
The Acorn Angle...

October 2009, box #17



What's fresh?

How do I prepare it?

APPLES - Macintosh & Spartan

BRUSSELS SPROUTS

Snap the sprouts off of the stem, remove some of the outer leaves, and trim the bottom. The key to preparing delicious brussel sprouts is to avoid overcooking them.

- Sauté brussel sprouts in olive oil or butter until just browned. Try the AMAZING recipe on the back.

LETTUCE

NAPA CABBAGE

- Add to a stir fry or slaw.

ONIONS - Red

PEPPERS

RADISHES

- Chop small and add to tuna, pasta, egg, or macaroni salad.

RASPBERRIES

Our raspberries are still hanging on, but aren't producing the record-breaking quantity we experienced over the last few weeks.

SQUASH - Acorn

Squash stores well in a cool, dry location. Acorn squash can keep for a few weeks up to a few months, depending on quality and storage.

- Cut in half, scoop out seeds and bake on a rimmed cookie sheet for 45 minutes, or 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 12 minutes, or until squash feels soft. Let cool slightly, then cut, remove seeds, and enjoy.
- Don't forget to toast the seeds of squash just like you would pumpkin seeds. They make a tasty snack.

HERB - Parsley

- Chop and add to a salad.
- Eat raw after dinner for fresh breath.
- Add to the squash recipe on back.

Hello!

Close you eyes and picture the iconic family dinner of the 1950s. The home cooked meal is steaming straight from the oven. The kids are scrubbed and in their seats with smiles on their faces. Mom is wearing pearls and a starched apron. Dad in a sweater and tie shares a story that everyone enjoys. Even the family dog is present and listening intently.

However, the family dinner in today's world looks much different: the cell phone is ringing, someone is late for something, Mom or Dad are burning things on the stove, and the dog just threw up on the floor. No doubt it's tough to get the family in their seats for a dinner together.

However, a few folks have shared something with me they didn't expect from the CSA experience; a rebirth of the family meal. When the CSA box arrives the whole family is curious about what's inside and discussions follow about what meals to prepare for the week. The scent of a home cooked meal draws the family to the table to try the new dishes.

The next time your family enjoys a meal together please let me suggest a conversation topic: What unexpected benefits has your family gained from the CSA experience? If you would be willing to share your thoughts with me I would *love* to hear them.

Happy Eating!
~Kyle, CSA Manager
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SAVE THE DATE!

Old Oak Family Farm Open House

Sunday, October 18th ~ 2:00 to 4:00 pm

Take home a pumpkin, pick popcorn, tour the farm, take a wagon ride, enjoy some homemade chili, squash soup, apple cake, and other great treats from our garden. Watch your email for more information. Please RSVP by Oct. 16th.

Recipes of the week...

Maple Pecan Brussel Sprouts

4 cups fresh **brussel sprouts**
4 TBS Butter
1 tsp seasoned salt (I used Spike, a salt-free seasoning)
2 TBS real maple syrup
 $\frac{3}{4}$ cup toasted, chopped pecans

In the last year I have gone from hating brussel sprouts to wanting to eat this recipe every night. Give sprouts another try!

Trim ends and cut sprouts in half. Fry halved brussel sprouts in butter till cooked to desired doneness (about 10 minutes, or until they start to brown a bit - DON'T overcook). Sprinkle in seasoned salt and toss. Add maple syrup and cook for 30 more seconds. Place in serving dish and sprinkle with pecans. (Makes 4 servings)

Autumn Squash Pasta

1 **acorn squash**
1 lb ziti or penne pasta
 $\frac{1}{2}$ cup olive oil
2 TBS butter
2 large leeks, cleaned and coarsely chopped
 $\frac{1}{2}$ small **onion**, chopped
1 garlic clove, coarsely chopped
1 tsp coarse sea salt, or more to taste
Freshly ground black pepper
 $\frac{1}{2}$ cup dry white wine or water
 $\frac{1}{3}$ cup grated parmesan cheese
1 TBS chopped **parsley**

Heat oven to 350. Cut the squash in half; scoop out and discard seeds. Place the squash, cut sides down, in 1 inch of water in a 13 by 9-inch glass baking dish. Bake for 45 to 50 minutes, until tender. Set aside just until cool enough to handle. Then scoop the squash from the shells.

Meanwhile, cook the pasta in boiling water for 2 to 3 minutes less than the cooking time on the package; drain and set aside. Heat the oil and butter in a large pot over low heat. Add the leeks, onion, garlic, salt and pepper. Sauté until onion is translucent and leeks have become pliable, making sure garlic does not burn. Add squash and wine, stirring until a thick sauce forms. Fold in the cooked pasta; taste and adjust seasonings. Spoon it into the same baking dish; sprinkle with cheese. Bake 20 to 30 minutes, until the cheese browns; sprinkle with the parsley and serve hot.

Apple-stuffed Acorn Squash

1 cup chopped tart cooking **apples** (peelings may be left on if desired)
 $\frac{1}{4}$ cup brown sugar, packed
2 Tbsp. butter, melted
 $\frac{1}{4}$ tsp. ground cinnamon
2 Tbsp. chopped pecans
1 medium **acorn squash**, halved and seeded



In a medium bowl, stir apples, brown sugar, butter and cinnamon to coat. Place squash cut-side up, in an 8 x 8-inch microwave safe baking dish. Fill each squash half with half of the apple mixture. Cover loosely with plastic wrap and microwave on high for about 20 minutes or until squash is soft. Sprinkle with pecans before serving. *Squash may also be baked in an oven (covered with foil) at 350 for 45 minutes or until soft.*

Serves 2. Per serving: 300 calories, 9 g fat, 2 g protein, 59 g carbohydrate, 5 g fiber, 55 mg sodium



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