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# The Acorn Angle...

October 2009, box #19

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

### APPLES - Macintosh

### LETTUCE

### ONIONS - Red

These onions have been dried, and store best with their papery skin attached.

### PARSNIPS

Parsnips are harvested best in the late fall after several frosts or in the spring after the ground has thawed.

- ✦ Chop and add to soups or stews, they give the broth a slightly sweet taste.
- ✦ Oven roast sliced parsnips with other vegetables such as carrots, potatoes, squash, brussel sprouts, etc.
- ✦ Boil 1-inch chunks for 12-15 minutes and puree. You can add to mashed potatoes, or eat alone as a side dish.
- ✦ Slice thinly and fry in butter or olive oil.

### PEARS

If you plan on eating the pears right away, leave them out on the counter. Otherwise store them in your refrigerator. They ripen fairly quickly when left out.

### POTATOES - Kennebec

### SQUASH - Spaghetti

Cut squash in half, lengthwise and remove seeds. Place on a shallow baking dish and bake upside down at 350 degrees for about 50-60 minutes or until the skin is soft. Use a fork to scrape out the squash a little at a time. It will naturally separate into noodle-like strands.

- ✦ Top spaghetti squash with pasta sauce or a vegetable medley with cheese.
- ✦ Try the boiled spaghetti squash with garlic butter recipe on back.

### SQUASH - Delicata

This is the same squash you receive in your week #16 box. It is one of my favorites!

Hello!

We had a wonderful turnout for our farm open house last Sunday. Over 80 of you stopped by to see where the contents of your weekly CSA box come from. We were lucky to have such great weather, and equally great company.

The season is winding to an end, along with the warm weather of summer and early fall. We just put up the plastic on our greenhouse, so on those cold, but sunny January days you will probably find me basking in the warmth, learning the ins and outs of operating a greenhouse.

Happy Eating!

~Kyle, CSA Manager  
608.386.8066

**EVALUATION** - Please take a few minutes to fill out our CSA evaluation form. Your feedback is very important to the future of our CSA. 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.

**DIRECT ORDERS** will be available throughout the fall and winter. We will have vegetables as they last, eggs, and meat for sale. If you aren't already on our direct order email, please send us an email and we will include you. Options will be available for delivery and pick-ups at central locations.

A new batch of **CHICKENS** will be available for sale in early November. These will be whole, frozen, shrink-wrapped chickens. Our chickens are cage-free, and fed organic grains, and our organic veggies. They are all-natural, but not *certified* organic. Chickens will be \$3.00/lb. Our last batch sold out quickly. Please pre-order if you are interested.

We will be butchering a few of our **HERFORD BEEF CATTLE** in late December/early January. If you are interested in purchasing a quarter, half, or full cow (or if you have questions) please contact us by mid-November.

Please remember to return any extra **CSA BOXES** that you may have. Your last delivery will be in bags, so you don't need to worry about returning a final box.

# Recipes of the week...

## Maple Parsnip Soup from *Simply in Season*

3 TBS butter (can use part olive oil)  
1 pound **parsnips** (chopped)  
2 medium **onions** (chopped)  
2 cloves garlic (minced)  
6 cups chicken or vegetable broth  
1/4 tsp ground nutmeg  
1/2 cup evaporated milk  
1/3 cup maple syrup  
2 TBS Dijon mustard  
Salt to taste

*Old Oak Family Farm staff member,  
Laura, loves to take home parsnips for  
this delicious recipe.*

Melt butter in a heavy-bottomed soup pot until beginning to brown. Add parsnips, onions, and garlic to pot and sauté until onions are translucent but not brown. Add broth and nutmeg - bring to a simmer and cook until parsnips are soft (about 40 minutes). Add evaporated milk and remove pot from heat. Pour mixture into a blender and puree until velvety smooth. Stir in maple syrup, mustard, and salt. Serve garnished with 3/4 toasted pine nuts or other nuts.

## Grandma's Apple Cake

2 eggs  
1 cup sugar  
1 cup flour  
1 1/2 tsp baking powder  
3-5 **apples**

Topping:  
2/3 cup sugar  
2/3 cup flour  
6 TBS butter  
1 tsp cinnamon

*We served this tasty desert at our  
open house - it is a family  
favorite.*

Beat eggs, sugar, flour, and baking powder. Stir in apples. Pour into a 9x13" greased baking dish. Mix together topping (should be somewhat crumbly). Sprinkle over apple batter. Bake at 350 for 40 minutes.

## Boiled Spaghetti Squash with Garlic Butter

1 whole **spaghetti squash**  
water  
1 Tbsp. salt  
1 Tbsp. butter  
3-4 cloves minced garlic  
2 Tbsp. fresh chopped parsley  
2 Tbsp. grated Parmesan cheese  
salt and pepper to taste

Rinse the squash and cut a hole in each end so the heat can reach the middle. Place the squash in a large pot and cover with water and salt. Bring water to a boil, cover and reduce heat to simmer. Cook for 25 minutes or until the skin feels tender. Cut in half, remove the seeds and remove the flesh with a fork. In a sauté pan, cook the garlic and butter on medium heat for 2 minutes. Add the squash and toss gently. Add a sprinkle of salt and pepper and place on a serving platter. Top with parsley and parmesan and serve immediately.

Serves 8 (about 1/2 cup each) Per serving: 51 calories, 2 g fat, 7 g carbohydrate, 1 g fiber, 2 g protein, 265 mg sodium



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