

The Acorn Angle...

July 2008, box #6



What's Fresh? How do I prepare it?

BEANS

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

CARROTS

Store dry carrots in a sealed bag in the refrigerator for several weeks.

- ✦ Add to muffins, cake or brownies

CHARD

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

GARLIC

- ✦ Roast in the oven with olive oil and then spread soft cloves on bread - my FAVORITE!!

- ✦ Store in the refrigerator for a few months

KOHLRABI

Peel the outer layer off of the kohlrabi and eat raw or cook.

- ✦ Slice up and eat raw with dip
- ✦ Cut in cubes, boil, and add butter and seasonings

LETTUCE

- ✦ Enjoy a large salad with all of these fresh veggies

POTATOES

Skins can be left on the potatoes and provide added nutrients

- ✦ Boil and mash with butter and garlic
- ✦ Make potato salad

RASPBERRIES

We grow raspberries throughout the entire summer. We will make sure to include more raspberries as the season continues.

HERB - MINT

- ✦ Make a mojito drink (recipe on back)
- ✦ Boil hot water, add a few leaves and enjoy mint tea

Hello!

It was a good day today - I spotted my first zucchini, cucumber, and found 5 sungold baby tomatoes! The abundance of ripening vegetables brings much excitement to our farm. I can't tell you how satisfying it is to walk through the garden on a daily basis to witness the vegetables literally growing before my eyes.

Soon we should have an abundance of great tasting tomatoes to include in your box. If you are interested in canning extra tomatoes we should have some canning tomatoes available for purchase. I will keep you updated!

Happy eating!

~Kyle, CSA Manager
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Do your friends ask you about your CSA?

Besides telling them about the great tasting produce you receive you can share...

Why Is Community Supported Agriculture Important?

- CSA's direct marketing gives farmers and growers the fairest return on their products.
- CSA keeps food dollars in the local community and contributes to the maintenance and establishment of regional food production.
- CSA encourages communication and cooperation among farmers.
- With a "guaranteed market" for their produce, farmers can invest their time in doing the best job they can rather than looking for buyers.
- CSA supports the biodiversity of a given area and the diversity of agriculture through the preservation of small farms producing a wide variety of crops.
- CSA creates opportunity for dialogue between farmers and consumers.
- CSA creates a sense of social responsibility and stewardship of local land.
- CSA puts "the farmers face on food" and increases understanding of how, where, and by whom our food is grown.

~ localharvest.org

Recipes of the week...

Summer Fruit Salad with Mint Sugar

1/2 cup loosely packed fresh **mint**
3 TBS sugar
3 medium peaches or nectarines (sliced lengthwise)
1 1/2 cup seedless grapes (halved)
1/2 pint **raspberries** or blackberries
1/2 pint blueberries or strawberries

Makes 6 servings. Pulse mint and sugar in a food processor until finely ground. Sprinkle mint sugar over fruit in a large bowl and toss gently to combine. Let stand 5 minutes before serving. (Different varieties of fruit can be substituted)

*This is my
favorite
summertime
drink!*

Mojito (Mint & Lime Cuban Drink)

6 fresh **mint** sprigs
4 tsp sugar
6 tbsp fresh lime juice
3 oz light rum (simply omit for a non-alcoholic drink)
club soda

Makes 2 servings. In a tall thin glass, crush part of the mint with a fork in the bottom of each glass. Add the sugar and lime juice and stir thoroughly. Top with ice. Add rum and mix. Top off with *chilled* club soda (or seltzer). Add a lime slice and the remaining mint, and serve.

French Potato Salad

Boil (whole) small red or gold **potatoes** until tender
Drain and while still hot, season generously with white-wine vinegar

For every 6 pounds of potatoes, toast:

1 Tbs. cummin seed
1 Tbs. fennel seed
1 Tbs. mustard seed

Thinly slice 2 large sweet onions

1 – 2 Tbs. whole tarragon leaves or thyme leaves

1 clove **garlic** minced (optional)

1 Tbs. chopped parsley (optional)

When potatoes are cool, quarter them and toss with olive oil. Add the seeds, onion tarragon, garlic and parsley. Salt if desired.

*This recipes is great
for hot weather
because its acidity
and absence of mayo
prevents it from
spoilng.*

*This recipe is for a
crowd so it could
easily be cut in 1/2.*



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