking soda, baking powder, salt, and cinnamon together.

One cup at a time, add dry mixture to wet and blend before adding next cup until all are just mixed.

Using a spoon, stir in the squash. Stir in nuts.

Spoon batter to 3/4 full in muffin tins.

Bake for 16-20 minutes or until golden brown. Increase baking time for larger muffins.

## Tulsi & Mint Lemonade

- 2" knob of ginger, peeled and sliced
- generous handful of **tulsi leaves**, washed and cleaned
- generous handful of mint leaves, washed and cleaned
- Juice of 2 lemons
- 1/2 tsp black salt
- 1/2 tsp roasted cumin powder
- 4 tbsp sugar syrup or jaggery syrup or nolen gur syrup

Directions In a small mixer, grind the ginger, mint and tulsi with 1/4 cup water. Using a fine meshed sieve, squeeze out all the juice, with the back of a spoon. Add to a mixing bowl. Add the lemon juice, black salt, roasted cumin powder and 2 cups of water. Add the sweetener of choice, mix well.

To serve, add 2-3 ice cubes in a glass and top with the drink.