

# The Acorn Angle...

October 2011, box #19



## What's fresh?

### How do I prepare it?

#### APPLES

Make an easy apple crisp: peel, and thinly slice 5-6 apples. Place in a 8x8 square baking pan. In a separate bowl, combine 3/4 cup oats, 1/2 cup brown sugar, 1/2 cup butter, 1/4 tsp. cinnamon, and 1/2 cup walnuts (optional). Spread topping on apples, and bake at 350 for 30-45 minutes.

#### BEETS - Chiogga

Enjoy the bulls-eye appearance of these beets as you slice horizontally.

#### BRUSSEL SPROUTS

Snap sprouts off the stalk. Trim the bottom of each sprout and remove the outer leaf.

- ☞ Store sprouts in a plastic bag in the refrigerator for a week or more.
- ☞ Sauté in olive oil until lightly browned.
- ☞ Roast with other winter vegetables (coated with olive oil) on a baking sheet at 425 until tender. Salt to taste.

#### CABBAGE

#### CARROTS

Shred and freeze on a cookie sheet. Transfer to a plastic bag and add to soup, meatloaf, pasta dishes, etc.

#### KOHLRABI

#### LETTUCE

#### POTATOES - All Blue

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

#### SQUASH - Butternut

- ☞ This squash works great for peeling and cutting into chunks. You can store these chunks in the refrigerator for a week or more.

#### SUNCHOKES (Jerusalem Artichoke)

This tuber is found growing under 6-10 ft. tall yellow flowers.

- ☞ Scrub, slice and eat raw, with hummus.
- ☞ Try them sautéed, stir-fried, steamed, or simmered, alone or with other vegetables.

#### HERB - SAGE

- ☞ Store in a plastic bag in refrigerator for up to 2 weeks.

Hello!

This is the time of year we tend to “squirrel” away things for the upcoming winter. Fortunately, many vegetables this time of year lend themselves to short and long term storage. All of the produce this week can be stored for at least 2 weeks (with the exception of lettuce) or MORE!

Squash is one of the easiest, and in my opinion the best vegetable to stock pile in your freezer or root cellar (any of you have one of those these days?!). To preserve squash, I cook and puree it in my food processor, then bag it and freeze quart or pint sized quantities. This can be used for many recipes throughout the year. A tip that my grandmother passed on, is to substitute squash when making pumpkin pie. No one will know the difference, and it usually tastes better! Pureed squash can also be used for muffins, bread, soup, pasta, casseroles, lasagna, or even cookies! (see my favorite recipe for this week)

Enjoy the bounty of this week's produce, and in preparing for winter, you too might find yourself squirreling away some tasty veggies.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

\*Kyle's favorite blog recipe for the week: **Squash Cookies (look under keyword: Squash)** - [oldoakfamilyfarm.wordpress.com](http://oldoakfamilyfarm.wordpress.com)

For those of you with a half share ending this week, **THANK YOU** for your participation in our CSA program this season. We have had a great season, and we appreciate your support!

Our **20-week CSA SEASON** wraps up during the final week in October. One more box 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 have any **FEEDBACK** you would like to share, please visit this site: <http://www.surveymonkey.com/s/J722RM9> Thanks for sharing!

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.

## Recipes of the week...

### Herb-Roasted Squash and Sunchoke

- 2 cups **butternut squash**, peeled, and cut into bite-size pieces
- 1 lb. small **sunchoke**s, unpeeled and scrubbed, cut in half or quartered
- 1 medium red onion, trimmed and cut into wedges
- 1 1/2 TBS garlic oil
- 2 TBS minced fresh herbs (try **sage**, rosemary, thyme, or a combination)

Preheat oven to 425. Toss together all ingredients in a large bowl. Season with salt and pepper, if desired, and spread on baking sheet. Roast 1 hour, or until vegetables are soft and golden, turning several times with spatula.

### Maple Pecan Brussel Sprouts

- 4 cups fresh **brussel sprouts**
- 4 TBS Butter
- 1 tsp seasoned salt (I used Spike, a salt-free seasoning)
- 2 TBS real maple syrup
- 1 cup toasted, chopped pecans

*I include this recipe every year, because it turned me into a brussel sprout lover! It is a very easy, yet delicious recipe. Give it a try!*

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. (Makes 4 servings)

### Rustic Winter Vegetables

- 4 cups cleaned and diced **winter vegetables\***
- 1 piece thick sliced bacon, cut into 1-inch pieces (optional)
- 1 Tbsp. olive oil
- 1 1/2 tsp. dried thyme
- 1 Tbsp. garlic powder
- 2 oz. feta cheese

Preheat oven to 425 degrees. In a medium-sized bowl, toss together vegetables, bacon, olive oil, thyme and garlic powder. Spread mixture into a shallow baking pan. Roast in oven about 35 minutes, stirring vegetables every 10 minutes, until tender. Remove from oven and sprinkle with feta cheese. Serve hot over toasted baguette slices, pasta or crackers

\*Choose any mixture of winter squash (**butternut**), **carrots**, parsnips, **brussel sprouts**, turnips, sweet potatoes or rutabagas. Note: vegetable mixture may be cooked ahead of time and reheated prior to serving.

Makes about 3 1/2 cups. Per 1/2 cup serving: 130 calories, 7 g fat, 4 g protein, 13 g carbohydrates, 2 g fiber, 250 mg sodium.

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