

The Acorn Angle...

September 2011, box #16



What's fresh?

How do I prepare it?

APPLES - Macintosh

☞ Versatile for eating or baking.

BEETS

☞ Eat the greens raw or steam and add butter or balsamic vinegar.

FENNEL

☞ Cut bulb into 8-10 pieces. Toss with olive oil and seasoned salt. Roast in oven at 375 on a rimmed baking sheet with other chopped vegetables (winter squash, carrots, potatoes, onions, parsnips, beets, herbs, etc.) until tender.

GROUND CHERRIES

☞ Eat raw, or cook into a sauce, pie, jam, or coffee cake (recipe on back).

LETTUCE

ONIONS - Cortland, great storage onion

PEARS - Luscious

Our partners, Bill & Jane grow these small, cute, and tasty pears.

RADISHES

RASPBERRIES

Berries are very perishable and should be eaten as soon as possible. Keep them unwashed and refrigerated.

SQUASH - Sweet Dumpling

This is our sweetest variety of squash.

☞ Slice in half lengthwise, scoop out seeds and place facedown on a rimmed cookie sheet with a little water. Bake at 350 for for 30 to 60 minutes, until tender. Scoop flesh out and enjoy.

☞ The skin on this squash is very thin and can be eaten. Slice into chunks, coat with olive oil and salt, and roast in oven at 375 until tender. Try roasting with fennel.

TOMATILLOS

☞ Remove husk, and wash with soap and water to remove the sticky film left by the husk. Can be eaten raw or cooked.

☞ Ripeness is typically based on size and color. Light green to yellowish is considered ripe. They will feel firm.

HERB - CILANTRO

Hello!

This week's box is a good example of some of the more uncommon vegetables we include in our CSA share: beets, fennel, ground cherries, tomatillos, and squash. Some or all of these vegetables may be new or intimidating to you - to eat or to prepare. I have to admit, that I haven't always liked these vegetables, but after finding new ways to prepare them, I can now say, I now enjoy them all. Check out a few of my tips and comments:

Beets - Try roasting. This technique has changed many beet-haters into beet-lovers. Roasting brings out the flavor and sweetness. Peel beets (your hands will turn purple), then slice into rounds about 1/4" thick. Toss with olive oil, (minced garlic - if you like) and a pinch of sea salt. Place on a rimmed baking sheet, and roast in the oven at 375, until tender, about 30 minutes.

Fennel - I have to admit, that until recently (last Thursday), I did not like fennel at all. However I *really* wanted to like fennel, so I gave it another shot. My new favorite way to prepare fennel is to roughly chop the bulb and roast it in the oven with other vegetables. It really softens the flavor and tastes great!

Ground Cherries - At the farmer's market, I always hear "what do they taste like?". My response is always "just try one." I have described the taste as a cross between a cherry tomato and cantaloupe...maybe you will have a different thought?! They are a fun snack to eat raw, or for a real treat, make the ground cherry recipe on back - it is a real treat.

Tomatillos - Everyone always asks me "what should I do with tomatillos", and my answer is: "salsa verde". This is the green sauce often found on enchiladas. It is usually cooked, but can also be prepared raw. Check our recipe blog, or cookbooks to find out how to prepare it. Tomatillos are also good raw, and chopped into a salad.

Squash - Our squash has great flavor, without adding brown sugar! Winter squash is so versatile, and can be used in soup, pasta, curry, lasagna, as a side dish, or a main dish! Look for recipes on-line and check out our blog with past CSA recipes. Give it a try, sugar-free, and if you **must**...add a bit of brown sugar and butter.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Enchiladas with Tomatillo Chile Salsa (look under keyword: Tomatillos)** - oldoakfamilyfarm.wordpress.com

Recipes of the week...

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 1/2 to 2 cups **ground cherries**

*GREAT recipe.
You can try substituting
different types of fruit for
this recipe...try blueberries
or raspberries*

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.

Quinoa, Corn, and Tomatillo Salad

2 cups cooked quinoa (prepare according to package directions)
2 ears corn, steamed 7 minutes and cut from cobs
2 medium **tomatillos**, chopped in 1/4" dice
1 scallion, chopped fine

2 TBS chopped **cilantro**
1 TBS extra virgin olive oil
2 tsp lime juice
Sea salt and freshly ground pepper

Place quinoa, corn, tomatillos, scallion and cilantro in a bowl and mix well. Add olive oil and lime juice and mix gently. Season to taste and serve either room temperature or chilled

Pork Chops with Sweet and Spicy Apples

4 boneless pork loin chops (about 4 oz each)
2 Tbsp. packed brown sugar
salt and pepper, to taste*
1/8 tsp. ground cinnamon
1/8 tsp. ground nutmeg
1 Tbsp. butter
2 **apples**, peeled, cored and sliced



Preheat oven to 175 degrees. Place a medium-sized dish in the oven to warm.

Heat a large skillet coated with cooking spray over medium-high heat; place pork chops in pan and cook 5 to 6 minutes, turning occasionally, until done and internal temperature reaches 145 degrees. Remove from heat and keep warm in the heated dish in the oven.

Meanwhile, in a small bowl, combine brown sugar, salt and pepper, cinnamon and nutmeg. Add butter to the skillet and stir in brown sugar mixture and apples. Cover and cook until apples are tender. Remove apples with a slotted spoon and arrange on top of chops. Keep warm in preheated oven. Continue cooking sauce, uncovered in skillet, until thickened slightly; spoon sauce over apples and chops.

Serves 4. Per serving: 330 calories, 10 g fat, 39 g protein, 19 g carbohydrate, 2 g fiber, 125 mg sodium

*additional salt and pepper not included in analysis

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