

The Acorn Angle...

October 30th, 2018



WHAT'S FRESH THIS WEEK?

Ginger, Potatoes, Lettuce, Sunchokes, Daikon Radishes, Brussels Sprouts, Peppers, Sweet Potatoes, Squash, Pie Pumpkins, Kale, Broom Corn, Decorative Corn, Curly Willow

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

Hello!

This is our last official CSA week. It has been 6 months since we started back in May. It has been wonderful growing seasonal produce for you. I hope you have enjoyed the journey and found a few new favorite recipes along the way.

Although our CSA is officially done, we will be allowing our CSA members to use their credit for the next two weeks we have orders. A few of you still have a large amount of credit to spend down. We hope you will be able to take advantage of these two extra weeks - November 6th & 13th.

For those of you who have used your full credit, you are still welcome to order from us. As long as we have produce, eggs and meat we will keep offering orders and sending out emails.

By Saturday night I will email all of you with your updated CSA credit. That way you can plan to spend the remainder by November 13th. (More details will be included about orders)

We encourage you to continue eating a wide variety of vegetables throughout the winter. Challenge yourself to try new recipes and look for ways to eat local and organic. Discover some great squash recipes and share them with your friends and family for Thanksgiving.

Although we will continue with 2 more weeks of CSA orders, this will be our last newsletter for the season.

Thank you to ALL of you for your support this season. We would love your feedback on our new custom CSA approach. A short survey will be sent out soon, and we hope you can take a few minutes to provide feedback.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

We are offering a sale on our frozen, whole chickens. They are \$5.00 off per bird. Limit 2 chickens per person.

RECIPE IDEAS

Garlic Ginger Sweet Potatoes

1 1/2 lb **sweet potatoes** washed and cubed (1-inch cubes)
2 cloves garlic minced
1 " section **fresh ginger** grated
2 tbsp olive oil
salt and pepper to taste

Preheat the oven to 375 degrees. Line a baking sheet with non-stick aluminum foil. Set aside.

In a mixing bowl, stir together the sweet potatoes, garlic, ginger, olive oil and a little salt and pepper. The sweet potatoes should be well-coated with the mixture.

Pour the sweet potatoes onto the prepared cookie sheet, spreading out to form one even layer.

Slide the baking sheet into the oven and bake for 20 minutes. Stir and flip the sweet potatoes (very gently).

Return to the oven and cook for another 20-25 minutes. The potatoes should be lightly browned on one side and cooked through. Serve immediately.

Ginger Tea

1 Tbsp. **fresh grated ginger**
2 cups filtered water
1 Tbsp. raw honey or pure maple syrup
1/2 lemon, juiced

Optional: 1 cinnamon stick, Chamomile flower, Echinacea tincture, Fresh mint leaves, Pinch of cayenne pepper

Peel the ginger root with a peeler or with the back of a spoon. Grate the ginger with a grater/zester. If you slice it, slice it thin and use more. Infuse the ginger; if you add cinnamon, mint, chamomile or cayenne, add it here. If you are using a saucepan, bring the water to a boil, add ginger and turn off heat. Put the lid on it and let it steep for 10 minutes. If you are using a teapot, add ginger in the teapot and pour boiling water in it. Let it steep for about 10 minutes. If you are using a saucepan, strain the water to remove the ginger. Add fresh lemon juice and natural sweetener if you like. Stir and enjoy! If you want a cold tea, let your tea cool down, store it in the fridge and add ice cubes before serving.