



The Acorn Angle...

September 2012, box #13

What's fresh?

How do I prepare it?

CARROTS

- ☞ Try a roasted, pureed carrot soup.

CHARD

- ☞ Add to salads or substitute for cooked spinach in any recipe.

LETTUCE

ONIONS - Green

- ☞ Chop into salads, wraps, salsa,

PEPPERS - green, sweet & red, sweet

PEPPERS - HOT - jalapeno - green

POTATOES - Purple

These potatoes are just like any other potato, just purple in color. They taste the same, and cook up the same.

- ☞ Try some kid-crazy purple-power mashed potatoes!

SQUASH - Kabocha, Sunshine

This squash has great flavor with a rich, buttery flesh. It is a dry squash, so you may want to mix it with butter or puree it with additional water.

- ☞ Squash stores at room temperature for a month or more. - Enjoy the decoration before you eat it!
- ☞ Cut in half, remove seeds, place flesh down on a rimmed baking sheet, add a bit of water to the pan, and bake at 350 for 1 to 1.5 hours. Remove when center starts to sink and easily pierced by 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 from the husk.
- ☞ Eat raw in salsa or salad.
- ☞ Cook into a salsa verde to put over enchiladas, fajitas, or sliced pork or beef.

TOMATOES - Red and Heirloom

- ☞ Try a freezer salsa recipe.

HERB - Cilantro

- ☞ Store cilantro in a plastic bag in the refrigerator, wrapped in a damp towel.
- ☞ Use in ethnic cooking, such as Thai, Indian, Mexican and Chinese.

Hello!

Are you an efficient eater? I'm not talking about being a member of the clean plate club. I am talking about using up all of the parts of vegetables or fruits. "The mindless tossing of scraps, peels, and other produce trimmings is the norm in today's kitchens," says a report in the newsletter *Environmental Nutrition*. "Flash back a generation or two ago when frugality reigned, and those throwaways would never have been wasted. What wasn't served on the plate went into the next day's stew or stockpot."

The "root to stem" movement seeks a return to better use of the entire vegetable. Nutrients are often concentrated in skins and rinds, so stretching meals can also be a health booster. Try incorporating these throwaways into your cuisine:

- ☞ Sauté carrot, beet, or turnip tops, or use them to power up green smoothies or juice.
- ☞ Add the leaves of broccoli, cauliflower, or Brussels sprouts to salads.
- ☞ Braise or sauté the stems of chard, kale, or collard greens.
- ☞ Sliver broccoli stems or asparagus ends and add to a slaw.
- ☞ Bake the peels of potatoes for snacks.
- ☞ Toss extra veggie parts into a designated plastic bag in the freezer and the next time you make soup, add the contents of the bag.
- ☞ Save the trimmings from celery to add to a delicious chicken soup.

Once you consciously start thinking about the veggie scraps you throw away, you might find new ways to eat "root to stem".

Adapted from an article in Taste for Life.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week:

Easy Squash Soup

Check it out at: www.oldoakfamilyfarm.wordpress.com

Meal ideas for the week:

Breakfast - Scrambled eggs topped with homemade salsa.

Lunch - Homemade salsa mixed with rice and beans and put in a tortilla or served over lettuce.

Snack - Chopped tomatoes and cottage cheese.

Dinner - Pasta with cubed squash and a fresh salad.

Dessert - Oatmeal carrot cookies.

Recipes of the week...

Creamy Tomatillo Avocado Salsa Verde

1 ¼ lb. **tomatillos**, husked and rinsed (this is the quantity that is in your box this week)
1 large onion
5 cloves garlic
2 **jalapenos**
1 TBS vegetable oil
2 tsp ground cumin
1 tsp salt
½ cup packed **cilantro**
1 ½ avocados
½ lime (optional)

Preheat the oven to 450 degrees. Peel and chop the onions into quarters. Place the tomatillos, onions, garlic and jalapenos on a rimmed baking sheet. Drizzle with oil. Roast in the oven for 15 minutes or until the exteriors are blistered but the insides are still slightly raw. Meanwhile, scoop the flesh out of the avocados. Cut the jalapenos in half and scrape out the seeds. Discard seeds. Place the tomatillos, onions, jalapenos and garlic in a food processor. Pulse until mostly smooth. Add the cumin, salt, cilantro and avocado. Pulse until the avocado is pureed into the mixture. Taste for salt. If you desire an extra tart quality, add a bit of lime juice at the end. Yields 2 quarts.

Fiesta Potato Salad

6 to 7 cups peeled and cubed **potatoes**
water to cover potatoes
1½ cups shredded cheddar cheese*
1 can (16 oz) black beans, drained
2/3 cup chopped **pepper**
½ cup thinly sliced celery
1/3 cup thinly sliced **green onions**
2 tsp. minced fresh **cilantro** or parsley
¾ cup ranch dressing
½ cup chunky style salsa
1 tsp. seasoning salt
¼ tsp. black pepper

In a large sauce pan, place the potatoes and enough water to cover. Cover and bring to boiling; simmer about 10 minutes or until the potatoes are tender yet still hold their shape. Drain, rinse with cold water to cool potatoes, and drain again. In a large mixing bowl, combine the cheese, beans, sweet pepper, celery, onions, and cilantro or parsley. In a small bowl, combine the dressing, salsa, seasoning salt and pepper. Add the potatoes to the bowl with the cheese and bean mixture. Pour the dressing over all and mix well. Cover and refrigerate at least 4 hours to let flavors blend.

*low-fat shredded cheddar cheese may be used.

Makes about 12 cups. Per ½-cup serving: 160 calories, 7 g fat, 5 g protein, 18 g carbohydrate, 3 g fiber, 380 mg sodium



The 500 Club is a healthy eating program coordinated by Gundersen Health System registered dietitians and recommended by physicians. Selections are controlled in fat and calories and contribute to a healthy eating pattern. For more information go to 500-club.org or call (608)775-3447.



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