

The Acorn Angle...

September 2012, box #14



What's fresh?

How do I prepare it?

CARROTS

- ☞ Try making fresh spring rolls with slivered carrots, peppers, lettuce and cilantro.

EGGPLANT

We had rave reviews from one of our college CSA members about the eggplant burger recipe from week #12. He made them for a group of friends and they all loved them!

KALE

- ☞ It's soup weather, add chopped kale to a potato, vegetable soup.

LETTUCE

PEPPERS -sweet, bell shaped

- ☞ We have a few colored varieties that you may find in your box. Red, Yellow and Chocolate (brown).

PEPPERS - HOT - long yellow

PIE PUMPKINS

- ☞ Try pumpkin as a savory recipe, roasted or as a soup.

- ☞ Bake, puree and freeze for later use.

POTATOES - All Red

- ☞ This week's potatoes are red throughout. When cooked, they will remain pink.

SQUASH - Sweet Dumpling

- ☞ Squash stores at room temperature for a month or more. - Enjoy it as a 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 45 minutes to 1 hour. Remove when center starts to sink and softens.

TOMATILLOS

- ☞ Remove husk, wash with soap and water to remove the sticky film from the husk.
- ☞ Cook into a salsa verde to put over enchiladas, fajitas, or sliced pork or beef.

TOMATOES - Red and Heirloom

This has been a tremendous year for tomatoes! I expect they will last until the frost hits.

- ☞ Make a minestrone soup with fresh tomatoes and other garden veggies.

HERB - Cilantro

Hello!

Fall is in the air! Today was downright chilly! We are hoping the first frost is still a few weeks away. Enjoy the added bonus of cooking squash and pumpkins this time of year - a warm kitchen!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

***Kyle's favorite blog recipe for the week:**

Roasted Pumpkin with Shallots & Sage

next day meal: Rigatoni with Roasted Pumpkin & Goat Cheese

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

How to prepare sweet dumpling squash,

adapted from [Fruits & Veggies Matter More](#)

- 1. Creamy Soup.** Dice a peeled sweet dumpling and simmer in vegetable or chicken broth. Once soft, purée with a blender or food processor. Flavor your soup with minced fresh ginger, onions, and spices (safron works!), then add a low-fat cream just before serving.
- 2. Caramelized.** Sautéing sweet dumpling squash, like roasting it, caramelizes its naturally occurring sugars. Dice and slice squash and heat on medium-high until squash becomes tender and soft around the edges.
- 3. Stuffed!** Slice dumpling squash in half and remove seeds and pulp. Rub a baking sheet with olive oil and place the squash *cut side down* on the sheet. Bake for about 30 minutes. While the squash is cooking, create a mixture of whole grains, cheeses, seasonings, vegetables, and dried fruits to be spooned inside. After cooking, flip squash over and stuff with mixture then cook for an additional 10 minutes—enjoy!
- 4. A Light Meal.** Cut around the stem of the squash and remove the top. Scoop out the seeds and pulp and stuff with rice, vegetables, lean beef or chicken, low-sodium seasonings, and a small amount of oil. Bake until insides are heated and squash is tender — a complete meal for one!
- 5. Baked or Roasted.** Cut around the stem of your sweet dumpling and remove the top. Scoop out the seeds and pulp, then bake the cleaned squash until tender. Enjoy as is, or top with vegetables, cheeses, or seasonings.

Meal ideas for the week:

Breakfast - Pumpkin Pancakes with fresh fruit.

Lunch - Fresh spring rolls.

Snack - Baba Ganoush (roasted eggplant dip) with pita bread.

Dinner - Chicken or shrimp stir fry, served over rice.

Dessert - Pumpkin muffins.

Recipes of the week...

Gluten Free Pumpkin Pancakes

2 eggs
1/2 cup cooked, pureed **pumpkin** (or you can use pureed **squash**)
1/2 cup almond butter
1/2 tsp cinnamon
1/4 tsp vanilla
1/4 tsp nutmeg
1 tablespoon honey

Mix everything together at once. Heat the pan as you would for regular pancakes- use coconut oil to grease the pan.

Cook until the edges stiffen up- these won't bubble as regular pancakes do. Flip once and serve with maple syrup.

Quinoa Bites

2 cups cooked quinoa
2 large eggs
1 cup shredded **carrot**
1/2 cup green or colored **pepper**
2 stalks green onion, diced
2 cloves garlic, minced
1/4 cup chopped fresh **cilantro** (can substitute parsley)
1/2 cup grated Parmesan cheese
2 Tbs all-purpose flour
1/2 tsp seasoning salt
1/4 tsp freshly ground pepper

1. Preheat oven to 350 degrees.
2. Mix together quinoa, carrot, egg, green onion, garlic, cilantro, cheese, flour, salt and pepper.
3. Distribute mixture into a greased mini muffin tin, filling each cup to the top (1 heaping Tbs each).
4. Bake for 15-20 minutes.

Kale & Potato Hash

8 cups torn **kale** leaves, ribs removed
2 Tbsp. horseradish
1 medium shallot, minced
1/2 tsp. ground pepper
1/4 tsp. salt
2 cups cooked shredded **potatoes**
2 Tbsp. olive oil

Directions

1. Place kale in a large microwave-safe bowl, cover and microwave until wilted, about 3 minutes. Drain, cool slightly, and finely chop.
2. Meanwhile, mix horseradish, shallot, pepper and salt in a large bowl. Add the chopped kale and potatoes; stir to combine.
3. Heat oil in a large nonstick skillet over medium heat. Add the kale mixture, spread into an even layer and cook, stirring every 3 to 4 minutes and returning the mixture to an even layer, until the potatoes begin to turn golden brown and crisp, 12 to 15 minutes total.

Makes 4 servings. Per Serving: 210 calories, 8 g fat, 7 g protein, 33 g carbohydrate, 4 g fiber, 230 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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