

# The Acorn Angle...

September 2008, box #12



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

### BEANS

### CARROTS

Eat carrots raw to receive the most nutrients. They are high in Vitamin A and beta carotene. Carrots are also high in fiber, calcium, and potassium.

### GARLIC

### ONIONS

### PEPPERS

Try roasting - Place bell pepper under broiler, above hot coals, or over open flame. Toast it, turning often, until the skin is blackened evenly. Place pepper in a brown bag, close, and allow to steam 10-15 minutes. Skin will peel off easily with the aid of a paring knife.

### POTATOES - French Fingerling

### SUMMER SQUASH

✦ Slice thinly and add to a homemade pizza. Our favorite toppings for a pizza include: summer squash, sungold tomatoes, red onions, mushrooms, and goat cheese.

### RASPBERRIES

Enjoy the fresh taste of raspberries alone or make into a pie - recipe on back

### TOMATOES - Regular & Sungold

✦ Enjoy making fresh salsa

### ZUCCHINI

✦ Try making zucchini cookies - recipe on back  
✦ Grate and freeze in a ziplock bag for future use

### HERB - CILANTRO

✦ Add to fresh salsa

### HERB - PARSLEY

✦ Chop into pasta or vegetable salad

Hello!

I can't believe it is already September. Some say summer is over, but this week's temperatures are proving otherwise!

For recipes this week, I have included some of my favorite desserts. I hope you have a chance to try them.

Our vegetable harvest is going strong. We are patiently awaiting fall veggies like squash, lima beans, and brussel sprouts to ripen. We have recently planted second crops of varieties like spinach, lettuce, radishes, kale, and swiss chard.

Keep your fingers crossed for sufficient rainfall these next few weeks and for a late frost!

Don't forget about the "Eat Local Wisconsin" challenge.

Happy Eating!

~Kyle, CSA Manager

608.386.8066

**CANNING /FREEZING TOMATOES** are now available. Let us know if you are interested in purchasing extra tomatoes. We typically sell canning tomatoes for \$1.00/pound, but CSA members can get them for \$.50/pound.

**PRODUCE BAGS** work great to re-use around the house. Please find a second use for the bags I put your lettuce, herbs, broccoli, etc. in. I hate to use so many bags, but some things just stay fresher when put in bags.

**WHOLE CHICKENS** are still available! They are a great tasting, all-natural chicken. Our chickens aren't "certified" organic, but they are *raised organically*. 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.

**TOO MANY VEGGIES?** Are you finding that you have veggies left over at the end of the week? Try freezing things like beans, carrots, onions, peppers, tomatoes, zucchini, or try drying things like herbs and tomatoes. If that doesn't work for you, give them away to friends and relatives.

# Recipes of the week...

## Fresh Raspberry Pie

- 1 frozen pie crust (bake according to directions)
- 1 quart Raspberries
- 1 cup sugar
- 3 Tablespoons cornstarch
- 1 cup water
- 2 Tablespoons white Karo Syrup
- 3 Tablespoons raspberry flavored Jello

In a pan, add sugar, cornstarch, water, karo syrup - bring to a boil. Add jello. Completely cool mixture. Put raspberries in the baked pie crust. Pour filling over berries and let cool. Serve chilled.

*This pie tastes amazing and is very easy to prepare!*

*These cookies are wonderful - it is easy to forget they have hidden veggies!*

*They will be a slightly soft cookie, but hold up well.*

## Zucchini Chocolate Chip Cookies

- 1 egg, beaten
  - 1/2 cup butter, softened
  - 1/2 cup brown sugar
  - 1/3 cup honey
  - 1 tsp vanilla extract
- Combine in a large bowl

- 1 1/4 cup white flour
  - 1 cup whole wheat flour
  - 1/2 tsp baking soda
  - 1/4 tsp salt
  - 1/4 tsp cinnamon
  - 1/4 tsp nutmeg
- Combine in a separate, small bowl and blend into liquid mixture

- 1 cup finely shredded zucchini
- 12 oz chocolate chips

Stir these into other ingredients, mix well. Drop by spoonful onto greased baking sheet, and flatten with the back of a spoon. Bake at 350, 10 to 15 minutes.



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