

The Acorn Angle...

September 2008, box #13



What's Fresh? How do I prepare it?

GROUND CHERRIES

- ✦ Pop out of the papery husk and eat raw as a snack, or add to a coffee cake or pie

NAPA CABBAGE

- ✦ Make the crunchy napa cabbage recipe given out with box #5 in July
- ✦ Chop and add to a finished stir fry

ONIONS

PEPPERS

POTATOES - Russet

Russets are the classic baked potato

- ✦ Slice into wedges, coat with olive oil and garlic and bake in oven

SUMMER SQUASH

- ✦ Slice into half moons and add to a stir fry

RASPBERRIES

For a great breakfast treat, mix raspberries with yogurt and granola

TOMATOES - Regular & Sungold

Sungold tomatoes are so sweet - just pop them into your mouth! They are so juicy that they sometimes crack, but they still taste great

TOMATILLOS

- ✦ Try making the tomatillo taco recipe on back. It is delicious!

ZUCCHINI

- ✦ Use zucchini to make a pizza crust - see back for recipe
- ✦ Grate and freeze in a ziplock bag for future use

HERB - BASIL

- ✦ Add fresh basil to a salad or sandwich

HERB - CILANTRO

- ✦ Add to salsa or taco mix

Hello!

Well, this week certainly has felt more like fall than last week, however I think we still have a few warm days ahead of us before we get into the chill of late fall.

Some things in the garden are really slowing down like tomatoes and peppers. They will typically still hang on until the first frost, but quantities will decrease dramatically.

Although the weather is turning, I am excited about fall. It is my favorite time of year. I can't wait for fall favorites like squash and parsnips, and I love making up a large batch of vegetable soup or chili on a nice fall weekend.

Happy Eating!
~Kyle, CSA Manager
608.386.8066

What are **GROUND CHERRIES?**

Small orange fruit similar in size and shape to a cherry tomato. The fruit is covered in papery husk. Flavor is a pleasant, unique tomato / pineapple like blend. The ground cherry is very similar to the cape gooseberry, both having similar, but unique flavors.

Description: Small shrub similar to the common tomato, can be grown as an annual or perennial. Plants are usually small, only 1-3ft in height.

Uses: Uses are similar to common tomato. Can be eaten raw, used in salads, desserts, as a flavoring, and in jams and jellies. Fruits are excellent when dipped in chocolate, and can be dried and eaten.

The ground cherries in your box are from seeds saved for generations on our farm. The seeds overwinter and plants pop up each spring. We transplant the seedlings into rows and continue our farm tradition of growing ground cherries.

WHOLE CHICKENS are still available! They are a great tasting, all-natural chicken. Our chickens aren't "certified" organic, but they are *raised organically*. Chickens are sold whole and frozen for \$2.50/pound. These chickens are fairly large, and average about 8 pounds each. If you are interested in purchasing chickens, or if you would like more information about these birds, please email: niedfeldtfarms@yahoo.com or call Kyle at 608-386-8066.

Recipes of the week...

Zucchini Crusted Pizza (from The New Moosewood Cookbook)

Submitted by CSA members, Monica & Brad

Crust Ingredients:

olive oil and flour for the pan

2 cups (packed) grated **zucchini** (about 2 7-inches)

2 eggs, beaten (okay to delete one or both yolks)

1/4 cup flour

1/2 cup grated mozzarella

1/2 cup grated parmesan

Optional: pinches of **basil**, marjoram, and/or rosemary

2 T. olive oil

Pizza sauce and whatever other toppings you prefer

1) Preheat oven to 400 degrees F. Generously oil a 10-inch pie pan and coat lightly with flour (You can also use a jelly roll pan)

2) Combine zucchini, eggs, flour, mozzarella, parmesan, and herbs, and 1 T olive oil in a bowl and mix well.

3) Spread into the prepared pan and bake for 35-40 minutes, or until golden brown. About halfway through the baking, brush with the remaining tablespoon of oil (optional). Remove from oven. When it has cooled for about 10 minutes, use a spatula to loosen the crust from the pan, so it won't break later.

4) Top with your favorite pizza items and bake at 400 degrees F until heated through.

The crust can be made up to several days in advance.

Roasted Tomatillo and Black Bean Tacos

3/4 lb. fresh whole **tomatillos**, husks removed (was under warm water to remove any sticky sap clinging to the skin)

1 cup **bell pepper** cut into 1/2" pieces

1 cup **onion** cut into 1/2" pieces

3 large cloves garlic, peeled

3 TBS coarsely chopped **cilantro**, divided

1 1/2 tsp minced **jalapeno pepper**

1 can black beans, rinsed and drained

4 6-inch corn or flour tortillas, warmed

1 avocado, cut into 1/4" thick slices

2 TBS feta cheese (tastes best, but any cheese will do)

1/4 cup sour cream (optional)

1.) Preheat oven to broil. Place oven rack 3 inches from heat source. Coat baking sheet with cooking spray, and spread tomatillos, onion, bell pepper, and garlic on prepared baking sheet. Broil 12 minutes, or until tomatillos are blistered and charred, and onion and bell pepper are softened and charred, tossing once halfway through cooking time.

2.) Pulse garlic, 1 TBS cilantro, jalapeno, and tomatillos 10 times in food processor, or until chunky. Season with salt and pepper.

3.) Toss 3/4 cup tomatillo sauce with black beans, bell pepper and onion.

4.) Fill tortillas with black bean mixture, avocado, and cheese. Garnish with remaining cilantro. Serve remaining tomatillo sauce and sour cream, if desired, on side.



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