
The Acorn Angle...

September 2009, box #15



What's fresh? How do I prepare it?

APPLES - Macintosh BROCCOLI

After the main head of broccoli forms, the plant continues to produce small broccoli florets, called side shoots. They taste great, and require less cutting and trimming than the larger heads.

- ✦ Soak broccoli heads in salt water to remove any hidden garden pests.

KOHLRABI

- ✦ Enjoy this crisp, delicious veggie as a snack, or add slices to a salad.
- ✦ Chop into cubes and boil in water until tender. Top with a little butter and salt.

LETTUCE

ONIONS - Red

PEARS - Wisconsin Hardy

These delicious pears may need a day or two to ripen completely. Store them on your counter, but make sure to eat before they get too soft.

POTATOES - All Blue

- ✦ Make mashed purple potatoes!

RADISHES

RASPBERRIES

- ✦ Try making your own sorbet - recipe on back.

SWISS CHARD

- ✦ Try the swiss chard and artichoke dip for your next gathering, or for a great tasting snack.

TOMATOES

TOMATOES - Sungold & brownberry cherry

HERB - Parsley

- ✦ Use in salads or dry for future recipes.

Hello!

Here we are again, wishing for rain...the life of a farmer, I guess. We did get a light mist on Tuesday, but we could always use more.

Life on the farm at this time of year is incredibly busy. There is always more work to do than hands to do it. At this time of year, we always look forward to wintertime, and the rejuvenating break that it brings.

The hay pile from our barn fire is still smoldering. We were able to replace two tractors, but will wait to rebuild the barn. We are fortunate to have an organic neighbor who gave us 13 bales of hay. If the weather cooperates, we may be able to harvest a 3rd crop of our own hay. We may have lost our barn, and some possessions, but we are very fortunate for the support of friends and family.

Happy Eating!

~Kyle, CSA Manager

608.386.8066

Please remember to return your **CSA BOX**.

Remember to **WASH** your veggies. We typically rinse most of the produce, but occasionally field pests hide among the veggies.

FRESH FLOWERS are available from our gardens. If you are interested in adding some color to your box, let us know and we will create a flower bouquet to be picked up with your box. Large bouquets are \$10 and include flowers from our garden (sunflowers, celosia, zinnias, snapdragons, gladiolas, etc.) and wildflowers from our fields (bergamot, vervain, queen anne's lace, grasses, etc.).



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Recipes of the week...

Baked Artichoke-Chard Dip

1/2 cup shredded mozzarella cheese
1/2 cup dairy sour cream
1/2 cup mayonnaise
1/2 cup grated parmesan cheese
14-ounce can artichoke hearts, drained and coarsely chopped
1 cup loosely packed, coarsely chopped **chard leaves**
1/2 cup finely chopped **red onion**
Pita wedges, french bread slices, assorted crackers and/or **fresh cut-up veggies**

In a large bowl combine mozzarella cheese, sour cream, mayonnaise, and 1/4 cup of the parmesan cheese. Stir in artichoke hearts, chard, and onion. Spread mixture evenly into a 9-inch pie plate. Sprinkle with the remaining 1/4 cup parmesan cheese. Bake, uncovered in a 350 degree oven about 30 minutes or until heated through. Serve with pita wedges, bread, crackers, or carrot sticks!

Autumn Greens Soup

1 quart chicken or vegetable broth
1 medium peeled and diced **potato**
2 garlic cloves
2 sliced scallions or 1/4 cup chopped **onion**
3 cups mixed chopped greens (such as kale, **swiss chard**, spinach)

Boil broth and add all ingredients. Simmer until potatoes are tender, 5–10 minutes. Blend until smooth and season to taste. Top with shaved parmesan cheese.

*This is a great recipe base to experiment with. Try adding cooked carrots, fresh ginger, cooked kohlrabi, spices, etc..

Very Berry Sorbet

1 1/2 cups frozen no-sugar-added berries (**raspberries**), slightly defrosted
1 tsp. frozen orange juice concentrate
2-4 tsp. water
Fresh mint sprigs for garnish

In a blender or the container of a food processor fitted with a metal blade, process sorbet ingredients until smooth, scraping sides as needed. Transfer to two pretty bowls and garnish with mint if desired. Enjoy immediately.

2 Servings. Per Serving: 67 calories, 1 g. protein, 15 g. carbohydrate, <1 g. fat, 13 mg. sodium



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