

The Acorn Angle...

September 2010, box #16



What's fresh?

How do I prepare it?

BRUSSEL SPROUTS

Unfortunately this has not been a good year for brussel sprouts. Typically we include the stalk with the sprouts attached in your CSA box. This year, due to the wet weather all of our brussel sprout plants began to decay at ground level. Therefore we snapped off all of the sprouts for you. The size of the sprouts is also smaller than average, but they do have good flavor.

- ✦ Trim off the bottom of the sprouts, and peel back the outer leaves.
- ✦ The key to properly prepared, and delicious sprouts, is to NOT overcook them. Sauté until they start to brown just a bit.
- ✦ Try the recipe on the back. It is one of my all-time favorites!!

LETTUCE

PEPPERS

POTATOES - Blue

PUMPKIN - BAKING, New England Pie

- ✦ Try making a pumpkin pie from scratch! You can always cook and freeze the pureed pumpkin in order to have a "fresh" pie for Thanksgiving or Christmas.
- ✦ Check out our pumpkin pie recipe from our website archives: 2008, Newsletter #20.

SQUASH - Delicata & Sweet Dumpling

These squash varieties are two of the sweetest we grow. Before you add any brown sugar, please try them plain. You might be surprised at how great they taste!

- ✦ I love making the roasted squash recipe on back. It tastes great and is easy to prepare.

SWEET CORN

This is our final planting of sweet corn. Corn pests seem to be prevalent this time of year. and since we are organic and don't use pesticides, we cut the tips off of all the corn. This variety of corn doesn't produce large kernels, but has excellent flavor.

TOMATILLOS

- ✦ Store in the refrigerator in a paper bag with the husks intact for up to 2 weeks.

HERB - SAGE

Hello!

We are starting to dry out a bit from last week's heavy rains. In times like this we are happy that we don't have any streams or rivers on our property. We do have some grassy waterways (erosion control measures-designed for major water events) that were definitely running with water on Thursday.

Some lower parts of our garden had a bit of standing water, but luckily none of our plants were underwater. While we are lucky that none of our gardens were massively impacted by flooding, the frequency and quantity of rains this summer has not been good for growing. This year we planted at least twice as much as last year, and in many varieties, the quantity was the same or less than last year's yield.

There is always next year :) Hopefully it will bring a balance of rain and good weather.

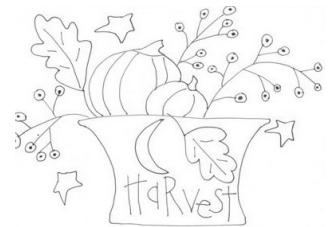
Happy eating!

~Kyle, CSA Manager, 608.386.8066

Save the date - Sunday, October 17th Old Oak Family Farm Open House

12:30 to 2:30 for Tuesday CSA members
3:00 to 5:00 for Thursday CSA members
(due to limited parking space, it is important to schedule visitors in two shifts)

Join us for a farm tour, wagon ride, harvest treats, and more! Watch your email and upcoming newsletters for more information.



CHICKENS are available for sale this week. They are 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 are \$3.25/lb.

Quinoa, Corn, and Tomatillo Salad

2 cups cooked quinoa (prepare according to package directions)
2 ears **corn**, steamed 7 minutes and cut from cobs
2 medium **tomatillos**, chopped in 1/4" dice
1 scallion, chopped fine
2 TBS chopped cilantro
1 TBS extra virgin olive oil
2 tsp lime juice
Sea salt and freshly ground pepper

Place quinoa, corn, tomatillos, scallion and cilantro in a bowl and mix well. Add olive oil and lime juice and mix gently. Season to taste and serve either room temperature or chilled.

Recipes of the week...

Glazed Delicata Squash Rings, *from Serving Up the Harvest*

1 1/2-2 pounds **delicata squash (or sweet dumpling)** (about 2 medium)

3 tablespoons butter, melted

2 garlic cloves, minced

1 teaspoon minced fresh ginger

1 tablespoon honey

✦ Preheat oven to 350 degrees.

✦ Slice off the ends of the squash, scoop out the seeds and fibers. Cut the squash into 3/4-inch rings.

✦ Stir together the butter, garlic and ginger in a small bowl. Brush on both sides of the squash, reserving 1 tablespoon of the butter mixture, and place the rings on a rimmed baking sheet.

✦ Roast for 15 minutes, turning once halfway through. Add the honey to the remaining butter. Brush the honey-butter mixture over the squash and return to the oven to roast for another 5 minutes, or until completely tender and lightly browned.

Maple Pecan Brussel Sprouts

2 cups fresh **brussel sprouts**

2 TBS Butter

1/2 tsp seasoned salt (I used Spike, a salt-free seasoning)

1 TBS real maple syrup

1/2 cup toasted, chopped pecans

Trim ends and 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.

Roasted Squash

1 **delicata squash**, washed - cut in half (long way), and slice off stem and bottom. Scoop out seeds. Cut 1/3 - inch thick half-moon slices.

2 TBS olive oil

1 clove of garlic, minced

15 leaves of **sage**, torn into small pieces

1/4 cup onion, sliced in rings (optional)

Coarsely ground sea salt

Preheat oven to 350. Place squash slices and onions into a shallow baking dish. Combine olive oil, garlic, and sage in a small bowl. Mix together. Pour over squash and onion slices, and mix to evenly coat. Sprinkle with salt as desired. Roast on top rack of oven for 30-45 minutes, until squash slices are easily pierced by a fork.

*In this recipe the skin is left on the squash, and is quite delicious. If you prefer your squash skin-free, just peel the squash using a vegetable peeler before cutting in half. You can also experiment with adding other veggies to this dish: carrots, potatoes, parsnips, brussels sprouts, etc.

Harvest Moon Corn Squash Soup

3 cups vegetable broth

1/4 cup diced carrots

1/4 cup diced celery

1/4 cup diced onion

1/2 cup diced **potatoes**

1 cup **whole kernel corn**, drained

1 1/2 cups peeled, diced butternut squash, or **delicata/sweet dumpling squash**

In a stockpot, combine all ingredients and bring to a boil. Reduce to a simmer and cook until all the vegetables are tender.

Serves 4. Per 1-cup serving: 90 calories, 0 g fat, 2 g protein, 21 g carbohydrate, 1 g fiber, 470 mg sodium

1/2 tsp. ground black pepper

1/2 tsp. dried thyme leaves

1/2 tsp. dried basil leaves

1/4 tsp. pumpkin pie spice

pinch of dried cayenne pepper



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