

The Acorn Angle...

July 2008, box #7



What's Fresh?

How do I prepare it?

BROCCOLI

After the main head of broccoli is picked, side shoots continue to produce small broccoli florets throughout the summer

- ✦ Eat raw with hummus
- ✦ Add to casseroles

CUCUMBERS

- ✦ Slice and add to a salad or eat with dip
- ✦ Make a creamy dill dressing and add cucumbers

GARLIC

- ✦ Slice top off bulb, wrap in aluminum foil, place in a baking dish and roast in oven at 400 for 30 minutes, or until cloves feel soft. Spread on bread or crackers.
- ✦ Add to countless recipes

KALE

- ✦ Add to soups
- ✦ Add to quiches

NAPA CABBAGE

- ✦ Add to stir fry
- ✦ Shred and add to salad

ONIONS

- ✦ Eat raw on burgers and sandwiches
- ✦ Store in the refrigerator and use as needed

POTATOES

Skins can be left on the potatoes and provide added nutrients

- ✦ Slice into sticks and bake in the oven
- ✦ Grill in a foil packet with onions, garlic

SUMMER SQUASH

- ✦ Eat raw in salads
- ✦ Slice in long sections and grill with olive oil and garlic
- ✦ Add to stir fry

HERB - CILANTRO

- ✦ Make tomato or fruit salsa
- ✦ Add to a cream sauce for fish
- ✦ Add to a salad

Hello!

The produce is really starting to come into full swing. No tomatoes yet, but they will be nice and ripe very soon. Although it seems like the forecast threatens rain everyday ~ we haven't seen much lately. We could definitely benefit by a shower or two.

We aim to maintain variety in your boxes. I know we have been providing lettuce weekly, but I think most of you enjoy it. This week we are taking a break from lettuce, but hope to have some for you next week. Lettuce is one of those plants that doesn't do too well in the heat.

We love to hear your feedback and suggestions. If you think that you are getting too much or not enough of a certain vegetable, please let us know.

Happy Eating!

~Kyle, CSA Manager
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Did you know?

Food travels on average 1,300 miles from farm to table.

- Most fresh fruits and vegetables produced in the U.S. are shipped from California, Florida, and Washington.
- Fruits and vegetables shipped from distant states and countries can spend as many as seven to fourteen days in transit before they arrive in the supermarket.
- Most fruit and vegetable varieties sold in supermarkets are chosen for their ability to withstand industrial harvesting equipment and extended travel not taste. This results in little variety in the plants grown.

Taste the difference in fresh, local food and judge for yourself!

- Premium Taste. Locally grown fruits and vegetables are usually sold within 24 hours of being harvested. Produce picked and eaten at the height of ripeness has exceptional flavor and, when handled properly, is packed with nutrients.
- Maximum Freshness. By choosing local produce at farm stands, farmers markets, pick-your-own farms and grocery stores, you pay for taste, not transportation and packaging.
- Unique Varieties. Local farmers often grow a large assortment of unique varieties of products to provide the most flavorful choices throughout the season.

Recipes of the week...

Avocado & Mango Salsa

2 avocados, cut into 1/4" cubes
1 mango, cut into 1/4" cubes
Juice of 2 limes
2 jalapeno peppers, seeded & minced (optional)
1/4 cup minced **red onion**
1 **garlic clove**, minced
1/4 cup minced **cilantro**
Sea salt to taste
Ground black pepper to taste

In a medium glass dish (not metal) mix all ingredients. Store in a covered container in the refrigerator for at least 30 minutes, but no more than 1 hour before serving. The fruit will begin to "cook" in the lime juice and become soggy.

This salsa is great with fresh fish, especially grilled halibut. It also tastes great with corn chips or as a salad dressing.

Summer Squash Quesadillas

1 Small **red onion** (diced)
1 medium **summer squash** (diced)
1 garlic clove (diced)
1/2 can drained black beans
1/4 cup corn
Flour tortillas
Cheddar cheese or goat cheese
Serve with tomato salsa or avocado & mango salsa (recipe above)

Sauté a smallish yellow or red onion in olive oil for a couple of minutes or so, then add a chopped medium summer squash (any variety will work) and a diced garlic clove. Stir uncovered until the squash begins to soften, then add 1/2 can drained black beans and 1/4 cup corn. Heat through. Place three flour tortillas on a warm griddle and, using a slotted spoon, pile the cooked veggies onto one-half of each tortilla. Sprinkle veggies with shredded cheddar cheese or crumbled goat cheese, and fold the empty side of the tortilla over the top of the veggie side to form a half-moon. Cook over medium heat until starting to brown, then flip the quesadillas over and continue cooking until they're browned on the other side. Serve with picante sauce.

As an alternative, omit the black beans from the cooked vegetable and instead spread a thin layer of refried beans on one-half of the tortillas. Place on the griddle and pile the cooked veggies on top. Then add the cheese and cook as instructed above.



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