

The Acorn Angle...

September 2008, box #14



What's Fresh? How do I prepare it?

APPLES - Spartan

Our partners, Bill & Jane have a wonderful apple orchard. The Spartan apple is a cross between a Macintosh and a Pippin. It is a great all-purpose apple.

CELERY

Our celery has much more flavor than the varieties you may find in the grocery store.

- ✦ Chop up the leaves and stem and add to a great vegetable or chicken noodle soup
- ✦ Celery can be stored in a plastic bag in the refrigerator for a few weeks.

CHARD

Try the penne and cannellini recipe on the back. It is such a simple and great tasting meal.

GROUND CHERRIES

- ✦ Try making a ground cherry and almond torte - recipe on back.
- ✦ Eat raw as a snack

ONIONS

POTATOES - All Red

These potatoes are red throughout.

- ✦ Enjoy making pink mashed potatoes

RADISHES

Radishes aren't just a springtime vegetable. Enjoy this crisp treat cut up in a fresh salad.

RASPBERRIES

SALAD MIX

Lettuce, Spinach & Mesclun

TOMATOES - Regular & Sungold

HERB - PARSLEY

- ✦ Add to a homemade vegetable soup

Hello!

One of my favorite cool-weather meals is soup. I could eat soup everyday for weeks and weeks. As I write this, I am in the process of making chicken dumpling soup. Since our farm chickens are whole, frozen chickens, I always find creative ways to stretch out a weeks worth of chicken. We typically roast the chicken whole for the first (and/or second) meal, then I make enchiladas, fajitas, or casserole for the next meal, followed by chicken soup for the final meal.

A great way to use CSA veggies is to add them to a soup. Even if you aren't planning on making soup now, you can freeze small quantities of vegetables, freeze them, and add them to soup later this winter. You can make your own broth, or purchase pre-made broth and add your favorite ingredients to make a fantastic, hot soup to enjoy on a cool day.

Happy Eating!
~Kyle, CSA Manager
608.386.8066

We are now selling cage-free, farm fresh **EGGS**. Our chickens are really starting to increase egg production. We have 2 different type of laying chickens: white layers and brown layers. As you may or may not know, different breeds of chickens lay different colored eggs. We have white and brown eggs available, however our brown layers are more productive at this time.

If you are interested in purchasing any eggs, please let us know. We can provide them at your CSA pick up point. Our eggs are not certified organic, but are fed certified organic feed, and are cage-free! Our eggs are \$2.00/dozen.

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 or call Kyle at 608-386-8066.

Recipes of the week...

Penne with Canellini

8 oz Penne or Mostacholi noodles
1 can diced tomatoes (or 2 cups **fresh chopped tomatoes**)
1 can cannellini beans (white kidney beans), drained and rinsed
3 cups packed **chard** (or spinach or kale)
1/2 cup shredded parmesan
1 tsp basil
1 tsp garlic
1/2 tsp salt

Cook pasta. Meanwhile in a large saucepan bring tomatoes, beans and spices to a boil. Reduce heat and simmer 10 minutes. Add spinach, cook and stir 2 minutes or until chard is wilted. Drain pasta. Top with tomato bean mixture. Sprinkle with cheese.

During the summer it is great to add fresh tomatoes, but canned tomatoes make this a quick and easy meal anytime.

Almond and Ground Cherry Torte

From Harmony Valley Farm

2/3 c. unsalted butter
3/4 c. granulated sugar
1 c. almonds, ground
1 c. flour
1 1/2 tsp. baking powder
1/2 tsp. salt
1 egg
1 tsp. ground cinnamon
1 pint **ground cherries**

Sift flour baking powder, cinnamon and salt. Cream butter and sugar until light and fluffy. Beat in the egg. Stir in the almonds and flour. The dough will be stiff. Spread half the batter into a greased and floured eight inch cake pan. Cover with the fruit and dot with remaining dough, almost covering fruit. Bake for 45-50 minutes at 350 degrees. Serve dusted with powdered sugar.



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