
The Acorn Angle...

September 2010, box #15



What's fresh?

How do I prepare it?

CARROTS

This variety of carrot is called Interceptor, and is known for its length.

GROUND CHERRIES

Enjoy one more week of these unique treats. Make another coffee cake (from last week's recipe) or enjoy them raw.

LETTUCE

KALE or SWISS CHARD

Use kale or chard and parsley to make "green surprise dip". Recipe on back.

PEARS

If your pears aren't quite ripe yet, store them on your counter, or inside a paper bag for a few days.

POTATOES

PUMPKIN - BAKING, Winter Luxury variety

You can use this pumpkin for decoration or to eat.

Check out our recipe archives for two great savory pumpkin recipes: Roasted Pumpkin with Shallots and Sage & Rigatoni with Roasted Pumpkin and Goat Cheese. 2008, Box #19.

RASPBERRIES

This is not the best year for our berries, as you already know. Their growth has been sporadic, but we are optimistic that we will have enough for this week's boxes.

Please eat your berries immediately, freeze them or store in the refrigerator for no more than 1 day.

One tip to extend freshness, is to dump your box onto a plate and place in the refrigerator. Keeping the berries individually separated helps to keep the mold from spreading.

SQUASH - SPAGHETTI

Cut squash in half, lengthwise and remove seeds. Place on a shallow baking dish and bake upside down at 350 degrees for about 50-60 minutes or until the skin is soft. Use a fork to scrape out the squash a little at a time. It will naturally separate into noodle-like strands.

Top spaghetti squash with pasta sauce or a vegetable medley with cheese.

TOMATILLOS

HERB - PARSLEY

Hello!

We are $\frac{3}{4}$ of the way through our CSA season. I hope you have been enjoying the anticipation of each weekly box. We realize that you may love some items, and dislike others. Our hope is to provide you with a wide variety of seasonal, high quality, organic produce that will expand your palate.

The weather this season has not been particularly kind to many of our vegetable varieties. I think many of the plants would have coped better with 5 weeks of drought rather than rain every other day.

The CSA experience is filled with:

Patience - waiting throughout the season for certain veggies: tomatoes, squash, etc. to ripen.

Understanding - realizing that even with our best intentions (like planting twice as many tomatoes as we ever have, and only yielding a fraction of what should have ripened) mother nature may have other plans.

Commitment - taking the time and effort to prepare the veggies that you receive in your box.

Satisfaction - feeling good about eating and preparing healthy food.

Enjoyment - the wonderful taste of farm fresh veggies, eating new foods, and meeting and supporting your local farmer.

As farmers, we put a lot of effort into growing your food. Although, ultimately, you as the consumer must put in the hard, but tasty work that closes the circle from farm to table. I hope you have found satisfaction in eating and preparing fresh, local food that is good for you, the land, and the local economy.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Did you know? - TOMATILLOS

Tomatillos are small fruits (used as a vegetable) enclosed in a husk. Tomatillos belong to the same family as tomatoes.

Storage - Fresh tomatillos with the husk still intact may be stored in the refrigerator for up to two weeks. They are best stored in a paper bag. Tomatillos last a week longer in the refrigerator if the husks are removed and the fruit is placed in sealed plastic bags. Tomatillos may also be frozen after removing the husks.

Preparation - The husks must be removed before preparing. Wash the fruit with soap and water to remove the film left by the husk. Tomatillos may be used raw in salsas or salads or cooked for sauces.

Recipes of the week...

Adobo Chips with Warm Goat Cheese and Cilantro Salsa

Suggested by CSA member Sarah, from Cooking Light Magazine

Salsa:

- 1 (7-ounce) can chipotle chiles in adobo sauce
- 2 cups chopped fresh cilantro (about 1 bunch)
- 1 cup finely chopped **tomatillos** (about 4 medium)
- 1/4 cup minced red onion
- 1/4 cup fresh lime juice

Cheese:

- 1/2 cup (4 ounces) block-style fat-free cream cheese, softened
- 1/4 cup (2 ounces) goat cheese

Chips:

- 2 1/2 teaspoons fresh lime juice
- 1 teaspoon canola oil
- 1 teaspoon adobo sauce
- 1/2 teaspoon paprika
- 1/4 teaspoon cumin
- 8 (6-inch) white corn tortillas

Preparation - To prepare salsa, remove 2 chipotle chiles from can; finely chop to measure 2 teaspoons. Remove 1 teaspoon adobo sauce from can, and set aside (reserve remaining chipotle chiles and adobo sauce for another use). Combine chiles, cilantro, tomatillos, onion, and 1/4 cup lime juice in a medium bowl; cover and chill for 1 hour.

Preheat oven to 375°. To prepare chips, combine 2 1/2 teaspoons lime juice, canola oil, adobo sauce, paprika, and cumin in a small bowl, stirring with a whisk. Brush 1 tortilla with about 1/4 teaspoon juice mixture, spreading to edge. Top with another tortilla; repeat procedure with juice mixture. Repeat procedure 6 more times (you will have 1 stack of 8 tortillas). Using a sharp knife, cut tortilla stack into 6 wedges. Place wedges in a single layer on baking sheets. Bake at 375° for 15 minutes; turn wedges. Bake an additional 10 minutes.

Reduce oven temperature to 350°. To prepare cheese, combine cream cheese and goat cheese in a small bowl; stir until blended. Spread cheese mixture into a shallow 6-ounce ramekin or baking dish; cover with foil. Bake at 350° for 10 minutes or just until warm

Green Surprise Dip

- 1 cup steamed **kale, swiss chard**, or spinach
- 1 cup plain yogurt
- 1 cup cooked chickpeas (garbanzo beans)
- 1/4 cup mayonnaise
- 2 cloves garlic

- 2 green onions (chopped)
- 1 TBS lemon juice or to taste
- 1/2 tsp salt or to taste
- A few sprigs of fresh **parsley**

Puree in a blender or food processor.

Roast Potato Segments

- 2 Tbsp. lemon juice
- 2 Tbsp. olive oil
- 1 pinch cayenne pepper

- 1 tsp. minced thyme leaves
- Salt and ground black pepper to taste*
- 1 lb. unpeeled firm boiling **potatoes**, cut into segments

Preheat oven to 430 degrees. In a large bowl, mix together lemon juice, olive oil, cayenne pepper, thyme leaves and salt. Add potato segments and stir well. Put the potatoes on a lightly oiled cookie sheet and spread out. Bake in the oven for 35-40 minutes, turning once. Sprinkle with ground black pepper.

*additional salt and pepper not included in analysis

Serves 2. Per 1 serving : 320 calories, 14 g fat, 5 g protein, 46 g carbohydrate, 6 g fiber, 15 mg sodium



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