
The Acorn Angle...

September 2009, box #16



What's fresh?

How do I prepare it?

APPLES - Prairie Spy, JonaFree, Golden Delicious, Spartan

CARROTS

Several plantings of carrots, spaced throughout the season ensure a steady supply for our boxes. Enjoy these sweet, young carrots.

GARLIC

- Roast the garlic - cut off the top of the bulb of garlic at the point where you see the cloves barely exposed. Drizzle a couple of tablespoons of olive oil over the clove. Cover with foil and bake at 400 for 30-35 minutes or until the cloves feel soft when pressed. Spread on bread or crackers.

LETTUCE & SPINACH

These greens prefer cooler temperatures. Hopefully they will hang on for a few weeks despite the upcoming cold forecast.

ONIONS - Red

PEPPERS

You may notice a reddish appearance to some of the peppers. This is natural, and is due to vine ripening. Red peppers are simply green peppers just left on the vine to ripen further. Since our forecast doesn't seem to be warming up, I just picked the peppers now, instead of hoping - against hope that they will turn completely red.

POTATOES - All Blue

RASPBERRIES

SQUASH - Delicata

This is one of the sweetest squash varieties that we grow.

- Cut in half (the long way), scoop out seeds with a spoon, and bake on a rimmed cookie sheet for 30 minutes, or more, until it gets soft.
- For a quick way to prepare the squash, simply pierce the squash with a fork 5 times all over. Place on a plate and microwave on high for 8 minutes, or until squash feels soft. Let cool slightly, then cut, remove seeds, and enjoy.

TOMATOES

Depending on the weather, this may be the last tomatoes of the season for our CSA boxes. Enjoy!

TOMATOES - Sungold & brownberry cherry

HERB - Sage

Hello!

It has been a very cool start to the week. Freezing temperatures are predicted this week, so we will see what survives the frost.

Life is very busy on the farm this time of year. We have lots to harvest, and lots to maintain in the fields.

Enjoy your box, and enjoy these crisp, fall days!

Happy Eating!

~Kyle, CSA Manager

608.386.8066

Please remember to return your **CSA BOX**

We are out of **CHICKENS** until our next batch is processed in November. We have a limited supply, so if you are interested, please pre-order.

Get out your crock pot! We have a **SPECIAL MEAT OFFER**: Buy a round steak or a roast and get 2 pounds of potatoes AND 1 pound of onions FREE! Please check website for meat prices.

Recipes of the week...

Roasted Squash

1 **delicata squash**, washed - cut in half (long way), and slice off stem and bottom. Scoop out seeds. Cut $\frac{1}{3}$ - inch thick half-moon slices.

2 TBS olive oil

1 clove of **garlic**, minced

15 leaves of **sage**, torn into small pieces

$\frac{1}{4}$ cup **onion**, sliced in rings (optional)

Coarsely ground sea salt

Preheat oven to 350. Place squash slices and onions into a shallow baking dish. Combine olive oil, garlic, and sage in a small bowl. Mix together. Pour over squash and onion slices, and mix to evenly coat. Sprinkle with salt as desired. Roast on top rack of oven for 30-45 minutes, until squash slices are easily pierced by a fork.

*In this recipe the skin is left on the squash, and is quite delicious. If you prefer your squash skin-free, just peel the squash using a vegetable peeler before cutting in half.

You can also experiment with adding other veggies to this dish: carrots, potatoes, parsnips, brussels sprouts, etc.

Ultimate Veggie Fried Rice

2 TBS olive oil

2 cloves **garlic**

1 cup chopped **onion**

$\frac{1}{4}$ cup diced carrot

$\frac{1}{4}$ cup diced celery

1 tsp herbs de Provence (mixture of oregano, sage, basil, marjoram, thyme, etc.)

2 cups cooked brown rice

2 cups other leftover vegetables (pre-cooked), beans, etc.

Heat skillet over medium-high heat, and add oil. Sauté onion, garlic, carrot, celery, herbs de Provence, and add salt 10 to 15 minutes, or until well browned. Add a little more oil if pan seems dry. Add rice, and stir-fry 5 minutes, or until mixture is hot and well combined.

Rice is now ready to be served, but if you have some time before your meal, turn heat to low, add a little more oil to pan, and let rice sit undisturbed 7 to 10 minutes, or until browned. If it begins to stick, scrape it up, stir tasty brown bits in, and continue browning with a little more oil. The more time and energy you spend at this stage, the tastier the rice will be. If using leftovers, add them just before serving and continue to heat thoroughly.

The Laughing Cow Sandwich

2 slices whole-wheat bread

3 oz. honey ham, thinly sliced*

2 Tbsp. grated fresh **carrots**

$\frac{1}{2}$ Laughing Cow Spreadable Light Swiss cheese wedge

Spread a thin layer of the cheese onto one side of each slice of bread. Top one slice of the bread with ham and carrots. Place the other slice of bread on top and enjoy!

Serves 1. Per serving: 248 calories, 5 g fat, 23 g protein, 28 g carbohydrates, 4 g fiber, 1,120 mg sodium

*to lower sodium content, replace honey ham with a low-sodium ham



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