

The Acorn Angle...

October 23rd, 2018



WHAT'S FRESH THIS WEEK?

Ginger, Green Tomatoes, Carrots, Sunchokes, Daikon Radishes, Brussels Sprouts, Sweet Potatoes, Peppers, Squash, Pie Pumpkins, Kale, Herbs: Lemon Balm, Italian Parsley, Mint, Comfrey

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

Hello!

Our season is winding down and we are finishing up in the fields. There are still hearty crops growing outside, like kale, rutabagas, potatoes and brussels sprouts.

This is the time of year we are planting too. We are planting rye in the fields to serve as a cover crop. This planting will grow slowly all winter long and will shoot up fast in the spring. Then we plow it under and it serves to add nutrients to the fields.

Most of you are close with your credit, and should be able to use it all in these last 2 weeks. If you have already used all of your credit, you can still place an order, and pay cash.

Depending on the weather and our harvest size we hope to include the addition of lettuce, rutabagas, potatoes, and cauliflower next week, as well as squash, sweet potatoes, daikons, sunchokes and herbs.

Thank you for all of your support this year. Our custom CSA program is new and we have learned a lot over this season. We plan to have a short survey to send next week. We would love your feedback - positive and constructive.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Sweet potato oatmeal.

Lunch - Pumpkin ginger soup.

Snack - Daikon radish chips.

Dinner - Roasted chicken with brussels sprouts and squash.

Dessert - Sweet potato and oatmeal cookies.

We have 2 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

Maple Sweet Potato Pie

2 cups of roasted **sweet potato puree** (roast sweet potatoes in their skin, in foil, at 400 degrees, until fork tender. Peel them and mash them in a bowl)

2 eggs, beaten

1 cup of milk (for dairy free, try canned coconut milk)

1/2 cup of maple syrup

1 teaspoon, vanilla extract

1/2 teaspoon of ground cinnamon

1/4 teaspoon of ground ginger

1/8 teaspoon of salt

1, 9-inch prepared deep dish pie crust or 2, 9-inch prepared shallow pie crusts (like the ones you find in the freezer case of your supermarket!)

Preheat oven to 400 degrees.

In a large bowl, add the mashed sweet potatoes, eggs, milk, maple syrup, cinnamon, ground ginger, salt and vanilla extract to a large bowl and beat with a hand mixer until combined.

Pour sweet potato mixture into a prepared pie shell (or two depending on whether you use one deep dish or two shallow pie crusts). Bake for 10 minutes at 400 degrees and then lower the temperature to 350 degrees and bake for an additional 30-40 minutes for the two shallow pies and an additional 40-50 minutes for the deep dish pie. The pie will be done when the center is set and not jiggly.

Let the pie cool and serve at room temperature — or cold — and top with whipped cream — or nothing — it's delicious either way!!