
The Acorn Angle...

October 2009, box #18



What's fresh?

How do I prepare it?

APPLES - Red Delicious & Macintosh

CELERY

The celery we grow is great for soups and other recipes. It can definitely be eaten raw, but the flavor is much more intense than the kind you buy in the store.

GARLIC

LETTUCE

ONIONS - Copra

Copra onions are excellent storage onions. They have been dried for several weeks and keep best with the papery skins attached.

POTATOES - Russet

PUMPKIN - Pie variety

You can eat your pumpkin or use it for decoration. For a great meal, check out our #19 CSA newsletter from 2008 on our website.

SPINACH

We rinsed the spinach, but we recommend washing it before eating, to remove all of the rain-splashed dirt.

SQUASH - Butternut

Butternut squash is a favorite for making soups, lasagna, casseroles, and much more. Bake this squash (cut in half and seeded) at 350 for about 60 minutes, or until it gets soft. Scoop the flesh from the skin and eat immediately, freeze, or use for recipes. My grandmother always used squash to make her pies...no one suspected the "pumpkin pie" was actually made of squash!

Visit the farm!

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.

Please RSVP by Oct. 16th.

Produce, meat, and eggs will be available for sale as supplies last.

1-day only beef sale - 10% off.

Hello!

Everyday we complete small, mundane chores that keep us safe. We often don't even consider these chores as "life saving". We maintain the vehicles we drive by keeping the tires properly inflated, the windshield clean, and the brakes serviced. Alright, applying the term "life saving" to vehicle maintenance might be a stretch. In the past I've ignored the service engine light on my vehicle for months at a time. However, the point is, we try to keep the items our loved ones use and depend on running smoothly. Participating in a CSA keeps you and the people close to you running smoothly!

Fruits and vegetables contain essential vitamins, minerals, and fiber that help protect you from chronic diseases. People who consume generous amounts of fruits and vegetables as part of a healthful diet, compared with people who consume a diet with only small amounts of fruits and vegetables, are likely to have reduced risk of stroke, cardiovascular disease, and certain cancers.

Your weekly CSA box provides you with a fantastic variety of vegetables that help keep you healthy! The recommended daily amount of vegetables you need to eat depends on your age, sex, and level of physical activity. Women 31 to 50 years of age should eat two and a half cups of vegetables per day and men 31 to 50 years of age should eat 3 cups of vegetables per day. In general, one cup of raw or cooked vegetables, or two cups of raw leafy greens will provide a one cup serving. For additional information please visit:

www.mypyramid.gov

www.fruitsandveggiesmatter.gov

Happy Eating!

~Kyle, CSA Manager

608.386.8066

SNOW in mid-October? This is a great reminder that Mother Nature is definitely in charge! Many of our fall crops can handle a frost or two, but the frigid temperatures of this last week were too cold for most of our hearty plants. We had to harvest many of our squash and pumpkins early. Some of them did get nipped a bit by the cold weather, and therefore may not store as long as usual. But you can expect to store them for at least a few weeks before eating.

Please remember to return your **CSA BOX**. We would like to round them up before the end of the season. Your last "box" is delivered in bags, so you don't have to worry about returning the box after the last pick up.

Recipes of the week...

Squash Cookies

4 cups un-sifted flour
2 cups oatmeal
2 tsp baking soda
2 tsp cinnamon
1 tsp salt
1½ cups cooking oil OR butter
½ cup white sugar
2 cups brown sugar
1 egg
1 tsp vanilla
1½ cups cooked **squash or pumpkin** puree
½ cup nuts (optional)
½ cup chocolate chips or raisins

This is a great recipe to freeze. After I make the dough, I drop spoonfuls onto a cookie sheet, and freeze the individual cookie dough bits. Then I put about 6 or 8 frozen dough balls into a bag. This makes a great, easy treat. Just put the dough on a cookie sheet and bake as directed.

Combine flour, oatmeal, spices, and salt. Set aside. Cream oil, sugars, egg and vanilla on medium speed of mixer for 2 minutes. Add ¼ cup squash/pumpkin puree and mix 1 minute more. Add the remaining flour and pumpkin alternately. Stir in nuts and raisins/chocolate chips.

Drop by rounded teaspoonfuls onto lightly greased baking sheets. Bake at 350 for 15-20 minutes or until firm and lightly browned.

Makes about 5 dozen cookies. Unbaked dough can be frozen in an air tight container. Thaw in refrigerator and bake as directed.

Creamy Potato Soup with Roast Garlic, Weight Watchers Cookbook

1 **garlic bulb**, cloves separated
2 cups reduced-sodium chicken broth
4 tsp olive oil (divided)
1 **onion**
1¼ pounds **russet potatoes**, peeled and cubed
1 bay leaf
2 cups low-fat (1.5%) or fat-free buttermilk
One 10-ounce box frozen chopped green beans, thawed
½ cup chopped lean ham
Freshly ground pepper, to taste



1. To roast the garlic, preheat the oven to 350; line a small shallow baking pan with foil. In the pan, combine the garlic, ¼ cup of the broth and 2 teaspoons of the oil. Cover with foil and bake until the cloves are soft and have absorbed all the liquid, about 1 hour.

2. When the cloves are cool enough to handle, squeeze their pulp out of their papery skins and reserve.

3. To prepare the soup, in a large nonstick saucepan or Dutch oven, heat the remaining 2 teaspoons of oil. Sauté the onion until softened, about 5 minutes. Add the remaining 1¾ cups of broth; the potatoes, roasted garlic pulp and the bay leaf; bring to a boil. Reduce the heat and simmer, covered, until the potatoes are soft, 15-20 minutes. Discard the bay leaf, remove 1 cup of the cooked potatoes with a slotted spoon and set aside.

4. Transfer the remaining potato-onion mixture to a blender or food processor; puree. Return to the saucepan and stir in the reserved potato chunks, the buttermilk, green beans, and ham; heat to serving temperature. Serve, sprinkled with the pepper.

Serves 4. Per serving: 210 calories, 8 g fat, 2 g saturated fat, 14 mg cholesterol, 373 mg sodium, 24 g carbohydrate, 4 g fiber, 11 g protein.



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