
The Acorn Angle...

October 2011, box #18



What's fresh? How do I prepare it?

APPLES - Yellow Delicious CARROTS

- ☞ Remove the greens from carrots and store in plastic bag in refrigerator for 2-4 weeks or more.

CELERY

- ☞ Chop leaves and stalks and add to soup.

KOHLRABI

- ☞ Store for 2 weeks or more in a plastic bag in the refrigerator.

LETTUCE

NAPA CABBAGE

- ☞ Store napa in a plastic bag in the refrigerator for 2 or more weeks. When ready to use, simply peel off outer leaves.

PEPPERS - Sweet & Hot

The sweet peppers in your box may be green or red. The hot peppers are small yellow: Aja Crystal, and green jalapenos.

POTATOES - All Blue

These potatoes are purple throughout. Have fun making purple mashed potatoes.

RUTABAGA

Look for the LARGE round shaped object in your box. This is a rutabaga!

- ☞ Peel and cut into cubes. Boil in water until tender. Mash and add butter, salt and pepper.
- ☞ Make rutabaga fries. Cut into strips, coat with olive oil, and bake at 425 for 15 minutes. Flip over once during cooking.

SQUASH - Buttercup

This variety has excellent flavor, but sometimes turns out a bit dry when cooked. For creamy squash, try cutting in half, scooping out seeds, and baking at 350 in a dish with about 1/2" water. Remove from oven when soft. After cooling, scoop out and put in a food processor. Blend and add water to reach desired consistency.

- ☞ Peel, cut into chunks and roast or add to soups, or casseroles.

HERB - PARSLEY (Italian)

Hello!

Our season is coming to a close, but based on this week's box, you wouldn't know it. We still have a great bounty in the fields. Fall recipes are some of my favorite. I love making soups, roasting vegetables, cooking anything with apples, and baking squash. I hope you get a chance to try some new warm and hearty recipes.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Grandma's Apple Cake** (look under keyword: **Apples**) - oldoakfamilyfarm.wordpress.com

Rutabaga - Did you know?

The rutabaga is an obvious close relative of the turnip, though larger, sweeter, and more tan in color. Rutabaga is in the same family as cabbage and broccoli, Brassica.

Store at room temperature for up to 1 week, or refrigerated in a plastic bag for a month or more.

Enjoy raw or cooked. Grate raw into a salad, or slice into sticks to eat with veggie dip. Mashed rutabaga is a great comfort food, and can be mixed with cooked carrots and potatoes. Try it baked, roasted, grilled, steamed, or mashed. The possibilities are endless.

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

Your **FINAL CSA BOX** will be delivered in a paper bag. Please make sure to return any blue tubs that you still have.

If you are interested in purchasing **MEAT, EGGS, or PRODUCE** between now and the start of next year's season, email us to be added to our direct order list. In the winter months we bring orders to La Crosse and Black River Falls every other week. You are always welcome to pick up orders at the farm as well - just give us a call to set up a pick-up time.

We have **CHICKENS** available for sale. Don't discriminate this Thanksgiving - I think they taste better than turkeys! 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. Our current batch averages 7-8 lbs. We will have a new batch in November, and they should weigh between 5 and 8 lbs. Chickens are \$3.50/lb.

Recipes of the week...

Root Vegetable Chili Soup

1/2 cup fresh or frozen corn, thawed
2 Tbs. canola oil
1 small onion, chopped (1 cup)
2 cloves garlic, minced (2 tsp.)
4 tsp. mild chili powder
2 tsp. ground cumin
2 small **rutabagas**, peeled and cut into 1/2-inch cubes (11/2 lb.)
2 medium **carrots**, cut into 1/2-inch cubes (1/2 lb.)
1 28-oz. can diced tomatoes
1 small russet **potato**, finely diced (1 cup)
2 Anaheim, banana, or mild peppers, seeded and chopped (3/4 cup)
1 small red bell **pepper**, chopped (2/3 cup)
1 **jalapeño pepper**, seeded and finely diced, optional
1 15-oz. can red kidney beans, drained and rinsed
Chopped green onions or cilantro for garnish

Root vegetables like rutabagas and carrots are great for spicy kitchen experiments because they lend subtle sweetness to dishes. Believe it or not, you can use curry powder in place of the chili powder here—the soup will have an Indian flair. Dishes that call for chili and curry powders get better over time, so make this dish a day ahead.

1. Heat large pot over medium heat. Add corn, and sauté 2 minutes, or until beginning to brown. Add oil, onion, and garlic, and sauté 3 to 5 minutes, or until onion is soft. Stir in chili powder and cumin, and cook 2 minutes, scraping bottom of pan with spatula.
2. Add rutabagas, carrots, tomatoes, potato, Anaheim pepper, bell pepper, jalapeño, if using, and 3 cups water.
3. Bring pot to a simmer, and season with salt. Cover, reduce heat to medium-low, and cook 1 hour, stirring occasionally.
4. Add beans and cook, uncovered, 45 minutes, or until soup thickens. Serve garnished with green onions or cilantro.

Sweet Rutabaga Stir Fry

1 Tbsp. light sesame oil
1 small onion, sliced lengthwise into crescents
1 red **pepper**, cut into strips
1½ cups **rutabaga**, cut into strips
¾ tsp. grated fresh ginger
¾ cup apple cider
1½ cups cooked lean beef, cut into strips*
salt and pepper to taste



Set a wok over medium-high heat. Add sesame oil and swirl to coat the inside of pan. Add onion and stir-fry for 3 minutes or until it softens and appears translucent. Add the rutabaga and pepper; continue cooking for 3 to 4 more minutes. Stir in ginger and cider; bring the liquid to a simmer. Reduce heat; cover and cook, stirring occasionally for 5 minutes. Add beef and continue to cook 5 to 10 minutes more, or until the meat is heated through and the vegetables are tender. Add salt and pepper to taste.

*Precooked fajita beef is available at most grocery stores and can be used in this recipe

Serves 4. Per serving: 220 calories, 9 g fat, 19 g protein, 15 g carbohydrate, 3 g fiber, 650 mg sodium

*This recipe is a Foot Steps to Health recipe providing a serving of fruit or vegetable and is 500 Club approved.

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