

# The Acorn Angle...

September 2010, box #14



## What's fresh?

### How do I prepare it?

#### GARLIC

#### GROUND CHERRIES

This unique and tasty fruit grows on a plant similar in appearance to a tomato, with long vines, sprawling across the garden.

- ✦ Peel off the papery husk and rinse with water.
- ✦ Ground cherries are harvested off the ground, and therefore you may find some split, dirty, or damaged fruit in your box.
- ✦ Ground cherries can be eaten raw as a snack or cooked into a sauce, pie, or jam.
- ✦ Try the coffee cake recipe on below. It is very delicious and simple to make.

#### LETTUCE

#### PEPPERS - Green

#### PEPPERS - Jalapeno & Hungarian Wax

#### POTATOES

#### SQUASH - Acorn

- ✦ Slice in half, remove seeds and place on cookie sheet. Bake at 350 for 30-45 minutes, or until flesh is soft and easily pierced with a fork.

#### TOMATILLOS

Tomatillos are related to tomatoes, but have a slightly acidic taste with a hint of lemon.

Tomatillos are most commonly used for making salsa verde (green salsa).

- ✦ Remove husk, and wash with soap and water to remove the sticky film left by the husk.
- ✦ Eat raw in a salsa or salad.
- ✦ Cook into a salsa verde to put over enchiladas (recipe on back), fajitas, or sliced pork or beef.

#### HERB - CILANTRO

Hello!

This week we have a few new items in the box. Squash season is finally upon us. Acorn squash is delicious, and can be prepared by baking or roasting. Eat it alone, with spices, maple syrup, or added to a soup.

Ground cherries are an old-time favorite. Many people comment that they remember their grandmother making pie or jam out of the fruit. Our ground cherry seed has been passed down throughout our family for over 50 years. Tomatillos are gaining popularity in the US, and have a unique, citrusy taste. They are considered ripe when they are light green to light yellow and the fruit splits open the husk.

I've included more recipes this week, since some of the items may be new to you. Give them all a try, who knows maybe ground cherries will be your new favorite fruit!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

### Spiced Squash with Brown Butter Glaze, Rachel Ray Magazine

3 TBS butter

1 TBS brown sugar

1/4 tsp chinese five-spice powder

Pinch of coarse salt

1 large **acorn squash**, quartered lengthwise and seeded.

Position a rack in the upper third of the oven and preheat to 500. Line a baking sheet with parchment. In a small skillet, melt the butter over medium-low heat until foamy, 2-3 minutes. Let the foam subside and cook just until the butter turns golden and gives off a nutty smell, about 1 minute. Remove from heat and stir in the brown sugar, five-spice powder, salt and 1/4 cup water. Cook over medium-low heat until syrupy, about 3 minutes. Keep warm.

Pierce the squash flesh with a fork. Dip each squash slice into the glaze to coat, then place cut sided down on the prepared pan and roast for 12 minutes. Remove from the oven, flip the squash slices over and brush with more glaze. Continue roasting until the squash is tender and deep golden, 7-10 minutes. Drizzle with the remaining glaze before serving.

### Almond and Ground Cherry Coffee Cake, from Harmony Valley Farm

2/3 c. unsalted butter

3/4 c. granulated sugar

1 c. almonds, ground

1 c. flour

1 1/2 tsp. baking powder

1/2 tsp. salt

1 egg

1 tsp. ground cinnamon

1 pint **ground cherries**

Sift flour baking powder, cinnamon and salt. Cream butter and sugar until light and fluffy. Beat in the egg. Stir in the almonds and flour. The dough will be stiff. Spread half the batter into a greased and floured eight inch cake pan. Cover with the fruit (keep it whole) and dot with remaining dough, almost covering fruit. Bake for 45-50 minutes at 350 degrees.

# Recipes of the week...

## Enchiladas with Roasted Tomatillo Chile Salsa, from Food Network

### Tomatillo Salsa:

1 pound **tomatillos**, husked  
1 white onion, peeled, sliced, quartered or whole  
4 **garlic** cloves  
2 **jalapenos**  
2 teaspoons ground cumin  
1 teaspoon salt  
1/2 cup chopped **cilantro** leaves  
1/2 lime, juiced

### For the salsa:

Preheat oven to 400 degrees. On a baking tray, roast tomatillos, onion, garlic and jalapenos for 12 to 15 minutes. Transfer the roasted vegetables and any juices on the bottom of the tray to a food processor. Add the cumin, salt, cilantro, and lime juice and pulse mixture until well combined but still chunky.

### Enchiladas:

Meanwhile heat a 2 count of olive oil in a medium saucepan over medium heat. Add the onion and cook until soft and caramelized - this should take 5 to 7 minutes. Add the garlic and cumin then cook for a further minute. Sprinkle on the flour and stir to ensure the flour doesn't burn then gradually add the chicken stock to make a veloute. Continue stirring over a low simmer until the flour cooks and the liquid thickens. Turn off the heat, add half of the roasted tomatillo chile salsa, some additional fresh chopped cilantro and fold in the shredded chicken meat. Season, to taste, with salt and pepper.

Change the temperature of the oven to 350 degrees F and begin assembling the dish. Take a large baking dish and smear the bottom with some of the reserved tomatillo salsa. Now take the flour tortillas and briefly flash them over the stove-top flame (or put them briefly under the broiler if using an electric stove). Using a shallow bowl, coat each tortilla lightly with the reserved salsa mix. Put a scoop of the shredded chicken-enchilada mix on top of the tortilla followed by a sprinkle of the shredded cheese. Fold the tortilla over the filling and roll like a cigar to enclose it. Using a spatula place the tortillas in the baking dish and continue to do the same with all the tortillas. Finally pour over some more of the salsa and top with the remaining shredded cheese. Bake uncovered for about 30 minutes until bubbly and cracked on top. Garnish, cilantro and tomato.

### Enchiladas:

Extra-virgin olive oil  
1/2 medium onion, diced  
3 **garlic** cloves, chopped  
1 1/2 teaspoon ground cumin  
1/4 cup all-purpose flour  
2 cups chicken stock, storebought  
Chopped **cilantro** leaves  
1 deli roasted chicken (about 3 pounds), boned, meat shredded  
Salt  
Freshly ground black pepper  
10 large flour tortillas  
1/2 pound Monterey Jack cheese, shredded  
2 cups sour cream  
Chopped tomatoes and cilantro leaves, for garnish

## White Chili

2 Tbsp. olive oil  
1 cup chopped onion  
1 lb. chicken breast without skin, chopped  
1 tsp. garlic powder  
1 tsp. ground cumin

6 cups chicken broth  
1 can (15 oz) whole kernel corn  
1/2 cup dry wild rice  
1 **green bell pepper**, diced  
1 can (15 oz) white beans, drained

In a large pan, over medium heat, heat oil and add onion and chicken. Cook until chicken is browned throughout and internal temperature reached 165 degrees. Add remaining ingredients to pan. Mix well, cook just below boiling for 30-40 minutes, until rice is tender.

Makes about 8 servings (1 1/2 cup each). Per 1 serving: 270 calories, 7 g fat, 20 g protein, 28 g carbohydrate, 5 g fiber, 970 mg sodium



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