

The Acorn Angle...

October 2008, box #20



What's Fresh?

How do I prepare it?

APPLES -

Jonafree, Russet, Delicious & Prairie Spy

BRUSSEL SPROUTS

Snap sprouts off of stalk, trip off ends, and remove outer leaves if necessary. Store sprouts in the refrigerator for a week or two.

CABBAGE

Cabbage stores well in the refrigerator. Keep in a plastic bag for a few weeks. Remove outer leaves if necessary

CARROTS

KOHLRABI

- Slice and dip in hummus
- Chop and add to a salad

PARSNIPS

Scrub parsnips with a stiff vegetable brush under running water to remove garden soil.

- Boil 1-inch chunks for 8-10 minutes, or until tender but not mushy
- Mash cooked parsnips; top with butter and chopped parsley

POPCORN

This popcorn should dry out for a few more weeks. Shuck off kernels and pop as you would store-bought corn. I like to make popcorn over the stove or in an air-popper.

POTATOES - Carola

Carola boasts a creamy, smooth texture and exceptional flavor

SQUASH -

Butternut, Delicata & Sweet

Dumpling

For a very quick meal, pierce squash with fork, place on a plate and put into microwave for 7-10 minutes.

HERB - PARSLEY

Hello!

I hope you have enjoyed your CSA experience with our farm. We have thoroughly enjoyed growing fresh, organic food for your family. I'm sure the idea of eating seasonally and locally was not entirely new for you. We hope this experience provided you with an opportunity to learn about new vegetables, try out new recipes, and truly get to know the people growing your food! Our first year as a CSA was a wonderful one due to **you**... our great customers! Thank you for your support!

Unfortunately, during the winter months in Wisconsin we are not able to eat locally. However, organic food is still available. Eating organic is best for your body and the environment, but I know it is not always possible, convenient, or affordable. Therefore, when I go to the grocery store to shop for my family I try maximize the organic bang for *my* buck.

The Environmental Working Group has found the highest levels of pesticide residue on the "dirty dozen" and the lowest levels on the "cleanest 12". To stretch my "organic dollar" I purchase the dirty dozen as organic items first and buy the cleanest 12 organically if my budget allows.

Thank you for a rewarding experience we look forward to seeing you all next year.

Happy Eating!
~Kyle, CSA Manager
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Environmental Working Group: www.ewg.org Pesticide residue on fruits/vegetables

<u>Dirty Dozen</u>	<u>Cleanest 12</u>
Peaches	Onions
Apples	Avocado
Sweet Bell Peppers	Sweet Corn (Frozen)
Celery	Pineapples
Nectarines	Mango
Strawberries	Sweet Peas (Frozen)
Cherries	Asparagus
Lettuce	Kiwi
Grapes (Imported)	Bananas
Pears	Cabbage
Spinach	Broccoli
Potatoes	Eggplant

EXTRAS AVAILABLE:

Let us know if you are interested in receiving our **direct order emails**. We may still have some available produce for sale during November. Please send us an email, and we will include you.

Farm fresh, cage free brown **EGGS** for \$2.00/dozen
Whole, natural **CHICKENS** for \$2.50/pound. These chickens are fairly large, and average about 8 pounds each

We can arrange for these to be delivered, or you may pick them up at the farm. If you are interested, please call or email.

Recipes of the week...

Oven-Roasted Autumn Vegetables

1/2 pound each rutabaga, **carrots**, and **parsnips**, peeled and cut into 1-inch pieces
1/2 pound **Brussels sprouts**, trimmed
1 small head cauliflower, cut into florets
1/2 pound yams or sweet potatoes, cut into 1-inch pieces
1 TBS unsalted butter
1 TBS extra-virgin olive oil
2 tsp fresh chopped thyme
2 tsp freshly chopped sage
1/8 tsp freshly grated nutmeg
Salt and freshly ground black pepper
1/2 cup Marsala

1. Preheat the oven to 450. Bring a pot of boiling salted water to a boil. Add the rutabaga, carrots, parsnips, and Brussels sprouts and simmer until they give slightly with a fork, about 5 minutes. Remove with a slotted spoon. Add the cauliflower and simmer 1 minute. Drain.
2. In a large roasting pan, place the rutabaga, carrots, parsnips, Brussels sprouts, cauliflower, and yams or sweet potatoes. In a small saucepan, melt the butter and add the oil, thyme, sage, and nutmeg and stir. Drizzle the butter mixture over the vegetables and toss to coat them completely. Season with salt and pepper to taste. Pour the Marsala into the bottom of the roasting pan. Cover tightly with foil and bake for 40 minutes. Remove foil, toss the vegetables, and continue to bake until the Marsala is evaporated and the vegetables can be easily pierced with a knife, 20 to 30 minutes.

My grandmother always made her "pumpkin pies" with squash. Last year I tried this recipe with squash, and no one even questioned the ingredients. It was simply delicious!

Pumpkin or Squash Pie

2 whole-wheat pie crusts
3 eggs
1 lb canned solid-pack pumpkin or 2 cups cooked pureed pumpkin (or **squash!**)
1 cup plus 3 TBS sugar
1/2 cup maple syrup
1/4 tsp salt
1/8 tsp freshly grated nutmeg
1/8 tsp ground cloves
1/8 tsp ground ginger
1/2 to 1 tsp ground cinnamon, to taste
1 and 2/3 cup evaporated milk

Preheat oven to 350. Bake pie crusts according to directions or recipe. Put remaining ingredients in a bowl and beat at high speed for 5 minutes. Pour mixture into pie plates. Bake on middle rack for 45 minutes. Serve pie with whipped cream, ice cream, or frozen yogurt, if desired. If you make these pies the day before, store in refrigerator but reheat. This pie should not be served cold.



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