

The Acorn Angle...

September 25, 2018



WHAT'S FRESH THIS WEEK?

Tomatillos, Beets, Eggplant, Radishes, Celery, Cabbage, Green Onions, Peppers, Squash, Pie Pumpkins, Kale, Apples, Ground Cherries, Shallots, Decorative Gourds & Pumpkins, Herbs (Cilantro, Italian Parsley, Mint, Dill, Comfrey)

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

Hello!

We are approaching the last week of September and it is hard to believe that 20 weeks ago our CSA season began. It seems like yesterday that we were harvesting fresh asparagus and rhubarb.

Moving through the seasons, our produce is constantly changing. As October approaches we look forward to a few more garden favorites. New vegetables that will be available in the upcoming weeks include: lettuce, Brussels sprouts, sweet potatoes, rutabaga, sunchokes, daikon radishes, potatoes, and possibly a few others.

Some of our plantings designed for an October harvest were delayed by Mother Nature by the means of deer browse and torrential rain storms. Our sweet potato crop was hit by hungry deer early in the season and our carrots and spinach plantings were washed out on 3 different plantings. We are keeping our fingers crossed for a small sweet potato harvest, as well as more carrots in the coming weeks.

Thank you for your support and for your patience with our new custom CSA program. If you find yourself with a large credit balance - start stocking up on veggies or find a friend to share with.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Oatmeal with diced apples and maple syrup.

Lunch - Squash soup with fresh bread.

Snack - Baba Ganoush.

Dinner - Grilled chicken with roasted tomatillo sauce.

Dessert - Squash Muffins.

We have 6 weeks remaining in the CSA season, all the way through October 30th. If you have questions about your credit, please email or call Kyle.

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 Squash and Chocolate Chip Muffins

2 ½ cups **butternut squash puree**

½ cup butter

½ cup unsweetened applesauce

¾ cup sugar

2 eggs

2 tsp vanilla

3 cups flour

4 tsp baking powder

2 tsp baking soda

1 tsp salt

1 cup mini chocolate chips

Preheat oven to 325 degrees. Measure out 2 ½ cups squash puree. (Cook, cool, and puree ahead of time. Freeze in 2.5 cup portions for later batches). Using a mixer, blend the squash, butter, applesauce, sugar, eggs and vanilla. Add in the flour, baking powder, baking soda and salt. Stir just until moistened. Remove bowl from mixer and fold in the chocolate chips. Scoop the batter into muffin cups or tins and bake for 20-25 minutes.

Everyone in my family loves this recipe. It usually yields 24 regular size muffins and 24 mini muffins per batch.

You can use any squash variety in this recipe, and we have also substituted sweet potatoes.

You could freeze these for an easy snack or lunch addition.

Unfortunately ours never last long enough to freeze the extras!

Enjoy!