



The Acorn Angle...

October 2012, box #17

What's fresh? How do I prepare it?

BEETS

☞ Try making borscht (beet soup)...I was very hesitant about this until I tried it last week and loved it!

☞ Roast with other root vegetables at 400 degrees until tender.

CARROTS

CELERY

☞ Chop fresh celery into soup, casserole, tuna salad, or stir fries. GREAT flavor.

KALE

☞ Chop finely and add to scrambled eggs, spaghetti sauce, or casseroles.

LEEKS

Slice vertically, and wash through layers to remove hidden soil.

☞ Use in place of green onions - great flavor! Add to soups, casseroles, gratin.

LETTUCE

RADISH

☞ These radishes are so crisp and mild-tasting. Enjoy fresh on a salad or slice and toss into a stir fry near the end of cooking.

SQUASH - Spaghetti

☞ 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 60 minutes. Remove when center starts to sink and softens.

☞ Scoop the flesh out of the squash and use it as you would use spaghetti noodles. It has a great mild flavor that works well with sauces and seasonings.

HERB - Tarragon

Check online for recipes for chicken, tarragon and leeks...great menu ideas.

FALL DECORATIONS - Pumpkin

☞ Enjoy the fall festive look of a pumpkin, or bake it.

☞ Don't forget to roast the seeds! Try seasoning with a little cinnamon and sugar for a sweet treat.

Hello!

Our season is begging to wind down, and we are starting to prepare our fields for winter. We typically plant a cover crop of rye or wheat on the land, in order to restore nutrients and protect the soil from erosion.

We still have 3 more boxes following this one, all the way up to box #20. We are so happy you have been with us along the way. It hasn't been an easy season, but we appreciate your support. Thank you for being a part of our farm.

8 Reasons to feel good about being a member of a CSA

1. Enjoy the freshest food possible (typically picked the day, or day before you receive it.)
2. Truly know where your food comes from. Meet the farmer who grows food specifically for YOU!
3. Support the local economy and the lives of local farmers.
4. Help keep toxins out of the environment and your body by supporting organic farming and environmental stewardship.
5. Reduce your carbon footprint by eating produce grown within 50 miles of where you live.
6. Eat within the season, and learn when veggies are typically ripe - in our upper mid-western climate.
7. Feel healthier by eating fresh veggies, and enjoy the "challenge" of finding new ways to prepare familiar or unfamiliar vegetables.
8. Share the CSA bounty with your family, friends or neighbors. Help others learn about unique veggies, cultivate your children's excitement about finding out what's in the box, and create conversations surrounding new menus, the love of fresh veggies, and the anticipation of your weekly veggie surprise!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Make breakfast juice of one or more of the following: beets, carrots, celery, kale, or apples.

Lunch - Vegetable soup.

Snack - Roasted pumpkin seeds.

Dinner - Spaghetti squash with meatballs and sauce and roasted beets and carrots.

Dessert - Beet Chocolate Cake - check our blog for a recipe or look for a similar online recipe.

Looking to stock your freezer with all-natural **BEEF**? We have quarters available as well as individual cuts. Our Herford beef cattle are 100% grass fed. Call or email for more information.

Recipes of the week...

Pasta with Pancetta and Leeks, Shared by CSA member, Heather

For pictures and recipe details go to: <http://thepioneerwoman.com/cooking/2010/07/pasta-with-pancetta-and-leeks/>

- 12 ounces, weight Pasta, Cooked Al Dente
- Reserved Pasta Water, If Needed
- 3 ounces, weight Chopped Pancetta, or thinly sliced bacon
- 3 whole **Leeks**, Sliced Thin
- 1 Tablespoon Butter
- 1/2 cup Dry White Wine
- 1/2 cup Heavy Cream
- Salt And Freshly Ground Pepper, To Taste
- Parmesan Cheese, Shaved

Cook pasta and set aside. Reserve 1/2 cup of pasta water.

Sauté chopped pancetta until fat is rendered and it starts to brown. Add sliced leeks and cook for 8 minutes. When you add the leeks, you can also throw in a pat or two of butter if you want to. This'll give the dish some scrumptious flavor. I add it after the bacon is browned because I don't want the butter to brown. After 8 to 10 minutes, pour in wine, then cook an additional 1-2 minutes, until reduced. Reduce heat to low, then pour in cream. Add salt and pepper to taste. Stir in Parmesan shavings. Toss in pasta, adding a little pasta water to thin as needed. Serve with Parmesan shavings over the top---delicious!

Celery and Potato Soup

- 2 Tbsp. olive oil
- 1 small onion, chopped
- 2 medium **leeks**, white and light green portions only, cleaned and sliced
- 6 **celery** stalks, sliced
- 2 medium russet potatoes, peeled and diced
- 4 garlic cloves, peeled and halved
- 1 bay leaf
- 1 tsp. fresh parsley and/or thyme
- 7 cups chicken stock
- Salt and ground pepper, to taste

Directions

1. In a Dutch oven or large saucepan, heat the olive oil over medium-low heat, add the onion, leek, and celery, and cook gently, stirring often, for about 10 minutes, until tender.
2. Add the potatoes, garlic, and herbs. Stir together and add the stock. Bring to a simmer, cover, and simmer 30-40 minutes, until the vegetables are very tender and the broth is fragrant. Remove from heat.
3. Using an immersion blender (or regular blender, working in batches, and placing a kitchen towel over the top to avoid splashing), puree the soup. Strain through a medium strainer, using ladle to push the soup through. Return to the pot, stir with a whisk to even out the texture, heat through, and season with salt and pepper as desired.

Makes 8 one-cup servings. Per Serving: 170 calories, 6 g fat, 7 g protein, 22 g carbohydrate, 2 g fiber, 330 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.



N6370 Niedfeldt Rd. · Bangor, WI 54614
608.486.4205 · oldoakfamilyfarm@yahoo.com
blog: www.oldoakfamilyfarm.wordpress.com
web: www.oldoakfamilyfarm.com

The Niedfeldt family:
Jerry & Connie Niedfeldt
Kyle, Eric, Owen & Iris Zenz
Jacey, Ric, Breck & Joelle Heller