



The Acorn Angle...

October 2012, box #16

What's fresh?

How do I prepare it?

BOK CHOY

☞ Add to stir fry, or an Asian-inspired chicken soup.

CABBAGE - red or green

☞ Add cabbage to soup - it can be with a veggie broth or a creamy base.

☞ Try making ground beef cabbage rolls.

LETTUCE

ONIONS

PEPPERS - SWEET & HOT

(Red long peppers are sweet, yellow long peppers are hot)

☞ Freeze for later use - just chop and put on a baking sheet. After they are frozen, transfer to a plastic bag.

POTATOES - Kennebec

SWISS CHARD - green and rainbow

☞ Use in place of cooked spinach for many recipes - try a baked, creamy artichoke dip.

SQUASH - Acorn

☞ 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 45-60 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.

☞ Peel and slice into sticks, coat with olive oil and salt. Place on a cooling rack positioned over a baking pan. Bake at 400 for about 20 minutes or until tender.

HERB - Thyme

☞ Check our blog recipes for "thyme": Creamy Cabbage Soup, French Potato Salad, Rustic Winter Vegetables and more.

FALL DECORATIONS - Indian Corn

This corn was just picked and still needs to dry out a bit, please keep it out in the open or in a paper bag - not plastic.

Hello!

The changing of the seasons brings a bit of a slower, more relaxed pace to the farm. It is nice to be able to stroll through the fields during this incredibly beautiful time of year, rather than running and hurrying like we usually do.

We are still busy harvesting squash, pumpkins, and other hearty greens. We are currently in the process of building a hoophouse. This is an unheated greenhouse structure where we will plant crops directly in the ground. We are excited for the opportunity to have crops grow longer in the fall and earlier in the spring. We received partial funding for this hoophouse through a USDA grant program.

Next week we will be giving everyone a large pumpkin. If you have boxes on even weeks, we will give you one for box #18. It has been a great year for pumpkins.

Get out there and enjoy the wonderful scenery that autumn brings!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

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

Quinoa with Mushrooms, Sweet Potatoes and Kale

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

Meal ideas for the week:

Breakfast - Squash muffins with sausage links and fresh fruit.

Lunch - Potato salad, and a veggie wrap.

Snack - Sweet potato hummus with veggies or pita chips.

Dinner - Creamy cabbage soup with sausage, and warm rolls with herbed butter.

Dessert - Sweet potato pie - we just ate one and it was incredible!

We are missing quite a few **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 **4 MORE BOXES** to go (all the way up to week 20). There will be lots of great veggies coming up.

Recipes of the week...

Sweet Potato Enchilada Casserole

Sauce ingredients:

1 cup tomato sauce
1 cup water
1 large **onion**, chopped
2 garlic cloves, minced
1 tsp. chili powder
1/2 tsp. ground cumin
1/2 tsp. oregano
2 Tbsp. cornstarch dissolved in 4 Tbsp. water
small bunch cilantro, chopped

Filling ingredients:

1 cup black beans
1 cup pinto beans
1 cup cooked **sweet potato**, chopped
1 **onion**, chopped
1/4 tsp. cumin
1/4 tsp garlic powder or 1 tsp. minced fresh garlic
1/4 tsp. black pepper
1 1/3 cups salsa
1 cup steamed **chard** or kale
6 corn tortillas
Cheese – optional – sprinkle on top before baking
Sour cream – optional – garnish after baking

Directions

Pre-heat the oven to 350°F. Place all the sauce ingredients, except for the cornstarch, in a small pot and cook over low heat, covered, for 20 minutes. Stir in the cornstarch and cook until the sauce thickens.

In the meantime, prepare the filling: Mix the beans, onion, sweet potato, kale, cumin, garlic, pepper, and salsa.

I used a 6"x6" baking dish. Add a little sauce to the bottom of the dish. Add 2 tortillas (you might have to rip one into a couple of pieces to make it fit.) and top with a bit of the filling. Add more sauce. Repeat these steps for another layer. Top the final tortillas and top with more sauce - optional, add cheese before baking. Bake for 35-45 minutes.

****This recipe is delicious. I made it last weekend. To save time, you could use a prepared sauce. I loved the filling so much that I ate it with corn chips as a dip. SOOO good!!**

Wild Rice Stuffed Squash

2 buttercup or **acorn squash**
2 cups cooked wild rice
1/2 tsp. seasoned salt
2 tsp. grated orange peel
1 Tbsp. packed brown sugar
1/2 cup chopped walnuts
1/2 cup apricot or orange juice
2 tsp. brown sugar, if desired

Preheat oven to 350 degrees. Wash squash, halve and scoop out seeds. In a bowl, combine wild rice, seasoned salt, orange peel, 1 Tbsp. brown sugar and walnuts; mix well. Fill each squash half with 1/4 of the mixture; place in shallow baking dish sprayed with cooking spray. Bake about one hour, basting with a little juice every 10 or 15 minutes until juice is gone. When squash is tender, remove from oven and sprinkle halves evenly with 2 tsp. brown sugar, if desired.

Serves 4. Per serving: 290 calories, 10 g fat, 7 g protein, 50 g carbohydrate, 6 g fiber, 200 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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