

# The Acorn Angle...

October 2008, box #18



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

### APPLES - Jon A Free

- Dip slices into peanut butter
- Make apple crisp

### BEETS

- Try the beet cake (recipe on back), it is surprisingly good!
- Don't forget to eat the beet tops - steam, sauté or add them to a smoothie

### CARROTS

- Don't throw out carrot tops - chop them and add to a soup

### CHARD

- Add chopped stalks and leaves to tuna salad
- Substitute chard stalks for celery in recipes

### ONIONS

### POTATOES - Red

### RADISHES

- Add chopped or sliced radishes to tuna, chicken, egg, or potato salad.

### RASPBERRIES

This warm weather has allowed us to provide you with another week of fresh raspberries!

### SALAD MIX - Lettuce, Spinach

### SQUASH -

#### Delicata

#### Butternut

Bell-shaped fruits with thick necks have smooth, tan outer skin and dark orange medium-dry, sweet flesh. Delicious in soups, baked or steamed.

### HERB - SAGE

- Use as a pizza topping (recipe on back)
- Add to soup

Hello!

After last week's freezing temperatures, we were treated to an unseasonably warm weekend. I thoroughly enjoyed it, and the plants did as well!

We still have 2 more weeks of produce boxes. Until the end of the season we will continue to provide you with delicious produce including: apples, carrots, onions, potatoes, squash, chard, parsnips, kale, brussel sprouts, garlic, and more. We also plan to give you a few extras like small pumpkins, gourds, and some decorative corn.

I hope you have been enjoying your CSA experience and experimenting with new foods. I love finding recipes to share, and I hope you continue to "eat your veggies" throughout the off-season.

One of my favorite new recipe websites is Farmgirl Fare. Check it out and try something new for dinner! [www.foodiefarmgirl.blogspot.com/](http://www.foodiefarmgirl.blogspot.com/)

Happy Eating!  
~Kyle, CSA Manager  
608.386.8066

Don't forget to return your **PRODUCE BOX**

### EXTRAS AVAILABLE:

- Farm fresh, cage free brown **EGGS** for \$2.00/dozen
- Whole, natural **CHICKENS** for \$2.50/pound.

\*\*Last week we had 70 additional chickens processed. These are smaller in size than our earlier batch. We now have sizes ranging from 5lbs to 9lbs. Please indicate your size preference.

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

# Recipes of the week...

## *Don't Knock it Till You Try it, Beet Cake*

- 4 eggs
- 2 cups sugar
- 1 cup vegetable oil
- 2 cups flour (I used 1 cup white, and 1 cup wheat)
- 2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon cinnamon
- 2 teaspoons vanilla
- 3 cups shredded fresh **beets**
- 1 cup chopped walnuts

Heat oven to 350 °, grease and flour 13x9 baking pan.

Beat eggs, sugar and oil until light and fluffy.

Sift together flour, baking powder, baking soda and cinnamon.

Add to egg mixture and mix well.

Add vanilla, beets and walnuts.

Beat for 1 minute on medium speed.

Pour into pan, bake for 45 minutes, or until a pick comes out clean.

*This recipe is really good. No one will even know it has beets in it! This cake is similar to a carrot or zucchini cake. Add cream cheese frosting to make it even tastier!*

## **Butternut Squash Pizza**

From CSA members, Marc, Jenny & Ari

2 Pizza crusts (made from scratch, pre-made, or pizza dough from can)

2 TBS olive oil

1 TBS butter

2 shallots, finely chopped, or you could use 1/3 cup **onions**

1 butternut **squash**, peeled, seeded and cubed (about 1 pound)

16 **sage** leaves, tear into small pieces

2, 14 oz cans chunky tomato sauce

4 oz mozzarella

4 oz goat cheese

Salt & pepper

Preheat oven to 400. Put butter and oil in a roasting pan and heat in oven for a few minutes. Add shallots, squash and half of sage. Toss to coat. Roast 15-20 minutes until tender.

Raise oven temperature to 425. Grease 2 baking sheets. Transfer dough or pizza crusts to baking sheets. Spread tomato sauce over crusts. Spoon squash and shallot mix on top.

Arrange cheese over squash, sprinkle with remaining sage. Salt and pepper. Bake for 15 to 20 minutes.



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