
The Acorn Angle...

October 2010, box #20



What's fresh ?

How do I prepare it?

APPLES—Cortland

The apples you are receiving in your box are from Hoch Orchard in LaCrescent, MN. These apples are considered seconds. Most of them just have cosmetic issues, and can be enjoyed by peeling, or cutting away a small section of apple.

- ✦ Cortland apples are a softer apple and are great for baking.
- ✦ Try a simple, quick apple crisp.

GARLIC

KOHLRABI

LETTUCE

NAPA CABBAGE

Widely used in East Asian Cuisine. Napa Cabbage originated from China and provides you with a rich source of vitamins C and K as well as selenium and several B vitamins. Vitamin C is essential for healing wounds and cuts and improves your ability to fight infections. Vitamin K helps your body to absorb calcium from food and controls blood clotting. Selenium regulates thyroid hormone and the B vitamins are very important for good health and general well being.

- ✦ Try our old standby classic Napa Chinese salad recipe, found on-line at our website: Box #11, 2009.

ONION - Green

POTATOES - Kennebec

RADISH

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.
- ✦ Add to a root bake along with parsnips, carrots, and rutabagas.

SQUASH - Butternut

- ✦ Squash stores best in a dry, dark, well-ventilated, cool place (50 to 55°F).

HERB—Sage

- ✦ Add a little sage and butter to baked squash.

Hello!

It is hard to believe that 20 weeks have already come and gone. Thank you for choosing our farm for your CSA experience this year. Throughout the season we always kept you, our members in mind.

This was a challenging growing year for us, with the above average precipitation. Being a member of a CSA means sharing in the opportunities and challenges of farming. Thank you for your continued support and understanding.

Supporting our CSA is a huge commitment on your part. From paying up front, to coordinating your weekly pick ups, to finding the time and energy to prepare the food from your box. I hope you have found satisfaction in the experience.

I encourage you to keep up your "CSA lifestyle" during the winter. Challenge yourself to:

- ✦ Buy local and support organic farmers when possible.
- ✦ Make and eat more meals at home.
- ✦ Try and experiment with new recipes.
- ✦ Cook with friends, or throw a pot luck party.
- ✦ Eat more seasonal vegetables and fruits.
- ✦ Consider starting your own garden or container herbs/vegetables next spring.

Have a great winter & keep in touch!
~Kyle, CSA Manager, 608.386.8066

We will be sending out information for our **2011 CSA SEASON** in early February. Current members will have first priority in signing up. If you know anyone who is interested in joining our CSA for next year, please tell them to contact as soon as possible. Space in our CSA is limited, and we will begin accepting new applications starting in mid February.

DIRECT ORDERS will be available throughout the fall and winter. Please email us if you are interested in ordering:

- ✦ Potatoes, squash
- ✦ Whole, frozen chickens at \$3.25/lb
- ✦ Farm fresh, cage free natural eggs at \$2.00/dozen
- ✦ Hereford Beef (prices available on-line)

Options will be available for pick up at the Black River Falls, La Crosse, and the farm.

We are currently missing quite a few **CSA BOXES**. If you still have any please find a way to get them back to us.

Recipes of the week...

Wild Blend® with Butternut Squash and Apples *from the Lundberg rice website*

1½ cups Lundberg Wild Blend®
3½ cups water
½ cup fresh parsley, chopped
2 Tablespoons olive oil
1 medium onion, chopped
3 cups ½ inch cubed **butternut squash** (from 1-½ pound squash)
2 **apples**, unpeeled, cored, cut into ½ inch cubes
1 Tablespoon dried thyme
1 cup chicken broth or water
½ cup walnut pieces

Preheat oven to 425°F. 9X13 inch well buttered baking dish. Combine water and Lundberg wild blend in a large saucepan with lid. Bring water to boiling, reduce heat to simmer and cover. Cook 50 minutes, remove from heat with lid on and steam 10 minutes. Stir in parsley and set aside.

Heat oil in a large skillet and sauté onion over medium-high heat until translucent. Add butternut squash, apples, and thyme and sauté 5 minutes. Stir in broth. Combine rice and onion/butternut squash/apple mixture and pour into a buttered 9X13 inch baking dish. Sprinkle walnuts over the top. Bake 425°F for 20-25 minutes. until heated through and squash is tender.

Serves 10-12. Nutritionals: Serving size 1 cup, Calories 120, Calories from Fat 40, Total Fat 4.5g (Sat. Fat .05g, Trans Fat 0g), Cholesterol 0mg, Sodium 60mg, Total Carbohydrates 20g, Fiber 2g, Sugars 3g, Protein 3g.

Grandma's Apple Coffee Cake

2 eggs	Topping:
1 cup sugar	2/3 cup sugar
1 cup flour	2/3 cup flour
1½ tsp baking powder	6 TBS butter
3-5 apples	1 tsp cinnamon

Beat eggs, sugar, flour and baking powder. Stir in apples. Pour into a 9x13" greased baking dish. (batter will be sticky). Mix together topping (should be somewhat crumbly). Sprinkle over apple batter. Bake at 350 for 40 minutes.

Festive Butternut Squash Dip

1 (8oz.) pkg. reduced-fat cream cheese, softened
¾ cup cooked **butternut squash**
2 Tbsp. taco seasoning mix
1/3 cup chopped dried beef
1/3 cup chopped green bell pepper
1/3 cup chopped red bell pepper

In a mixing bowl, beat cream cheese, until smooth. Slowly beat in squash and taco seasoning until thoroughly blended. Stir in beef and peppers. Cover and refrigerate until served. Serve with fresh veggies, crackers or corn chips

*To cook butternut squash. Cut in half, lengthwise. Scoop out seeds. Add about a cup of water to 13x9 inch baking dish; place squash, cut-side down, in dish. Cover. Bake at 425 degrees for 40 min or until tender.

Serves 24. Per 2-tablespoons: 35 calories, 2 g fat, 2 g protein, 3 g carbohydrate, 0 g fiber, 170 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