
The Acorn Angle...

October 2011, box #20



What's fresh?

How do I prepare it?

APPLES

- ☞ Try my blog recipe of the week: Wild Blend with Squash and Apples. This side dish is great for Thanksgiving or anytime you want a warm, nourishing meal.

BEETS

- ☞ After removing the tops (don't throw them out - make sure to eat them) you can store beets in a plastic bag in the refrigerator for a month or more.

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.

GARLIC

LETTUCE

ONIONS - Green

POTATOES - Russet

RADISH - Daikon

These radishes look like white carrots.

- ☞ Eat raw, or add to soup, stir fry, or roast with other vegetables.

SQUASH - Butternut

- ☞ Cut in half, scoop out seeds, place on a rimmed baking sheet and bake at 350 for 45-60 minutes. When soft, scrape out squash, puree in a food processor with a bit of water and freeze for future use.

SUNCHOKE (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.
- ☞ Check out the blog for more recipe ideas.

HERB - PARSLEY

HERB - SAGE

- ☞ Chop roughly, mix with olive oil and brush over roasting vegetables.

Hello!

I hope...

...opening each CSA box was filled with ANTICIPATION.
...you have been CHALLENGED to try new vegetables and recipes.
...these last 20 weeks have been a GREAT experience.
...you have been NOURISHED by great, wholesome food.
...organic and local foods continue to be part of your LIFESTYLE.
...you realize how much we appreciate your SUPPORT.

We work hard to grow nothing but the best produce for our customers. Each step of the way (planning, planting, harvesting, and packing) we have you in mind.

At the farm we are looking forward to some downtime, but before we know it, seed catalogs will be in the mail, and we will be dreaming about springtime. As current CSA members, next year you will all have first priority in signing up for our CSA. Watch for emails in mid-February.

I hope...you keep in touch.

Happy eating and THANK you for choosing our CSA.

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Wild Blend with Butternut Squash and Apples (look under keyword: Apples)** - oldoakfamilyfarm.wordpress.com

Please return any **BLUE CSA TUBS** that you may still have.

If you have any **FEEDBACK** about your CSA experience that 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** 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 on Tuesdays. 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. 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. They weigh between 5 and 8 lbs. Chickens are \$3.50/lb.

Looking for a great **GIFT IDEA** that supports local farms and CSA programs? The Madison Area CSA Coalition (to which we belong) has beautiful calendars for sale. The calendar features seasonal recipes, and menu ideas. Our farm is featured for the month of September. Visit: www.csacoalition.org and look in their online store.

Recipes of the week...

Butternut Lasagna

- | | |
|------------------------------------|---|
| 1 butternut squash , peeled | Salt and pepper |
| 1 bunch kale or other greens | 2 cups diced tomatoes |
| 1 large onion | 1 TBS chopped fresh sage leaves |
| 3 cloves garlic | 1 cup grated Gruyere, Swiss, mozzarella or fontina cheese, for topping. |
| 3 TBS olive oil | |

Cut the squash in half lengthwise, then scoop out the seeds. Place the halves face-down and cut in 1/4-inch slices. Remove and discard the stems from 1 bunch kale or other greens. Chop the leaves roughly. Dice 1 large onion and mince 3 cloves of garlic. Sauté the onion in 3 TBS olive oil until soft, then add the garlic and cook another minute. Add the kale and cook for 5 minutes. Season with salt and pepper.

Lightly grease a 13-by-9-inch baking dish or large cast iron skillet, then cover with an overlapping layer of squash slices. Sprinkle with salt and pepper. Spread the cooked greens over the squash, then make another layer of squash. Spoon 2 cups of diced tomatoes and 1 TBS chopped fresh sage leaves over this layer, then make another layer of squash. Top with grated cheese. Bake the casserole at 350 degrees for 45 minutes or until it is brown on top and bubbling.

This recipe replaces lasagna noodles with slices of squash. A unique and tasty recipe given to us by one of our employees, Michelle.

Red Velvet Soup

- 2 Tbsp. olive oil
- 1 onion, chopped
- 2-3 tsp. minced **garlic**
- 6 medium **beets**, peeled and chopped
- 2 cups beef stock
- salt and pepper, to taste*
- 1/3 cup fat-free half and half

In a large saucepan over medium heat, sauté garlic and onions in olive oil until soft but not browned. Stir in beets and cook for 1 minute; stir in stock and season with salt and pepper. Bring to a boil, cover, reduce heat and continue cooking 25 minutes or until beets are tender. Remove from heat and allow to cool. In a food processor or blender container, process soup in batches until smooth. Return soup to saucepan and gently heat through; season with salt and pepper. Ladle into bowls and garnish by swirling 1 tablespoon cream into each bowl of soup.

*additional salt and pepper not included in analysis

Per 1-cup serving: 120 calories, 6 g fat, 4 g protein, 14 g carbohydrate, 5 g fiber, 270 mg sodium

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