
The Acorn Angle...

September 2010, box #13



What's fresh?

How do I prepare it?

CARROTS

CABBAGE

- Chop and add to a stir fry or salad.
- Store in a plastic bag in your crisper drawer for a month or more. Remove outer leaves just before use.

BROCCOLI

This is a new variety of broccoli that we have never planted before - Marathon. The color is lighter green than our standard broccoli, but the taste is still delicious.

EGGPLANT

- Eggplant is very versatile and can be baked, stuffed, sautéed, steamed, or grilled. Check your favorite cookbook for recipes.
- Store un-refrigerated in a cool room, or refrigerate in your crisper drawer for a week.

LETTUCE

PEPPERS - Green

POTATOES - Kennebec

RASPBERRIES

We are adding raspberries to the boxes again this week. Hopefully they will last longer than before. However, please make sure to eat them immediately or refrigerate them as soon as you get your box home.

SUMMER SQUASH

1 cup of sliced yellow summer squash has only 25 calories and is a great source of manganese, vitamin C, and fiber. Manganese is necessary for normal brain and nerve function and it aids in formation of sex hormones and blood sugar regulation. Vitamin C aids in wound healing and fiber can help lower high cholesterol levels.

WATERMELON

Enjoy the last week of melons in the box!

HERB - SAGE

- Add to salads, soups, omelets, marinades, sausages, meat pies, breads, and stuffing.
- Hang your bundle of sage upside down in a dark closet. After leaves dry, store them in an airtight container.

Hello!

We have been very busy on the farm lately, keeping up with harvesting all of our produce, weeding (or just giving up on weeding), and planting new crops for fall. Last week we planted out more lettuce, kohlrabi, broccoli, and radishes.

I hope you all have been enjoying your CSA experience so far, and have had some success with new recipes in the kitchen. We always love to hear about your experiences.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

8 Reasons to feel good about being a member of a CSA

1. Enjoy the freshest food possible (typically picked the day, or day before you receive it.)
2. Truly know where your food comes from. Meet the farmer who grows food specifically for YOU!
3. Support the local economy and the lives of local farmers.
4. Help keep toxins out of the environment and your body by supporting organic farming and environmental stewardship.
5. Reduce your carbon footprint by eating produce grown within 50 miles of where you live.
6. Eat within the seasons, and learn when veggies are typically ripe - in our upper mid-western climate.
7. Feel healthier by eating fresh veggies, and enjoy the "challenge" of finding new ways to prepare familiar or unfamiliar vegetables.
8. Share the CSA bounty with your family, friends, or neighbors. Help others learn about unique veggies, cultivate your children's excitement about finding out what's in the box, and create conversation surrounding new menus, the love of fresh veggies, and the anticipation of your weekly veggie surprise!

Please remember to return your produce **BOX** every week. You can also bring a cloth bag each week and swap out your produce at your pick up location.

We are now offering **CHICKENS for pre-sale**. They will be available for pick-up/delivery after September 20th. These will be whole, frozen, shrink-wrapped chickens. Our chickens are cage-free, and fed organic grains, and our organic veggies. They are all-natural, but not certified organic. Chickens will be \$3.25/lb. Our last batch sold out quickly - please email or call if you are interested in reserving some.

Recipes of the week...

Eggplant, Tomato & Chickpea Stew

1 large **eggplant**
1 tsp salt
2 TBS olive oil
1 medium onion, chopped
1¹/₂ cups prepared tomato sauce
15 oz can chickpeas
1/2 cup water
2 cups cooked brown rice

Peel eggplant and cut into 1/2 inch cubes and toss in a colander with 1 teaspoon salt; let stand for 20 minutes, then pat dry. In a large dutch oven, heat olive oil over medium heat. Add the eggplant and chopped onion and cook, stirring, until softened, about 8 minutes. Stir in tomato sauce, chickpeas and water; simmer until the eggplant is tender, about 12 minutes. Season with pepper.

Sage– Roasted Squash

3-4 medium **yellow summer squash** or zucchini
2 TBS Olive oil
2 TBS chopped fresh **sage**
1 TBS minced garlic
Salt and pepper

Heat oven to 350 degrees. Cut squash or zucchini into 1-inch dice, toss with other ingredients, and roast until tender in baking dish, 15-20 minutes. Season with salt and pepper to taste.

Delicious Roasted Veggies

1/2 cup olive oil
1/4 tsp. salt
1 Tbsp. sugar
1/4 tsp. ground black pepper
1 Tbsp. crushed red chili flakes
1 Tbsp. minced garlic
1 red bell pepper, diced
1 **green bell pepper**, diced
1 **yellow squash**, diced
1 **eggplant**, diced
1 red onion, diced
1 lb **potatoes**, with skin, diced
1/2 head **cabbage**, diced

Preheat oven to 425 degrees. In a large bowl, combine first 6 ingredients. Toss the vegetables in the oil mixture and spread on a cookie sheet. Bake until the potatoes are tender, tossing every 15 minutes to prevent sticking.

Serves 8 (about 1 cup each) Per serving: 270 calories, 14 g fat, 5 g protein, 33 g carbohydrate, 8 g fiber, 100 mg sodium



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