
The Acorn Angle...

October 2009, box #20



What's fresh?

How do I prepare it?

APPLES - JonAFree, Yellow Delicious,
Delicious

BEETS

One last chance to enjoy these delicious beets. Store them in a plastic bag in your crisper drawer for several months.

- ✦ Make the beet cake from week #14.
- ✦ My favorite way to eat beets is to boil them with skins on, until easily pierced with a fork. Remove from water, slip off skins and chop into small pieces. Top with lots of butter and a bit of salt. This is how my grandmother would always serve beets, and as grandchildren, we loved running around afterwards with purple lips and tongues!

BRUSSEL SPROUTS

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.

CABBAGE

You can store cabbage in your crisper drawer for more than a month. Keep in a plastic bag.

- ✦ Chopped cabbage is a great addition to a warm, hearty soup.

CARROTS

Due to the early cold snap, these carrots didn't grow as fast as anticipated, but they have a delicious, sweet flavor.

LETTUCE

Our partners, Bill & Jane have done a great job growing lettuce for almost every box this season.

ONIONS - Copra

PARSNIPS

- ✦ Try the delicious rice and root vegetable bake recipe on back.

SQUASH - Buttercup

This squash is an old-fashioned favorite.. It's dark orange flesh has a sweet, rich flavor. Cut this squash in half, remove seeds and bake in the oven (cut side down) on a rimmed baking pan for 45 - 90 minutes, or until the squash becomes soft.

Hello!

Wow! I always think the summer will last and last, but before I know it the frost is on the pumpkins and I'm packing the last CSA box of the year.

You all have a few things to be proud of. You've made a commitment to eating healthy, trying new vegetables and recipes, buying locally to reduce your carbon footprint, and supporting the agriculture tradition in Wisconsin by purchasing food from a local, family farm. I hope your CSA experience motivates you to eat healthy in the future, and seek out local products when available.

Finally, I want to thank *you*. Knowing who my customers are makes my job worthwhile. The personal connections I form motivate me to grow and pack the highest quality, organic produce for my friends and neighbors. I love hearing stories from folks who have tried new recipes that failed or succeeded. I love hearing about someone's child that ate a fresh kohlrabi and now can't get enough of them! I love hearing how the CSA box has improved eating habits and led to lifestyle changes. These are the stories that make me smile when I'm lost in thought picking a row of beans.

I look forward to hearing many, many more stories, and hope to see all of you next year.

Happy eating & keep in touch!

~Kyle, CSA Manager
608.386.8066

We will be sending out information for our **2010 CSA SEASON** in early February. Current members will have first priority in signing up. If you know anyone who is interested in joining our CSA for next year, please tell them to contact as soon as possible. Space in our CSA is limited, and we will begin accepting new applications starting in mid February.

DIRECT ORDERS will be available throughout the fall and winter.

Please email us if you are interested in ordering:

- ✦ Storage vegetables (onions, squash, beets, cabbage)
- ✦ Whole, frozen chickens at \$3.00/lb
- ✦ Farm fresh, cage free natural eggs at \$2.00/dozen
- ✦ Hereford Beef (prices available on-line)

Options will be available for delivery and pick-up at central locations.

We are currently missing quite a few **CSA BOXES**. If you still have any please find a way to get them back to us.

Recipes of the week...

Root Vegetable & Rice Bake

2 cups wild rice blend (or brown rice)
2 cups **onion**, chopped
2 TBS olive oil
2 cups **winter squash**, peeled and cubed
2 cups sweet potato, peeled and cubed
2 cups **parsnip**, scrubbed and cubed
1 lb. fresh mushrooms (optional)
1 cup cider or apple juice
3 cups chicken or vegetable broth

This is a great “comfort food” dish and works well as a main course or side dish. I am planning on serving this at Thanksgiving dinner.

Rinse uncooked rice through a fine mesh strainer. Place rice in the bottom of a large casserole dish or a 9x13-inch baking pan. Sauté chopped onion in olive oil. Mix with rice. Spread cubed squash, sweet potato and parsnip on top of rice and onion mixture. Top with mushrooms. Pour cider and broth on top. Cover tightly with aluminum foil or casserole lid. Bake at 375 for about 90 minutes, or until most of the moisture is absorbed and the vegetables are tender. Serves 6-8.

Creamy Cabbage Soup

2 14.5-oz. cans chicken broth
2 celery ribs, chopped
1 medium head (3 lbs.) **cabbage**, shredded or chopped
1 medium **onion**, chopped
¼ cup butter
3 Tbsp. all-purpose flour
1 tsp. salt
¼ tsp. pepper
2 12-oz. cans evaporated skim milk
1 cup 1% milk
2 cups lean cooked ham, diced
½ tsp. dried thyme



In large stock pot, combine chicken broth, celery, cabbage, onion and carrots. Bring to a boil, then reduce heat and simmer covered 15 to 20 minutes or until vegetables are tender. Meanwhile, in medium saucepan, melt butter over medium heat. Stir in flour until smooth; cook about 1 minute. In a separate container, mix together evaporated skim milk and milk. Gradually whisk the milk mixture into the flour mixture, stirring constantly to prevent lumps. Cook milk until thickened, plus 1 minute more. Gradually add thickened milk to the cooked cabbage mixture. Add ham and thyme; heat thoroughly.

12 servings (about 1 cup each) Per serving: 190 calories, 13 g. protein, 6 g. fat, 20 g. carbohydrate

If you didn't get a chance to fill out your evaluation form, you can download one at:
www.oldoakfamilyfarm.com/whatsfresh

Don't forget that all of our newsletters and recipes are archived on-line.
Re-visit a favorite recipe or share the link with family and friends:
www.oldoakfamilyfarm.com/whatsfresh/CSAnewsletter.html



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