
The Acorn Angle...

October 2010, box #17



What's fresh?

How do I prepare it?

BEETS

- Shred beets and carrots for a great salad ~ toss with raisins and a sweet dressing.
- For storage, trim off the greens, leaving about 1/2" tops and place in a plastic bag in your crisper drawer. They will last a month or more.

BOK CHOY

- Dice and add to fried rice.
- Substitute in any recipe that calls for chard.
- Chop and add to a gratin, omelet, frittata, scrambled eggs or casserole.

GARLIC

GROUND CHERRIES

- Check out this on-line recipe for ground cherry cupcake pies. It looks great, but I have to admit I haven't tried it. <http://veganyummy.com/2008/09/ground-cherry-cupcake-pies/>

LEEKS

Remove green tops to within 2 inches of the white section. Cut leek in half lengthwise and wash thoroughly under water to remove soil trapped between the layers.

- Substitute leeks for green onions and regular onions and notice the subtle flavor changes.

LETTUCE

POTATOES

SQUASH - Butternut

- You will either get 1 large squash or 2 small ones in your box. The large squash can typically be used for at least 2 recipes.
- Peeled, diced squash can be kept in your refrigerator in a sealed container for at least a week.

TOMATILLOS

- Try making tomatillo guacamole. Check out this on-line recipe from the New York Times: <http://www.nytimes.com/2010/09/16/health/nutrition/16recipehealth.html>

HERB - ITALIAN PARSLEY

- Add to a fresh salad for great flavor.
- Chop and blend into a soup ~ but make sure to add it towards the end of cooking.

Hello!

Fall's first frost visited our farm over the weekend. Some sensitive plants are instantly damaged by a light frost, but many of our heartier plants stick it out until the bitter cold hits us. Lettuce is one of those plants that seems like it would be very sensitive to a cold snap, however it is quite hearty and often survives through the winter.

I hope you have been enjoying eating seasonally with us. Fall brings a bounty of squash to our farm. If you don't consider yourself a squash lover, please consider trying a new recipe. There are millions of squash recipes out there from savory to sweet. If you don't have time for a new recipe, you can always bake squash and freeze it for later use. You can even substitute cooked squash for pumpkin and make a pie! Or you can try making squash cookies (on-line archives, 2009, week #18). The possibilities are endless.

Enjoy the flavors of fall and 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.

Winter Squash was such an important vegetable in the diet of the Native Americans that they even buried it with the dead to ensure their significant ones had good nourishment during their final journey. Winter squash is an excellent source of vitamin A (in the form of beta-carotene) and C, along with B vitamins. It is also a good source of potassium, manganese and fiber. Beta-carotene has amazing antioxidant and anti-inflammatory properties. Potassium is essential for blood pressure regulation and vitamin C helps to maintain elasticity of skin and boosts the immune system. Fiber improves digestion and manganese assists in blood sugar regulation.

Recipes of the week...

Pasta with Leeks & Butternut Squash, adapted from *Cooking the Whole Foods Way*

2 TBS extra-virgin olive oil
2-3 medium **leeks** (about 1 cup), cut lengthwise, rinsed well and thinly sliced
1-2 cloves of **garlic**
Sea salt
1 small to medium **butternut squash** (about 4-5 cups), halved, seeded, peeled and diced
1/4 cup vegetable or chicken stock
1 cup rice milk (or regular milk)
1 pound pasta (we used spirals, but penne, or fettuccine would work well)
1/4 cup minced fresh **parsley**

*Tasty tip: top with feta
or soft goat cheese.*

Heat oil in a skillet over medium heat. Add leeks and garlic and a pinch of salt and sauté until wilted, about 5 minutes. Add squash and a pinch of salt and cook, stirring frequently, 5 to 6 minutes. Add stock and milk and season lightly with salt. Cover, reduce heat to low and cook until squash is quite soft, about 15 minutes, stirring occasionally.

While sauce is cooking, bring a large pot of water to a boil. Add pasta and cook just until tender to the bite, about 10 minutes.

While pasta cooks, transfer squash and leek mixture to a food processor and puree until smooth. Return to skillet and simmer over low heat 2 to 3 minutes. Drain pasta; do not rinse. Toss with sauce and minced parsley and serve immediately.

Oven-Roasted Beets & Garlic, *Weight Watchers Cookbook*

4 large **beets**, trimmed, peeled and quartered (about 2 cups)
6 **garlic cloves**, quartered
1 TBS minced thyme
2 tsp olive oil
1/4 cup + 1 TBS orange juice

Preheat the oven to 375. In a 9x13" baking pan, combine the beets, garlic, half of the thyme and the oil. In a small bowl, combine the orange juice and 2 TBS water; pour over the beets. Cover with foil and roast until tender, 45-50 minutes. Remove the foil; roast 10 minutes longer. Serve, sprinkled with the remaining thyme.

Serves 4 Per serving: 65 calories, 2 g fat, 1 g. protein, 10 g carbohydrates, 43 mg sodium.

Butternut Turkey Bake

1 butternut squash (about 2 lb.), cut in half, seeds removed	1/2 tsp. poultry seasoning
3/4 cup finely chopped onion	1/2 tsp. ground black pepper
2 Tbsp. butter	1 lb. cubed, cooked turkey
2 cups seasoned salad croutons	1 cup low-fat chicken broth
1/2 tsp. salt	1/2 cup low-fat shredded cheddar cheese

Preheat oven to 350 degrees. In a 15x10-inch baking pan, add halves of squash cut side down; add 1/2" of hot water. Bake 45 minutes. Drain water from pan, turn squash cut side up; bake 10-15 minutes more or until tender. Scoop out pulp, mash and set aside. In a large skillet, sauté onion in butter until tender. Stir in the croutons, salt, poultry seasoning and pepper. Cook 2-3 minutes or until croutons are toasted. Stir in squash, turkey and broth; heat through. Place all ingredients in a greased 1 1/2-quart baking dish. Bake 20 minutes; sprinkle with cheese. Bake for 5-10 minutes more or until edges are bubbly and cheese is melted.

Serves 8 (about 1 cup each) Per 1-cup serving: 190 calories, 7 g fat, 17 g protein, 23 g carbohydrate, 5 g fiber, 710 mg sodium



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