

The Acorn Angle...

July 2008, box #5



What's Fresh? How do I prepare it?

BEANS

- ✦ Eat fresh and raw
- ✦ Steam and add butter
- ✦ Add to a bean & vinegar salad

BEETS

- ✦ Roast them in the oven
- ✦ Grill in an aluminum foil packet
- ✦ Make sure to eat the greens or put them in a smoothie

BLUEBERRIES

- ✦ Add to granola, yogurt, ice cream, etc.
- ✦ Create a smoothie with other fruit, kale, and yogurt

CARROTS

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

KALE

- ✦ Add to soups
- ✦ Put in a fruit smoothie
- ✦ Sauté leaves with butter, garlic and onions

LETTUCE

Enjoy this fresh lettuce before the heat of summer ends our supply.

NAPA CABBAGE

This type of cabbage is often found in stir fries or Asian cole-slaws. You can store this cabbage for a few weeks in a zip-lock bag in the refrigerator. With this type of cabbage, you can eat the entire leaf and stalk.

ONIONS - GREEN

Clean, dry green onions can be stored in a plastic bag for a week or two.

HERB - PARSLEY

Parsley has more vitamin A than carrots and more vitamin C than oranges!

- ✦ Use fresh in soups, salads, pastas, etc.
- ✦ Add to fruit & greens smoothie
- ✦ Dry for future use

Hello!

I hope all of you have been enjoying new ways to prepare and eat veggies. I enjoy putting this newsletter together, because it allows me to try out new recipes. One new recipe that I tried out this week is beet fries. They are absolutely delicious! I know that some of you may be leery about eating beets, but I encourage you to give them one more chance by trying this recipe. They are so sweet, and when they are cooked with a bit of garlic and salt - they are simply outstanding!

I have been told by many great chefs that the reason some people don't like certain vegetables is simply because they haven't been prepared correctly. I also like to think this is true - so I will continue to provide new recipes and encourage you to "eat all of your veggies"!

Happy eating!

~Kyle, CSA Manager
608.386.8066

SUMMER WEATHER has been great so far. Last week's rain came just in time. It may have been a little too much rain all at once, but we are thankful we got it! Our crops are growing great, as well as the weeds.

HELP is always welcome! If you are interested in coming to the farm to "relax" by pulling weeds, picking veggies, or helping to bunch just let us know. You are also welcome to just come and visit the farm or take a walk in our woods. Just give a call and let us know when you want to come.

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 or call Kyle at 608-386-8066.

Recipes of the week...

Green Surprise Dip

1 cup steamed **kale**, swiss chard, or spinach
1 cup plain yogurt
1 cup cooked chickpeas (garbanzo beans)
1/4 cup mayonnaise
2 cloves garlic
2 **green onions** (chopped)
1 TBS lemon juice or to taste
1/2 tsp salt or to taste
A few sprigs of fresh **parsley**

Puree in a blender or food processor.

Napa Cabbage Chinese Salad

large head **Napa cabbage**
5-6 **green onions**, chopped
1 stick butter, melted
2 pkg. Ramen noodles (don't use seasoning)
1 pkg. sliced almonds
1/2 c. sesame seeds

DRESSING:
1/2 c. vegetable oil
1/4 c. vinegar
1/2 c. sugar
1 tsp. soy sauce

Add "dressing" ingredients and shake well in a closed container.

Chop napa cabbage into thin strips. Add to chopped scallions.

In a pan melt butter. Add 2 packages Ramen noodles (break these up into little pieces). Brown these together, once noodles start to turn brown, stir until completely brown. Turn off heat, add seeds and almonds; let cool. When cool add to the cabbage and scallions. Add the dressing just before serving.

Beet 'fries'

Bunch of **beets** - the Chioggia variety I provided work great, and have beautiful stripes inside
1 clove of crushed garlic
Olive oil

You can do this with beets alone, or beets and potatoes. Preheat your oven to 375 degrees. Remove leafy green tops from beets (and save!!). Peel beets (or scrub and leave the skin on) and cut into French-fry like sticks. If you're using potatoes too, wash and dry but don't peel, and cut into sticks too. Put beets, potatoes and garlic in a bowl and toss with olive oil to coat. Spread out on a baking sheet and sprinkle liberally with salt and bake for 45 minutes, scooping and turning (or otherwise rearranging) once or twice during cooking time with a spatula, until browned on the outside and soft in the middle. Dump onto a platter and pass around while still hot. They are so good and sweet!



N6370 Niedfeldt Rd. • Bangor, WI 54614
608.486.4205 • niedfeldtfarms@yahoo.com
www.oldoakfamilyfarm.com

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