
The Acorn Angle...

October 2010, box #18



What's fresh?

How do I prepare it?

LETTUCE

NAPA CABBAGE

Widely used in East Asian Cuisine. Napa Cabbage originated from China and provides you with a rich source of vitamins C and K as well as selenium and several B vitamins. Vitamin C is essential for healing wounds and cuts and improves your ability to fight infections. Vitamin K helps your body to absorb calcium from food and controls blood clotting. Selenium regulates thyroid hormone and the B vitamins are very important for good health and general well being.

➤ Napa will keep well for up to 2 weeks - store in a plastic bag in the crisper drawer of your refrigerator.

PEPPERS

PEPPERS - Hot

POTATOES - Carola

RADISHES

We typically have good luck growing radishes in the fall. Radishes do best in cool weather, and these are very crisp and tasty.

SWISS CHARD or KALE

➤ Steam, cool, place in food processor with a bit of water and puree. Put puree into ice cube trays, and freeze. Add green "ice cubes" to soups, spaghetti sauce, or smoothies for some added nutrients.

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.

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.

HERB - Cilantro

Hello!

I am loving this weather, and so are our late fall crops. Our lettuce, radishes, and napa cabbage are growing great.

Take some time to get outside and appreciate these last few warm days of fall. Predictions for our open house on Sunday are in the mid-60's. We hope to see you there!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Visit our farm! Open House - Sunday, October 17th

12:30 to 2:30pm (Tuesday CSA members)

3:00 to 5:00pm (Thursday CSA members)

In order to accommodate visitors and vehicles, it is necessary to have two time periods for guests to arrive.

- Visit the farm and enjoy the fall colors of the coulee region.
- Tour and learn about our organic produce operation.
- Meet our herford beef cows, donkey, and chickens.
- Plant a basil seedling to take home.
- Go on a hayride.
- Enjoy some homemade treats (grass-fed beef chili, pumpkin soup, popcorn, & hot apple cider).



Please RSVP by Thursday, October 14th if you are planning on attending. Please include the names of everyone you will be bringing.

We will be having a sale on meat and produce - 10% off - Oct. 17th only.

Our open house will be held rain or shine.

Check your email for an attached map, or call us for directions.

CHICKENS are available for sale. 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.

We are missing quite a few **CSA BOXES**. If you have one or several, please remember to return it before the end of the season. Your last CSA "box" will be put into a paper bag so you don't have to worry about returning the box. Thanks!

Recipes of the week...

Taste-of-the-Tropics Winter Squash, *from Serving Up the Harvest*

1 large **buttercup**, butternut, or red kuri squash, or 1/2 small baby blue Hubbard squash
2 tablespoons butter
2-4 tablespoons dark or light brown sugar
1 tablespoon dark or light rum
1 tablespoon milk
salt and pepper

- Preheat oven to 400 degrees.
- Cut the squash in half if small, or into quarters if large. Remove and discard seeds and fibers. Place skin-side up in a baking dish and add about 1 inch water to the dish.
- Bake until completely tender when pierced with a skewer, 60-90 minutes, depending on the size of the pieces.
- Drain off the water. Turn the squash flesh-side up, and allow to cool enough to be easily handled. Scrape the flesh from the skins into a mixing bowl and discard the skins. Add the butter, brown sugar, rum and milk and mash or beat until smooth. Season to taste with salt and pepper.
- If desired, reheat in a microwave or on top of a double boiler over boiling water. Serve hot.

Chinese Chicken Noodle Soup with Sesame and Green Onions

1 lb. skinless boneless chicken breast, cut in 1/4" strips
3 Tbsp. soy sauce
2 Tbsp. dry Sherry (cooking wine)
2 Tbsp. oriental sesame oil
3 tsp. minced garlic
3 Tbsp. tahini (ground sesame seeds)
2 Tbsp. peeled and minced fresh ginger
1 Tbsp. sugar
1 Tbsp. seasoned rice vinegar
1 1/2 tsp. chili-garlic sauce
4 cups **Napa cabbage**, chopped
6 green onions, thinly sliced
8 cups canned low salt chicken broth
14 oz. package Chinese pan-fry noodles, cooked and drained
1/2 cup fresh **cilantro**
Salt and ground black pepper to taste*

In a medium bowl, stir chicken, soy sauce, Sherry and 1 Tbsp. sesame oil. Let stand 20 minutes or refrigerate up to 2 hrs. In a small bowl, whisk garlic, tahini, ginger, sugar, vinegar and chili sauce. In a heavy large pot, over medium-high heat, heat remaining sesame oil, add cabbage and green onions; sauté about 5 minutes or until cabbage is tender. Add broth and bring to a boil. Add chicken with marinade and tahini-garlic mixture. Reduce heat to low and simmer about 5 minutes or until chicken is cooked and internal temperature reaches 165 degrees. Add noodles, stir in half of cilantro. Season with salt, pepper and remaining cilantro.

*additional salt and pepper not included in analysis

Serves 12 (one cup each). Per 1 serving: 220 calories, 7 g fat, 16 g protein, 25 g carbohydrate, 2 g fiber, 680 mg sodium



N6370 Niedfeldt Rd. • Bangor, WI 54614
608.486.4205 • oldoakfamilyfarm@yahoo.com
www.oldoakfamilyfarm.com

The Niedfeldt family:
Jerry & Connie Niedfeldt
Kyle, Eric, & Owen Zenz
Jacey, Ric, Breck & Joelle Heller