

# The Acorn Angle...

October 2008, box #17



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

### APPLES - Red Delicious & Jonafree BRUSSEL SPROUTS

- Simply snap sprouts off of the stalk, and slice off the end of the sprout
- The key to properly prepared brussel sprouts is to NOT overcook them. Boil or sauté them until they are slightly tender, but never mushy. They take on a strong flavor when overcooked.

### CARROTS

### LIMA BEANS

- Remove from pods and boil until tender, but not mushy. Eat as a side dish with butter and salt
- Add to a hearty vegetable soup.

### NAPA CABBAGE

Easy recipe: Whisk together 1 TBS sesame oil, 1/4 cup salad oil, 2 TBS rice vinegar, 1 TBS brown sugar, 1 tsp grated fresh ginger, and 1 tsp soy sauce. Pour over 4 cups shredded **Napa cabbage**, 1/2 cup shredded **carrots**, and 1/4 cup sliced green onions and toss to coat. Garnish with toasted slivered almonds.

### ONIONS

### PEPPERS

### RADISHES

### SALAD MIX

### SQUASH - Acorn & Delicata

You will receive squash for the next 3 weeks. I will be including some great squash recipes, including squash soup, squash pizza, and even squash pie!

- Cook and add 1 cup pureed squash to a vegetable soup. It gives it a great taste and a bit of color.

### HERB - THYME

- Add to lima & goat cheese recipe on back
- Dry for future use

Hello!

We finally got hit by our first frost. Some of our more sensitive plants are done for, but we still have plenty of hardy vegetables thriving.

This week you will find two new vegetable varieties in your box: lima beans and brussel sprouts. Now I know that these veggies aren't typically everyone's favorites, but I have included two recipes that I encourage you to try. They make these veggies taste delicious.

I have always loved lima beans, probably due to the fact that my grandmother always made them with lots of butter. However, until recently, I would say that I "strongly disliked" brussel sprouts. Within the past couple of years I tried unsuccessfully to find new recipes hoping that my tastes would change. Finally, I found one that I can truly say tastes great! I really encourage you to try the Maple Pecan Brussel Sprouts recipe (on back).

It is hard to believe that there are only 3 more boxes after this one. The season has definitely flown by!

Happy Eating!  
~Kyle, CSA Manager  
608.386.8066

We are running short on **CSA BOXES**. If you have forgotten to return a box or two, please remember to bring them back.

We will be asking you to fill out a **MEMBER SURVEY** in the next few weeks. Please take some time to reflect on your experience with our CSA program. Did you enjoy the produce? Was the experience what you hoped it would be? What would you like to change? What did you like best? Your feedback is very important to the future of our CSA program.

### EXTRAS AVAILABLE:

- Farm fresh, cage free brown **EGGS** for \$2.00/dozen
- Whole, natural **CHICKENS** for \$2.50/pound. These chickens are fairly large, and average about 8 pounds each

If you are interested, please call or email. Chickens or eggs can be picked up with your CSA weekly box.

# Recipes of the week...

## Maple Pecan Brussel Sprouts

4 cups fresh brussel sprouts  
4 TBS Butter  
1 tsp seasoned salt (I used Spike, a salt-free seasoning)  
2 TBS real maple syrup  
1 cup toasted, chopped pecans

Cut sprouts in half. Fry halved brussel sprouts in butter till cooked to desired doneness (about 10 minutes, or until they start to brown a bit - DON'T overcook). Sprinkle in seasoned salt and toss. Add maple syrup and cook for 30 more seconds. Place in serving dish and sprinkle with pecans. (Makes 4 servings)

*This is an easy-to-make recipe and is a good one for those of you eating brussel sprouts for the first time, or for those of you who think you don't like brussel sprouts*

*I absolutely love this recipe. The limas are so sweet and mild and wagon wheel pasta is always a favorite!*

## Wagon-Wheel Pasta, Limas & Goat Cheese

1/2 pound wagon-wheel (or any short) pasta  
1 1/2 cups fresh lima beans (can also use frozen)  
1 TBS olive oil  
1 cup onion, sliced thinly  
2 TBS sour cream  
1 TBS finely chopped fresh thyme (optional)  
1/2 tsp kosher salt  
1/4 tsp ground black pepper  
4 ounces creamy goat cheese

1. Bring a large pot of salted water to a boil, then add the pasta.
2. After 5 minutes, add the lima beans.
3. Meanwhile, heat the olive oil in a skillet over medium heat. Add the onions and cook until browned, about 7 minutes.
4. When the pasta is ready, drain it with the beans (reserving 1/2 cup of the liquid), then return the pasta and beans to the pot along with the onion, sour cream, thyme, salt, pepper, goat cheese, and the reserved water. Toss together and serve. (makes 4 servings)



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