

The Acorn Angle...

August 2008, box #10



What's Fresh? How do I prepare it?

BROCCOLI

- Steam and add to pasta

CARROTS

- Add to soups, or casseroles

CHARD

- Add to artichoke dip (see back for recipe)
- Use in any recipe that calls for cooked spinach

CUCUMBERS

- Add to a sandwich or pasta salad

GARLIC

- Make garlic butter: use 1/2 cup of softened butter mashed with 4 minced cloves of garlic
- Save for future recipes

PEPPERS

- Add to omelets or quiches
- Freeze peppers for later use

POTATOES

- Enjoy on the grill in a foil packet mixed with peppers, garlic, and summer squash

TOMATOES

Finally! Tomatoes have the best flavor when they are kept at room temperature - *out* of the refrigerator

- Enjoy the first tomatoes of the summer simply sliced and eaten fresh.

SUMMER SQUASH

- Roast squash with olive oil and sage

SWEET CORN

Unfortunately this is the end of our sweet corn season. Enjoy this final taste.

HERB - SAGE

- Add to roasted summer squash (see recipe on back)
- Store fresh in the fridge for up to a week. Wrap in a paper towel and seal in a ziplock bag.

Hello!

I can't believe this is box #10! We are getting into the thick of our vegetable season, but don't worry, there are still plenty of new vegetable varieties ripening for future boxes.

We are enjoying hearing about your vegetable eating adventures. Please continue to let us know how you are enjoying your CSA adventure, and any new recipes you have tried - successfully or unsuccessfully!

Happy Eating!

~Kyle, CSA Manager
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Did you know?

Garlic...

For years garlic has been the topic of much folklore. In ancient times, its pungent odor was believed to supply strength and courage to those who ate it. Garlic has been used for numerous things including embalming, warding off evil spirits, and curing everything from the common cold to tuberculosis and broken bones.

Preparation

To remove individual garlic cloves, peel outer layers from the bulb and snap out each clove from the base. Cloves can then be peeled very easily. For a more mild flavor, whole cloves can be added (unpeeled for an even more subtle taste) to food while it cooks or marinates and then discarded before serving the meal. Another trick for imparting a mild garlic flavor in your dish is to spear a garlic clove with a fork and stir your dish with it — discarding the garlic when stirring is complete. For a stronger flavor, used chopped, crushed, pressed or pureed garlic in dishes. The more finely garlic is chopped, the stronger its flavor will be. To remove garlic odor from hands, use salt or lemon juice and then wash your hands with soap.

Cooking Garlic

Cooking garlic decreases the strength of its flavor making it much milder. The longer it is cooked, the more mild it tastes. Be careful not to sauté garlic too long at too high a temperature, it will brown very quickly and can become bitter. To bake garlic, place whole, unpeeled bulbs rounded side down in a shallow baking dish, drizzle with oil, cover with foil and bake for 1 1/2 hours at 325°F.

Recipes of the week...

Sage-Roasted Squash

2 medium zucchini
2 medium yellow **summer squash**
2 TBS olive oil
2 TBS chopped fresh **sage**
1 TBS minced **garlic**
Salt & pepper

Heat oven to 350. Cut squash and zucchini into 1-inch dice, toss with other ingredients, and roast until tender, 15-20 minutes. Season with salt and pepper to taste. Makes 4 servings.

Spicy Asian Cucumber Salad

1/2 cup rice vinegar
2 tablespoons sugar
2 tablespoons fresh lime juice
2 tablespoons minced fresh ginger
1 hot red chile, minced (1 1/2 tablespoons)
1 tablespoon toasted sesame oil
3 **cucumbers**, seeded and cut crosswise into 1/4-inch slices (cut cucumber in half the long way, and scrap out seeds down the middle with a spoon)
4 scallions, white and light green parts, sliced thin
1/4 cup packed fresh basil leaves, chopped
Table salt and ground black pepper

1. Bring vinegar and sugar to boil in saucepan over medium-high heat. Reduce heat to medium-low and simmer until mixture reduces by half, 5 to 6 minutes. Transfer to medium bowl and cool to room temperature.

2. Whisk in lime juice, ginger, chile, and sesame oil. Toss in cucumbers, scallions, and basil; season with salt and pepper, and let sit for 10 minutes or up to 1 hour. Serve.

Baked Artichoke-Chard Dip

1/2 cup shredded mozzarella cheese
1/2 cup dairy sour cream
1/2 cup mayonnaise
1/2 cup grated parmesan cheese
1 14-ounce can artichoke hearts, drained and coarsely chopped
1 cup loosely packed, coarsely chopped **chard leaves**
1/2 cup finely chopped red onion
Pita wedges, french bread slices, assorted crackers and/or **fresh cut-up veggies**

In a large bowl combine mozzarella cheese, sour cream, mayonnaise, and 1/4 cup of the parmesan cheese. Stir in artichoke hearts, chard, and onion. Spread mixture evenly into a 9-inch pie plate. Sprinkle with the remaining 1/4 cup parmesan cheese. Bake, uncovered in a 350 degree oven about 30 minutes or until heated through. Serve with pita wedges, bread, crackers, or carrot sticks!



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