

The Acorn Angle...

September 18, 2018



WHAT'S FRESH THIS WEEK?

Tomatillos, Beets, Fennel, Eggplant, Radishes, Celery, Cabbage, Green Onions, Peppers, Squash, Pie Pumpkins, Carrots, Kale, Onions, Shallots, Herbs (Basil, Italian Parsley, Mint, Dill, Comfrey)

Find our order link at: www.oldoakfamilyfarm.com/direct-orders - Additional information and prices will be detailed.

Hello!

It is hard to believe it is already mid September. Where have the days gone?! We have 7 more weeks of CSA, all the way through the end of October.

How are you doing with your CSA credit up to this point? Are you on track or do you have a lot of catching up to do? Please take a moment to try and estimate how much credit you should be using from here out.

What have you enjoyed most about the CSA? Eating fresh vegetables or experimenting with new recipes? Squash will be a staple on our order form from here out. Some people turn their nose up at squash and some love it. If you don't think you are a fan, I would encourage you to try some new recipes. Squash doesn't have to just be a pureed puddle on your dinner plate. Experiment with squash in: cookies, breads, pancakes, soups, curry, soup, lasagna, macaroni and cheese, salad, risotto, quesadillas, smoothies, pot pie, and so much more.

Another squash bonus - it can be a decoration on your table until you eat it!

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Squash muffins.

Lunch - Vegetable soup.

Snack - Cut up veggies and dip.

Dinner - Squash curry.

Dessert - Pumpkin pie.

Your current **CSA CREDIT** will be printed off next week (if you order) or emailed to you. Please contact Kyle at any point if you have questions or want to check your balance.

If you are missing anything from your **CSA ORDER** or if your total is incorrect, please let us know. Kyle: 608.386.8066

RECIPE IDEAS

Butternut Vegetable Soup

1/4 cup vegetable oil
1 cup finely diced **onion**
2 teaspoons minced garlic
4 large **carrots**, thinly sliced
2 cups peeled and cubed **butternut squash**
12 cups vegetable broth
2 red potatoes, cubed
1/2 teaspoon dried thyme
1 teaspoon salt
1/2 teaspoon ground black pepper
4 cups finely chopped **kale** leaves
1 (16 ounce) can great Northern beans, rinsed and drained

Heat the vegetable oil in a large Dutch oven over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the carrots and butternut squash; cook and stir until squash begins to brown, about 15 minutes.

Pour in the broth. Stir in the red potatoes, thyme, salt, and pepper, and bring to a boil. Reduce heat and simmer until vegetables are tender, about 45 minutes. Stir in the kale and great Northern beans, and simmer until the kale is tender, about 10 minutes.

Pour about 3 cups of the soup into a blender, filling the pitcher no more than halfway full (you may have to do this in two batches). Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Return the pureed portion of the soup to the soup pot, leaving the remaining soup chunky. Alternately, you can use a stick blender and partially puree the soup right in the cooking pot.