

The Acorn Angle...

October 16th, 2018



WHAT'S FRESH THIS WEEK?

Apples, Sunchokes, Daikon Radishes, Onions, Brussels Sprouts, Sweet Potatoes, Peppers, Squash, Pie Pumpkins, Kale,
Herbs: Lemon Balm, Italian Parsley, Mint, Dill

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

Hello!

As the season winds down, people often ask me if I am sad that it is coming to an end. For me personally, I really love the cyclical pattern of farming. In the spring, I am always energized about getting back in the garden, tilling up the ground, planning, preparing and planting new seeds. The summer always brings excitement of new vegetable varieties ripening weekly. In the fall, I look forward to the warm days and the final harvests from the garden.

Honestly, I am not too sad about the end of each growing season. The winter is always a rejuvenating time for me. Farming is a hard business, and it is nice to have a slower pace. Winter is definitely a bittersweet time, as I really do miss eating fresh food from the garden. However, by the time the seed catalogs start filling my mailbox, I am sure I will have my gardening itch back again.

Looking forward to the next two weeks, we will still have squash, sweet potatoes, sunchokes, small brussels sprouts, pie pumpkins, kale, daikon radishes, rutabaga, apples, and a small amount of fresh ginger.

For those of you who ordered last week, your credit status was stapled to your receipt. If you didn't order last week I will email you on Saturday with your balance.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Sweet Potato Waffles.

Lunch - Veggie wrap with daikon radish pickles.

Snack - Warm bread with sunchoke spinach dip.

Dinner - Meatloaf with roasted daikons and sweet potatoes.

Dessert - Pumpkin bread,

We have 3 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

Balsamic Roasted Brussels Sprouts

1 ½ lbs. **Brussels sprouts**
3 Tbsp. Extra virgin olive oil
1 Tbsp. Balsamic vinegar
Salt and pepper to taste

Preheat oven to 400° F. Slice Brussels sprouts in half. In a large bowl mix Brussels sprouts with olive oil. Spread Brussels sprouts on a sprayed baking sheet, and bake for 10-15 minutes. Flip Brussels sprouts and bake for an additional 10 minutes or until browned to your liking. Remove from the oven and drizzle balsamic vinegar atop sprouts, and add salt and pepper to taste. Makes 6 servings

Sunchoke Spinach Dip

1 pound **sunchokes**
2 cups fresh spinach
1 cup Parmesan cheese, grated
1/2 cup mayonnaise
4 tablespoons cream cheese
juice of half a lemon
3 garlic cloves
3/4 teaspoon kosher salt
1/8 teaspoon ground black pepper
pinch ground cayenne pepper

Peel sunchokes and place in a medium pot with enough water to cover. Bring to a boil over high heat, reduce heat to medium and cook for 12 minutes. Remove the sunchokes from heat, drain, and place in a food processor or blender. To the food processor, add the remaining ingredients (spinach, Parmesan, mayonnaise, cream cheese, lemon juice, garlic, salt, pepper, and cayenne. Puree until smooth.