
The Acorn Angle...

October 2012, box #18



What's fresh?

How do I prepare it?

CARROTS

- 🌿 It is perfect soup weather. Add carrots to almost any soup recipe - even if they don't call for carrots!

LETTUCE

- 🌿 To save time, prepare multiple salads at once, put into reusable containers and keep in the fridge for lunches throughout the week. Don't add dressing until you are ready to eat.

NAPA CABBAGE

- 🌿 Use this cabbage in similar ways as regular cabbage. Try it in soups, or salads.
- 🌿 Use both the stalks and tender leaves.

PEPPERS

- 🌿 Slice rings of peppers about 1/4" thick. Put these on a greased frying pan and crack an egg into the center. The pepper makes a nice ring around the fried egg.

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 - Butternut

- 🌿 This squash is so versatile. You can bake it, peel it and add to recipes, make it into a soup, or even make squash pie.
- 🌿 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 flesh softens.

SWEET POTATO

- 🌿 Peel, dice, steam and serve mixed with cooked couscous, or quinoa. Great side.

HERB - Parsley

- 🌿 Store up to a week or more in a plastic bag in the refrigerator.
- 🌿 Great addition to soups, salads, or as a beautiful garnish.

FALL DECORATIONS - Gourds

It is always fun picking gourds in the field. They are all so unique looking, with none of them ever the same. Use them as an indoor or outdoor decoration.

Hello!

We all have easy "go to" meals we eat when we are short on time. In our household it is often a pizza, or scrambled eggs. It is nice when life slows down enough to actually plan meals. For us, life starts to slow down in the fall. This is the time when we bake squash at night, puree it, and then eat it the next day, or even for days to come. We are also busy preparing and freezing squash for the winter.

The fall and winter are great times to double up on a recipe - this ensures you have something to eat one right away and a meal to freeze for a night you need something quick. Some of our favorite things to freeze are: all kinds of soups, casseroles, pumpkin bread, squash puree, dal curry, and more.

It is also great weather for crockpot meals! Try out a few new recipes this time of year, freeze some extras, and enjoy the warmth that comes from cooking squash on a cool fall night.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

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

Pasta with Leeks and Butternut Squash (use your leeks from last week)

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

Meal ideas for the week:

Breakfast - Butternut squash bread, poached eggs, and fruit.

Lunch - Napa Cabbage Chinese Salad and a chicken-veggie wrap.

Snack - Sweet potato pudding.

Dinner - Sweet Potato Chili with quinoa and herbed rolls.

Dessert - Carrot pie - google it.

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.

Our **CSA SEASON** is coming to a close. We still have 2 boxes to follow this one - all the way up to box #20. The last 2 "boxes" will be packed in paper bags.

If you still have any **CSA BOXES**, please get them back to us.
THANKS!

Recipes of the week...

Napa Cabbage Chinese Salad

Ingredients

large head **Napa cabbage**
5-6 green onions, chopped
1 stick butter, melted
2 pkg. Ramen noodles (don't use seasoning)
1 pkg. sliced almonds
1/2 c. sesame seeds

Dressing

1/2 c. vegetable oil
1/4 c. vinegar
1/2 c. sugar
1 tsp. soy sauce

Directions: Add "dressing" ingredients and shake well in a closed container. Chop napa cabbage into thin strips. Add to chopped scallions. In a pan melt butter. Add 2 packages Ramen noodles (break these up into little pieces). Brown these together, once noodles start to turn brown, stir until completely brown. Turn off heat, add seeds and almonds; let cool. When cool add to the cabbage and scallions. Add the dressing just before serving.

Vegan Quinoa & Sweet Potato Chili

one 29 oz can black beans, rinsed and drained
one 6 oz can tomato paste
32 oz vegetable stock
1 onion, chopped
5 cloves garlic, minced
1 tablespoon chili powder

1 tablespoon cumin
1 teaspoon oregano
1 tablespoon olive oil
1 sweet potato, peeled and cut into bite sized chunks
1 cup dry quinoa
salt and pepper to taste
avocado, cilantro for garnish (optional)

makes 6 hearty bowls of chili. Heat the oil in a large heavy soup pot over medium low heat. Add onions, and cook until soft and they start to turn brown (about 10 minutes). Add the garlic, and cook for about 2 minutes. Add the tomato paste, chili powder, cumin, and oregano and cook for about 2 minutes, stirring constantly. Add the beans, stock, and potatoes, and season with salt and pepper. Cook for about 5 minutes, then add the quinoa. Continue cooking for about 15 minutes – 30 minutes, stirring frequently, until quinoa and potatoes are cooked and the chili has thickened. Add a bit of water if the chili becomes too thick for your liking. Top with avocado and chopped cilantro. Scrumptious!

Harvest Moon Corn Butternut Squash Soup

3 cups vegetable broth
1/4 cup diced **carrots**
1/4 cup diced celery
1/4 cup diced onion
1/2 cup diced potatoes
1 cup whole kernel corn, drained
1 1/2 cups peeled, diced **butternut squash**

1/2 tsp. ground black pepper
1/2 tsp. dried thyme leaves
1/2 tsp. dried basil leaves
1/4 tsp. pumpkin pie spice
pinch of dried cayenne pepper



In a stockpot, combine all ingredients and bring to a boil. Reduce to a simmer and cook until all the vegetables are tender.

Serves 4. Per 1-cup serving: 90 calories, 0 g fat, 2 g protein, 21 g carbohydrate, 1 g fiber, 470 mg sodium



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