
The Acorn Angle...

October 2010, box #19



What's fresh ?

How do I prepare it?

APPLES—Haralson

Our partners Bill & Jane have a beautiful orchard and typically grow apples for our CSA boxes. However this spring almost all of the apple blossoms froze, resulting in a 90% loss of apples compared to last year's crop. We wanted to make sure you still received apples in your boxes, so we bought some from a local, certified organic grower. The apples you are receiving in your box are from Hoch Orchard in LaCrescent, MN. Although the Hoch's orchard didn't lose blossoms to frost this spring, the wet summer and hail did impact their harvest as well. The apples you are receiving are considered seconds. Most of them just have cosmetic issues, and can be enjoyed by peeling, or cutting away a small section of apple.

- Haralson apples are crisp and juicy, having a tart flavor. They are good for eating, cooking, and are an excellent choice for pies.

CARROTS—Dragon

These purple carrots are a fun twist on the ordinary.

LETTUCE

NAPA CABBAGE

POTATOES—Blue

RADISH

RUTABAGA

This is the first time in many years that we have grown rutabagas. They are not the most beautiful root vegetable, but they do have a good flavor.

- Scrub with a vegetable brush. For maximum nutrition do not peel (unless you are preparing a commercially waxed rutabaga).
- Enjoy raw (tastes a bit like kohlrabi) or cooked
- Add to soup

SUNCHOKES

This tuber is sometimes called a Jerusalem Artichoke. These sunchokes are found growing under 6-10 foot tall perennial sunflowers.

- Scrub, slice and eat raw, with dip or alone.
- Try them sautéed, stir-fried, steamed, or simmered, alone or with other vegetables.

SQUASH—Acorn

HERB—Parsley

Hello!

As the season winds down, people often ask me if I am sad that it is coming to an end. For me personally, I really love the cyclical pattern of farming. In the spring, I am always energized about getting back in the garden, tilling up the ground, planning, preparing and planting new seeds. The summer always brings excitement of new vegetable varieties ripening weekly. In the fall, I look forward to the warm days and the final harvests from the garden.

But honestly, I am not too sad about the end of each growing season. The winter is always a rejuvenating time for me. Farming is a hard business, and it is nice to have a few months off. Winter is definitely a bittersweet time, as I really do miss eating fresh food from the garden. However, by the time the seed catalogs start filling my mailbox, I am sure I will have my gardening itch back again.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

For those of you with a half share ending this week, **THANK YOU** for your participation in our CSA program this season. It has been a very challenging growing year for us, so we appreciate your support more than you know.

Please, please remember to return your **CSA BOXES** next week. We have lost a considerable amount of boxes this year. It helps us keep our costs down when boxes are returned on time. Your last CSA "box" will be put into a paper bag so you don't have to worry about returning the box. Thanks!

If you are interested in purchasing **MEAT, EGGS, or PRODUCE** between now and the start of next year's season, email us to be added to our direct order list. In the winter months we bring orders to La Crosse and Black River Falls every other week. You are always welcome to pick up orders at the farm as well - just give us a call to set up a pick-up time.

We still have **CHICKENS** available for sale. Don't discriminate this Thanksgiving - I think they taste better than turkeys! They are 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 are \$3.25/lb.

Recipes of the week...

Wild Rice with Sunchokes, Mushrooms, and Walnuts, *from Asparagus to Zucchini*

1 1/2 TBS walnut or peanut oil
6 oz crimini mushrooms, sliced
1/4 cup finely chopped shallots

6-8 **sunchokes**, scrubbed and chopped
1 cup wild rice, well rinsed and drained

1 1/2 tsp salt

2 1/2 cups boiling water
freshly grated black pepper

1/2 cup walnut halves, roasted at 350 degrees 6-10 minutes

Heat oil in saucepan over medium-high flame. Add mushrooms and shallots; cook, stirring often, 3-4 minutes. Stir in sunchokes, wild rice, salt and water. Reduce heat, cover, and cook until water is nearly absorbed and rice is tender. (If rice gets tender before water is absorbed, remove some water.) Season to taste with pepper. Sprinkle with walnuts just before serving.

Poached Fish with Napa Cabbage

2 cups and 1 Tbsp. chicken broth

1 Tbsp. fresh minced ginger

1 lb. thick cod fillet or halibut, cut into 1 1/2 inch pieces

1 cup chopped scallion

1 tomato, chopped

1 Tbsp. chopped fresh mint

2 Tbsp. lime juice

4 cups finely shredded **Napa cabbage**

3 tsp. minced garlic

2 cups chopped mung bean sprout

Salt and white pepper to taste*

1 Tbsp. toasted sesame seeds



In a large skillet, heat 1 Tbsp. broth; add ginger and fish, sauté for 2 minutes constantly stirring. Add rest of broth and bring to simmer on high heat for about 3 minutes. Add remaining ingredients except sesame seeds. Stir and cook for about 3 minutes.

Season with salt and pepper, top with sesame seeds.

*additional salt and pepper not included in analysis

Serves 4 (about 1 1/2 cups each) Per 1 serving: 180 calories, 3 g fat, 25 g protein, 12 g carbohydrate, 4 g fiber, 560 mg sodium

Colorful Lemon Carrots and Rutabaga

4 **carrots**, cut into 3-inch julienne strips

1 large **rutabaga**, peeled and cut into 3-inch julienne strips

1/2 cup water

2 Tbsp. butter

1 Tbsp. packed brown sugar

1 Tbsp. lemon juice

1/2 tsp. grated lemon peel

1/4 tsp. dried dill weed

Salt and pepper to taste*

1 Tbsp. grated Romano or parmesan cheese



In a large saucepan over high-medium heat, combine carrots, rutabaga and water. Bring to a boil, reduce heat to medium, cover and cook for 15 minutes; drain. In a small saucepan over medium heat, combine remaining ingredients; cook uncovered for 2-3 minutes or until butter is melted. Add butter mixture to vegetables. Cook, stirring occasionally, for 3-4 minutes or until vegetables are glazed. Season with salt and pepper; top with cheese.

*not included in analysis

Serves 5 (about 1 cup each) Per 1-cup serving: 140 calories, 5 g fat, 3 g protein, 20 g carbohydrate, 5 g fiber, 90 mg sodium



N6370 Niedfeldt Rd. • Bangor, WI 54614
608.486.4205 • oldoakfamilyfarm@yahoo.com

www.oldoakfamilyfarm.com

The Niedfeldt family:
Jerry & Connie Niedfeldt
Kyle, Eric, & Owen Zenz
Jacey, Ric, Breck & Joelle Heller