
The Acorn Angle...

October 2011, box #17



What's fresh? How do I prepare it?

APPLES - Paula Red

BOK CHOY

- ☞ Chop leaves and add to soup.
- ☞ Try the Slow Cooker Chicken Adobo recipe from newsletter #1, found on our blog. We got lots of rave reviews on it.
- ☞ Chop leaves and stalks and add to stir fry.

CARROTS

- ☞ Try making carrot cake or muffins.

KALE

- ☞ Try the kale chips recipe found on blog.
- ☞ Add sautéed kale to omelets, scrambled eggs, or casseroles.

LETTUCE

ONIONS - Cortland, great storage onion

- ☞ The longer an onion is cooked the milder it becomes. For strongest flavors and medicinal benefits use onion raw or lightly cooked.

RADISHES

- ☞ Remove leaves, rinse and store for up to 2 weeks in a plastic bag in the refrigerator.

SQUASH - Acorn

- ☞ Try microwaving for a quick meal. Place whole squash on a plate and pierce the flesh with a fork in about 6 different spots on the squash. Microwave for about 8-10 minutes or until soft. Scoop out seeds and enjoy the sweet flesh.
- ☞ Store winter squash in a dry, cool (but not refrigerated) location.

SWEET POTATOES

- ☞ When baking sweet potatoes, start out with a cold oven. Warming gradually, helps to bring out the sweetness.
- ☞ Peel, and slice into rounds. Toss with olive oil and seasoned salt and place on a rimmed cooking sheet. Roast at 375 until potatoes are tender.

HERB - CILANTRO

- ☞ Freeze fresh leaves in a plastic zip-lock bag. Remove air, seal, and freeze. Do not thaw before use.

Hello!

We are excited to have sweet potatoes included in the boxes this week. This is our first year growing sweet potatoes. They are a very heat-sensitive crop, and this year the growing conditions were ideal.

We planted the potatoes in June (after the ground was warm) in a sandy spot on our farm. The warm summer temperatures and timely rain resulted in a great harvest. We hope you enjoy them and we look forward to growing them again next year.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Quinoa with Mushrooms, Sweet Potatoes, and Kale (look under keyword: Sweet Potatoes)** - oldoakfamilyfarm.wordpress.com

Sweet Potatoes - Did you know?

These tuberous roots are among the most nutritious foods in the vegetable kingdom. They are excellent sources of vitamins A and C. This is why one colonial physician called them the "vegetable indispensable." Sweet potatoes are often confused with yams, but yams are large, starchy roots grown in Africa and Asia. Yams can grow up to 100 pounds and are rarely available in American supermarkets. Nutritionally, sweet potatoes greatly outweigh yams. Because of the common use of the term "yam," it is acceptable to use this term when referring to sweet potatoes.

Sweet potatoes contain an enzyme that converts most of its starches into sugars as the potato matures. This sweetness continues to increase during storage and when they are cooked.

Preparation: Wash sweet potatoes well. Cook them whole whenever possible as most of the nutrients are next to the skin, and skins are easier to remove after they have been cooked. Pierce skin with fork. Place potatoes in a pan and cook in an oven at 375° F for about 45 minutes or until tender. Cool potatoes slightly before removing skins. Sweet potatoes can be cooked in a microwave oven to save time. Wash and pierce potatoes, then place them on a paper towel. The cooking time for 2 medium potatoes is on high for 5–9 minutes, and 4 potatoes, 10–13 minutes.

If you have any blue **CSA BOXES** floating around your house, please return them. We are missing quite a few.

Our **20-week CSA SEASON** wraps up during the final week in October. Three more boxes will follow this one.

Recipes of the week...

Sweet and Savory Vegetable Soup

2 TBS olive oil	1 15 oz can garbanzo beans
3 cups onion , diced	4 cups vegetable broth
1 TBS garlic, chopped	1 TBS paprika
3 cups sweet potato , peeled and diced (about 1 large)	1 1/2 tsp tumeric
2 cups fresh mushrooms, sliced	1 1/2 tsp dried basil
2 ribs celery, chopped	1/2 tsp salt
3 large kale leaves, chopped	1/2 tsp cinnamon
1 1/2 cups canned diced tomatoes	

Heat oil in a large stock pot. Add onion, garlic, sweet potato, celery, kale and mushrooms. Sauté five minutes.

Stir in spices. Sauté 3 more minutes. Add tomatoes, garbanzo beans and vegetable stock and simmer until vegetables are tender, about 20 minutes. Serve.

This is one of my favorite soup recipes. It has amazing flavor and is fairly easy to throw together. Try substituting different vegetables. Peppers, zucchini, potatoes, carrots, and parsnips work well.

For a hearty meal, serve this over rice.

Creamy Carrot Soup

1 cup chopped onion	1 tsp. ground ginger
¼ cup butter, cubed	2 (12 oz) cans evaporated skim milk
4½ cups sliced carrots	1 tsp. dried rosemary, crushed
1 lg. potato, peeled and cubed	½ tsp. salt
2 (14.5 oz) cans low-sodium vegetable broth*	1/8 tsp. black pepper

In a Dutch oven, melt butter and sauté onion until tender. Add carrots, potato, broth and ginger. Cover and cook over medium heat 30 minutes or until vegetables are tender. Cool 15 minutes.

Transfer to blender container in small batches; cover and process until smooth. Return all to pan; stir in milk, rosemary, salt and pepper. Cook over low heat until heated through.

*Low-sodium chicken broth may be substituted for vegetable broth for added flavor.

Makes about 10 cups. Per cup: 130 calories, 5 g fat, 3 g protein, 17 g carbohydrate, 2 g fiber, 300 mg sodium

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