
The Acorn Angle...

September 2012, box #15



What's fresh?
How do I prepare it?

EGGPLANT

- ☞ Roast eggplant right away, then refrigerate and use soft roasted eggplant later in the week for lots of different recipe options.

LETTUCE

LIMA BEANS

- ☞ Remove from shell and boil until tender.
- ☞ Try one of my all time favorite recipes from newsletter #12 or find it on the blog - search in the drop down box under "lima beans".

PEPPERS - SWEET & HOT

PIE PUMPKINS

This is an heirloom variety that was recently made popular by Martha Stewart. It is a great pie making and eating pumpkin.

- ☞ Check out recipes on line for soup or savory roasted pumpkin.

SQUASH - Delicata

- ☞ 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 about 45 minutes. Remove when center starts to sink and softens.

SWEET POTATOES

Possibilities are endless with this great tuber.

- ☞ Store it in a dark, cool, dry place - but not the refrigerator. It should last a few weeks before it needs to be eaten.
- ☞ Try baking it, peeling and boiling it, adding it to soups, casseroles, making sweet potato bread, muffins, cookies, or even waffles!

TOMATILLOS

- ☞ To freeze for later use, just remove husks, rinse and place whole into a freezer bag.

TOMATOES - Red and Heirloom

Enjoy the last tomatoes of the season.

HERB - Cilantro

HERB - Sage

Sage is great with roasted squash and savory pumpkin dishes.

Hello!

It always seems so somber walking through the fields the morning after the first hard freeze of the season - observing all of the wilted, partially frozen and dying crops. Monday mornings temperatures dipped into the mid-20s. Covering crops with sheets doesn't quite work with temperatures like that!

The initial sadness of frozen crops faded away today as I felt the sun on my face knowing that autumn has arrived. This morning brought temperatures in the mid-20s, but by afternoon temperatures had climbed to the mid-70s! I truly love warm, sunny, fall afternoons.

As we transition away from summer crops like tomatoes, peppers, and eggplant, we look forward to more heartier crops like squash, potatoes, cabbages, kale, celery, and more.

This season also brings new food cravings: hearty soups, baked squash, casseroles, and roasted vegetables. I hope you are looking forward to new fall vegetables and recipes.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week:

Root Vegetable Chili Soup - try adding sweet potatoes

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

Meal ideas for the week:

Breakfast - Sweet Potato waffles.

Lunch - Pumpkin and wild rice soup.

Snack - Lettuce wraps with egg or tuna salad.

Dinner - Burgers on the grill with sweet potato fries and a fresh salad.

Dessert - Sweet potato bread with cinnamon butter.

We are missing **CSA BOXES**. If you have any, please find a way to return them.

We can always use extra **BUCKETS** at the farm. If you have any old ice cream pails that you typically recycle, consider bring them to us.

Following this week we still have **5 MORE BOXES** to go (all the way up to week 20). There will be lots of great veggies coming up.

Recipes of the week...

Val's Secret Southern Sweet Potato Fries -Velery Baerwolf, Val's Southern Cuisine - printed in *From Asparagus to Zucchini* from the Madison Area CSA Coalition

Sweet potatoes, peeled
Vegetable oil
Cinnamon

Nutmeg
Sugar

“Peel them and slice ‘em into fry-like pieces. I fry them in vegetable oil until golden brown, but not too brown. They’re ready when the float to the surface. Then mix cinnamon and nutmeg and a little white sugar in a bag. Shake it all up and sprinkle it over the hot fries”.

Mushroom and Lima Bean Soup

1 1/2 cup fresh or frozen **lima beans**
2 TBS extra-virgin olive oil, plus more as needed
1 large onion, diced (2 cups)
4 cloves garlic, thinly sliced
8 oz. shitake mushrooms, trimmed and thinly sliced
8 oz. portobello mushrooms, trimmed and cut into 1-inch pieces
2 lbs. **delicata squash**, peeled, seeded, cut into 1-inch pieces
1 bay leaf
8 cups low-sodium chicken or vegetable stock
Freshly ground black pepper
1/2 bunch kale (8 oz.), stems removed and leaves thinly sliced (6 cups)
Salt

Heat oil in a large pot over medium flame. Add onions and garlic. Cook until tender, 6 to 8 minutes; transfer to a bowl. Turn heat to medium high. Working in batches, add mushrooms; cook until golden brown. Transfer to bowl and add more oil to cook remaining mushrooms. Return mushrooms and onions to pot and add squash, beans, bay leaf, and stock. Season with pepper. Bring to a boil, reduce to a simmer, and cover partially. Cook until beans are just tender, about 15 minutes. Stir in kale and cook until tender, about 5 minutes more. Season with salt.

Roasted Delicata Squash & Onions

2 pounds **delicata squash** (about 2 large)
1 medium red onion, sliced
1 Tbsp. olive oil, divided
¼ tsp. chopped fresh rosemary (I also like to substitute **sage**)
1 Tbsp. maple syrup
1 Tbsp. Dijon mustard

Directions

1. Preheat oven to 425°F.
2. Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into ½-inch-thick wedges. Toss with onion, 1 Tbsp. oil, and salt in a large bowl. Spread in an even layer on baking sheet. Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes. (It is OK to eat the skin on this squash)
3. Combine the remaining 1 Tbsp. oil, rosemary, syrup, and mustard in a small bowl. Toss the vegetables with the dressing.

Makes 4 servings. Per Serving: 100 calories, 3.5 g fat, 2 g protein, 16 g carbohydrate, 2 g fiber, 90 mg sodium.



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