

# The Acorn Angle...

July 2008, box #4



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

### BLACK RASPBERRIES

Enjoy these! They have a very short season.

- Top ice cream with fresh berries

### CARROTS

- Cut into strips and eat fresh
- Slice into matchsticks and add to stir-fry

### CHARD

Try adding this veggie to a fruit smoothie - it is a great way to sneak fruits and veggies into your diet & they taste GREAT!

### GARLIC

This is mature, fresh garlic. You can use it now (for any recipe that call for garlic) or hang up side down to dry for future uses.

### LETTUCE

- Add to a sandwich or a wrap
- Try an unusual salad - add fruit and balsamic vinegar, or raspberry vinaigrette.

### PEA PODS

The entire pod is edible

- Eat raw as a snack
- Add to stir fry

### NEW POTATOES

The red potatoes may have a red color throughout the inside of the potatoes - watch for blue potatoes later this season!

- Boil whole and add butter and parsley
- Mash with garlic and chives

### HERB - BASIL

Basil is my favorite herb. I love its fresh taste and smell. Fresh basil is great in pasta dishes, salads, sandwiches, and of course, pesto.

When tomatoes ripen, we will again put basil in your boxes to enjoy in a great tomato/mozzarella/basil salad.

Hello!

This week's box is full of greens, greens, and more greens. Spring and fall are the best time for greens, as they tend to bolt (send up flower stalks and die) when the weather turns hot. Some of our greens, like kale, chard, and a few lettuce varieties will remain with into the summer, but others will be done very soon. We are in a transition between some of our other spring and summer crops, but before we know it - beans and zucchini - two summer staples will soon be ripe.

I would love to hear about new ways you have been using the veggies in your box. Please send me your ideas and any new recipes that you have tried with your veggies. I recently learned about a new way to use chard and other greens. One of our CSA members shared a way to turn greens into an easy veggie and fruit smoothie (look on back).

Happy eating!

~Kyle, CSA Manager  
608.386.8066

**WHOLE CHICKENS** are now available! We just had 60 Cornish-Cross chickens butchered early this week. They are a great tasting, all-natural chicken. Our chickens aren't "certified" organic, but they are *raised organically*.

These chickens are vacuum-packed and processed at a USDA-inspected factory. Chickens are sold whole and frozen for \$2.50/pound. These chickens are fairly large, and average about 8 pounds each.

If you are interested in purchasing chickens, or if you would like more information about these birds, please email: [niedfeldtfarms@yahoo.com](mailto:niedfeldtfarms@yahoo.com) or call Kyle at 608-386-8066.

**TAKING A VACATION?** If you won't be available for your weekly pick-up, you can always pick up your box on an alternate day - either Tuesday at the farm, or at the farmer's market in La Crosse on Friday. Or you can always send a friend to pick up your box for you.

If you need to change your day of pick-up, please let us know by Monday at the latest.

# Recipes of the week...

## **Veggie & Fruit Smoothie** *Inspiration from Shawn & Tami*

1 bunch **Chard** (or kale, beet greens, etc.)  
1 cup frozen or fresh fruit (blueberries, strawberries, raspberries, pineapple, etc.)  
1 frozen banana  
1 cup rice/soy or dairy milk  
Optional: add honey or fruit flavored yogurt to sweeten to taste

Directions: Add all ingredients to a blender and puree.

This is a recipe that you can truly experiment with. Use any fruit or greens that you happen to have on-hand or purchase special fruit to make a "tropical" green drink. If you want the drink to be a special green-colored smoothie, try kiwi, avocados, pineapple, and don't forget the garden greens!

Kids and adults will love these - and you won't even realize you are getting your daily dose of fruits & veggies!

*One of our CSA families makes sure that their daughter gets her daily "greens" by adding them to a delicious smoothie!*

*My sister-in-law recommends adding cooked parsnip to the recipe as well (an Irish favorite). Although I haven't tried it, I think it would make a great compliment!*

## **Mashed Potatoes with Carrots**

1 pound small potatoes  
1 pound carrots, peeled and cut into 2-inch chunks  
milk, light cream, or cooking water  
butter  
salt and freshly ground pepper  
2 tablespoons chopped parsley or dill

Steam the potatoes in their jackets until very tender, about 20 minutes. Remove them then steam the carrots until they're tender, about 15 minutes. Grasp the hot potatoes in a towel and slip off their skins. Put them in a bowl with the carrots and mash to a purée, adding enough milk, light cream, or even the cooking liquid to lighten the mixture. Stir in butter to taste, season with salt and pepper, and stir in all but a teaspoon or so of the parsley or dill. Smooth the purée into a dish and sprinkle the rest of the chopped herb on top.



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