

The Acorn Angle...

October 2008, box #19



What's Fresh? How do I prepare it?

APPLES - Jon A Free

CARROTS

- ✦ Make carrot cake
- ✦ Shred and add to a casserole

KALE

LETTUCE

ONIONS

GARLIC

- ✦ Make garlic dip (see recipe on back)
- ✦ Roast garlic and spread on bread

POTATOES - Russet

PUMPKIN - Pie variety

- ✦ Roast pumpkin pieces (see back for recipe)
- ✦ Roasted seeds - Wash seeds, coat them with seasoned salt, place on greased cookie sheet. Bake at 350 for 20 minutes or until slightly browned.
- ✦ Or just enjoy the pumpkin as a decoration

SQUASH -

Buttercup

An all-time favorite winter squash for its sweetness, creamy texture and taste.

Sweet Dumpling

One of the sweetest squash - ever!

HERB - TARRAGON

It enhances salads, fish, pork, beef, lamb, poultry, vegetables, vinegar, soups and eggs. In general, it should be used lightly as it can overpower other flavors and should not be cooked too long, as it turns bitter.

FALL DECORATIONS

✦ **DECORATIVE CORN**

✦ **GOURDS**

Hello!

I have a love/hate relationship with winter. I really enjoy the break from farm work and harvesting, but on the other hand, I REALLY miss eating fresh food. It is going to kill me when I have to buy spinach from California, and tomatoes from Mexico.

In order to avoid buying produce from across the country, I try my hardest to freeze as much as I can while it is still fresh. This is especially evident this year, as I am preparing all of my son's food. Cooking, pureeing, and freezing fruits and vegetables definitely takes time, but it is worth the effort.

I hope you have enjoyed your CSA experience for the last 19 weeks. We have one more box for you, and after that, you will have to simply dream about eating local, fresh produce for the next 32 weeks. I'll be counting the days till the Robins return and the asparagus finally pokes its head out of ground!

Happy Eating!
~Kyle, CSA Manager
608.386.8066

EVALUATION - Please take a few minutes to fill out our CSA evaluation form. This has been our first year as a CSA, so it is very important to hear your opinion. Don't hesitate to let us know about things you would like changed, or about any bumps in your CSA experience. Also, don't forget to share what you liked best, so we can continue putting our customers first! Please return your evaluation when you pick up your last produce share.

YOUR FINAL BOX - Please return your CSA plastic tub (and any extras you have accumulated) next week. We will have your final produce share in bags, so that you don't have to worry about figuring out a way to return your tub.

EXTRAS AVAILABLE:

Farm fresh, cage free brown EGGS for \$2.00/dozen
Whole, natural CHICKENS for \$2.50/pound. Sizes ranging from 5 lbs to 9 lbs. Please indicate your preference

If you are interested, please call or email. We can gladly arrange deliveries following the CSA season. Don't discriminate this holiday season - Chicken tastes just as great as turkey! Buy local!

Recipes of the week...

Roasted Pumpkin with Shallots & Sage

From CSA members, Linda & Sonny

1 medium **sugar pumpkin** (about 4 pounds), Peeled (I cut off both ends, cut the pumpkin into slices and the peeled it with a potato peeler), seeded and cut into 2-inch chunks.
4 Shallots, peeled and quartered lengthwise
3 tablespoons olive oil
1/4 cup fresh sage leaves
coarse salt and ground pepper

Preheat oven to 450 degrees. Divide pumpkin, shallots, oil and sage between two large rimmed baking sheets, season with salt and pepper and toss. Roast until pumpkin is tender, 30 to 34 minutes, tossing once and rotating sheets halfway through.

Meal for the next day...

Rigatoni with Roasted Pumpkin & Goat Cheese

course salt and ground pepper
12 ounces rigatoni
2 tablespoons butter
5 ounces fresh goat cheese, crumbled
1 recipe roast Pumpkin with shallots and sage

In a large pot of boiling salted water, cook pasta until al dente. Reserve 1/2 cup pasta water; drain pasta and return to pot. Add butter, cheese, and pasta water; toss until butter has melted. Gently fold in Roasted Pumpkin; season with salt and pepper. Divide among serving bowls, and serve immediately.

Easy Squash Soup

Asparagus to Zucchini

2 tablespoons butter or olive oil
3-4 cloves **garlic**, mashed
1/2 to 1 cup **onion**
2 1/2 to 3 pounds **squash**, halved, seeded, and baked until soft
4 cups chicken stock or 2 bullion cubes dissolved in 4 cups hot water
1 bay leaf
pinch of sugar
1/2 teaspoon or more curry powder
pinch of nutmeg
salt and pepper to taste
2 cups milk (low-fat or skim)

Heat butter or olive oil in large saucepan over medium flame. Add garlic and onions; cook, stirring often, 7-10 minutes. Puree the cooked squash in a food processor and stir into onion mixture. Stir in stock, bay leaf, sugar, curry powder, nutmeg, salt, and pepper. Simmer 20-30 minutes. Remove bay leaf. Add the milk; heat but don't boil. Makes 6 servings.

Garlic Dip

From our partners, Bill & Jane

1 eight ounce cream cheese (fat free, 1/3 less fat or regular)
1 cup of your favorite ketchup
1 Tablespoon of soy sauce - any type
Garlic (3-10 cloves - dependent on your love of garlic - experiment with a few batches)

Add all ingredients to a food processor. Blend until mixture makes a dip-like consistency. Use dip with veggies, potato chips, or toasted bread.



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