

# The Acorn Angle...

October 2nd, 2018



## WHAT'S FRESH THIS WEEK?

Tomatillos, Beets, Eggplant, Cauliflower, Cabbage, Radishes, Onions, Green Onions, Peppers, Squash, Pie Pumpkins, Ground Cherries, Kale, Decorative Pumpkins & Gourds, Herbs: Lemon Balm, Cilantro, Italian Parsley, Mint, Dill, Comfrey

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

Hello!

It is Pumpkin Spice Latte time! Or so I'm told by all the marketing folks pushing their new products. Have you ever considered all of the food items that incorporate "pumpkin" this time of year? I have actually never tried a Pumpkin Spice Latte, but I am intrigued to make my own. You can just Google it and find a delightful Starbucks copycat recipe.

There are SO many things you can add pumpkin puree to. I am also going to let you in on a little secret. I usually never use pumpkin when a recipe calls for it. I almost always use squash. Squash has a richer and sometimes sweeter flavor than pumpkin. However I am not going to tell you NOT to use pumpkin, I just want to let you in on an easy substitution option if you don't have pumpkin.

Frost is predicted tonight, so we have been VERY busy harvesting our fields getting everything tucked away. We have a great squash crop this year. That means lots of baking, pureeing, and freezing squash in my future. That isn't a bad thing though, baking squash in my oven warms my house and provides a nice warm "pumpkin" smell that could rival any of those "harvest" candles.

Stay warm, turn on your oven and bake away.

Happy Fall & happy eating! ~Kyle, CSA Manager, 608.386.8066

### Meal ideas for the week:

Breakfast - Eggs and sautéed kale.

Lunch - Spicy pumpkin soup.

Snack - Beet hummus with chips or fresh, cut veggies.

Dinner - Cabbage rolls.

Dessert - Ground Cherry muffins.

We have 5 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

### Spicy Pumpkin & Wild Rice Soup

2 cups **pumpkin** puree (or any **squash** puree)  
1 **jalapeno** (or other hot pepper), finely sliced  
2 cloves garlic  
1 1/2 TBS chopped fresh ginger  
1/2 cup **cilantro**, chopped and loosely packed  
1 tsp cumin  
1/2 tsp ground nutmeg  
1/2 tsp ground cinnamon  
1/2 tsp ground pepper  
1/2 tsp ground cloves  
1 TBS olive oil  
1/2 cup chopped **onion**  
2 cups vegetable stock  
1-1 1/2 cups pre-cooked wild rice, cooked with a bit of vegetable stock (I used a bag of Lundberg wild rice blend)  
1 can coconut milk  
1/2 tsp salt  
optional: freshly squeezed lime, fresh grated coconut, sliced red chili

To make the fragrant soup base, chop very finely or run through the food processor the hot peppers, garlic, ginger, cilantro, and seasonings. Put this fragrant mixture into a pan with olive oil. Add finely sliced onion and cook gently for about 10 minutes to release the flavors.

Add the pumpkin and the stock to the pan. Stir frequently. Bring to a boil, then reduce the heat and simmer with the lid on for about 15 minutes.

Add the rice and coconut milk, stir again, taste and season carefully with salt and pepper.

*\*I look forward to this soup every fall - it has great flavor. Leave out the jalapeno if you prefer less heat. Give it a try!*