



The Acorn Angle...

August 2017, Box #8

What's fresh & how do I prepare it?

BEETS

Beets are one of my favorite vegetables.

- Try them roasted, steamed, or raw shredded.

CABBAGE - Purple

- Store in a bag in your fridge for 2 weeks or more.
- Shred and add to salads, sandwiches, or make a slaw for fish tacos.

CARROTS

CAULIFLOWER

KOHLRABI - Purple/Green

Peel, and cut into sticks. Enjoy with dip.

PEPPER - GREEN

PEPPER - HOT

- These peppers are slender, small in size and either yellow (Hungarian) or green (Jalapeno).

SUMMER SQUASH / ZUCCHINI

Sautee with oil and garlic. Garnish with basil and parmesan cheese.

SWEET CORN

TOMATILLO

Tomatillos are related to tomatoes, but have a slightly acidic taste with a hint of lemon. Tomatillos are most commonly used for making salsa verde (green salsa).

- Remove husk, and wash with soap and water to remove the sticky film on husk.
- Eat raw in salsa or salad.
- Cook into a salsa verde to put over enchiladas, fajitas, or sliced pork or beef.

WATERMELON

These melons are sometimes called a "personal melon" because of their small size. Store out of the fridge up to 4 days. Refrigerate sliced pieces.

- This melon does have seeds, but the flavor is worth it.
- Occasionally it is hard to tell if a melon is ripe. If you receive an un-ripe melon, please let us know.

HERB - Parsley

HERB - Purple Basil

- Some people say purple basil makes the best pesto.

Hello!

We are half way through our CSA season. I hope you have been enjoying the anticipation of each weekly box. We realize that you may love some items, and dislike others. Our hope is to provide you with a wide variety of seasonal, high quality, organic produce that will expand your palate.

The CSA experience is filled with:

Patience - waiting throughout the season for certain veggies: tomatoes, watermelon, squash, etc. to ripen.

Understanding - realizing that even with our best intentions mother nature may have other plans.

Commitment - taking the time and effort to prepare the veggies that you receive in your box.

Satisfaction - feeling good about eating and preparing healthy food.

Enjoyment - the wonderful taste of farm fresh veggies, eating new foods, and meeting and supporting your local farmer.

As farmers, we put a lot of effort into growing your food. Although, ultimately, you as the consumer must put in the hard, but tasty work that closes the circle from farm to table. I hope you have found satisfaction in eating and preparing fresh, local food that is good for you, the land, and the local economy.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Quiche with sliced zucchini and summer squash.

Lunch - Salad topped with roasted beets, candied pecans, blue cheese and balsamic dressing.

Snack - Sliced watermelon - best when eaten outside, so you can have a watermelon seed spitting contest!

Dinner - Burgers, roasted cauliflower and corn on the cob.

Dessert - "Don't Knock it Till You Try it, Beet Cake" - recipe on back.

WORKING TOGETHER

We are fortunate to have partners, Bill & Jane who grow a few things for us during the season. They have been certified organic under our certification for 10 years. This week, the sweet corn, beets and cauliflower was grown on their farm, 2 miles from ours. Early this spring I had several flats of cauliflower seedlings that needed to get planted, but our fields were too wet to work. Bill had an area that was already prepped, and he was able to rush these seedlings into the ground. They have now matured into beautiful ripe, heads. We are thankful to be able to work together with them to grow great produce.

WHOLE FROZEN CHICKENS are available. Check out our online market for more information. oldoakfamilyfarm.com/direct-orders/

Recipes of the week...

Whole Roasted Cauliflower with Whipped Goat Cheese

- 2 1/2 cups dry white wine
- 1/3 cup olive oil
- 1/4 cup kosher salt
- 3 tablespoons fresh lemon juice
- 2 tablespoons unsalted butter
- 1 tablespoon crushed red pepper flakes
- 1 tablespoon sugar
- 1 bay leaf
- 1 **head of cauliflower**, leaves removed

One of our employees **LOVES** this recipe. Give it a try!

Whipped Goat Cheese and Assembly

- 4 ounces fresh goat cheese
- 3 ounces cream cheese
- 3 ounces feta
- 1/3 cup heavy cream
- 2 tablespoons olive oil plus more for serving
- Coarse sea salt

Roasted Cauliflower: Preheat oven to 475°. Bring wine, oil, kosher salt, juice, butter, red pepper flakes, sugar, bay leaf, and 8 cups water to a boil in a large pot. Add cauliflower, reduce heat, and simmer, turning occasionally, until a knife easily inserts into center, 15-20 minutes.

Using 2 slotted spoons or a mesh spider, transfer cauliflower to a rimmed baking sheet, draining well. Roast, rotating sheet halfway through, until brown all over, 30-40 minutes.

Whipped Goat Cheese and Assembly: While cauliflower is roasting, blend goat cheese, cream cheese, feta, cream, and 2 tablespoons oil in a food processor until smooth; season with sea salt. Transfer whipped goat cheese to a serving bowl and drizzle with oil. Transfer cauliflower to a plate. Drizzle with oil; sprinkle with sea salt. Serve with whipped goat cheese.

Tomatillo Chicken Chili

- 1 onion
- 1 **green pepper**
- 2 cloves garlic
- 1 Tbsp. oil
- 1 (14.5-oz.) can chicken broth
- 6 fresh **tomatillos**, chopped
- 1 (16-oz.) can diced tomatoes
- 1 (7-oz.) can diced green chilies (Or try half of a **jalapeno**, minced)
- 1/2 tsp. oregano
- 1/4 tsp. cumin
- 1/4 tsp. cayenne pepper
- 1/4 tsp. celery seed
- 1/4 tsp. red pepper flakes
- 1/2 Tbsp. chili powder
- 1/2 Tbsp. paprika
- Kernels from 2 ears **fresh corn**
- 1 lb. chicken, cooked and diced
- 1 (15-oz.) can white beans

This is a great recipe that includes a lot of goodies found in your box this week. If you don't quite feel like chili - try serving it with rice and it could be a hotdish. Or, make it and freeze for an easy winter meal!

In a large pot, heat oil over medium-high heat. Add onion, green pepper and garlic and cook for 10-15 minutes or to desired tenderness. Add broth, tomatillos, green chilies and herbs and spices to the pot and stir. Bring to a boil, then simmer for 10-15 minutes. Add corn, chicken and white beans and stir. Simmer for 5-10 minutes or until ready to serve.

Don't Knock it Till You Try it, Beet Cake

- 4 eggs
- 2 cups sugar
- 1 cup vegetable oil
- 2 cups flour (I used 1 cup white, and 1 cup wheat)
- 2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon cinnamon
- 2 teaspoons vanilla
- 3 cups shredded **fresh beets**
- 1 cup chopped walnuts

Directions: Heat oven to 350 °, grease and flour 13×9 baking pan. Beat eggs, sugar and oil until light and fluffy. Sift together flour, baking powder, baking soda and cinnamon. Add to egg mixture and mix well. Add vanilla, beets and walnuts. Beat for 1 minute on medium speed. Pour into pan, bake for 45 minutes, or until a pick comes out clean.



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

N6370 Niedfeldt Rd. · Bangor, WI 54614
608.486.4205 · csa@oldoakfamilyfarm.com

Facebook: www.facebook.com/oldoakfamilyfarm
web: www.oldoakfamilyfarm.com