
The Acorn Angle...

October 2012, box #19



What's fresh?

How do I prepare it?

BOK CHOY

- ☞ Try raw in a salad, steamed, sautéed in a stir fry or braised with a marinade.

BRUSSELS SPROUTS

- ☞ Snap sprouts of the stem, trim off the bottom, and remove outer leaves if necessary. Store sprouts in a plastic bag in the refrigerator for a few weeks.
- ☞ Please try out my favorite recipe: Maple Pecan Brussels Sprouts. I thought I hated Brussels sprouts until trying this recipe - now I could eat them everyday!

LETTUCE

PARSNIPS

- ☞ These taste great in a vegetable soup, roasted or sautéed in butter. They are related to carrots, and have a nutty, sweet flavor.

PIE PUMPKIN

- ☞ Cut in half, scoop out seeds and place down on a baking sheet. Cook at 350F for about 45-60 minutes. Remove when flesh is soft.

POTATOES - Russet or Kennebec

RADISH

RUTABAGA

- ☞ Scrub (don't need to peel), and enjoy raw or cooked. Try mashing like potatoes.
- ☞ Chop into bite size pieces, and roast with other fall vegetables (carrots, parsnips, potatoes, Brussels sprouts). Coat all vegetables in olive oil and sprinkle with seasoned salt. Roast at 400 degrees for 30-45 minutes. Remove when easily pierced with a fork.

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.

HERB - Italian Parsley

- ☞ Store in a plastic bag in the refrigerator or dry for future use.

Hello!

The end of the season is right around the corner. This week we say "good bye" to some of our half share folks. This has been a season with many ups and downs. We are so grateful for all of your support over the summer. Our passion is growing healthy food and teaching you new ways to incorporate more vegetables into your meals.

This week's box brings some vegetables that many people often intentionally overlook - Brussels sprouts, parsnips, and rutabagas. When prepared correctly, these vegetables are outstanding. Check out some of my suggestions for preparation and visit our recipe blog for meal ideas. Rutabagas and parsnips are great storage vegetables, lasting a month or more in the refrigerator (in a plastic bag - don't seal completely).

This is the time of year that we savor and cherish tender greens, and "squirrel" away storage crop veggies. Whatever your meal plans include, we hope you feel good about your choice to eat local and organic throughout the Wisconsin growing season.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

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

Root Vegetable and Rice Bake

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

Meal ideas for the week:

Breakfast - Hash browns with eggs, salsa, and fruit.

Lunch - Butternut squash soup with french bread.

Snack - Pumpkin bars.

Dinner - Roasted chicken with fall vegetables.

Dessert - Squash cookies with chocolate chips or raisins.

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 **20-week CSA SEASON** wraps up during the final week in October. One more box will follow this one.

Your **FINAL CSA BOX** will be delivered in a paper bag. Please make sure to return any plastic CSA tubs that you still have.

We will be contacting you in late January for **2013 CSA SIGN UPS**. Current members have first priority in signing up for new year. Keep in touch with us on facebook and have a great winter!

Recipes of the week...

Pumpkin Macaroni & Cheese

3 cups uncooked mostaccioli or penne pasta
2 TBS unsalted butter
2 TBS flour
2 cups 2 percent milk
3/4 cup canned or fresh **pumpkin** puree (or **squash**)
1 cup shredded Monterey Jack cheese
1 cup shredded Gruyere or Swiss cheese
1/2 cup grated Parmesan cheese
1/4 tsp salt
1/8 tsp nutmeg (optional)
1/8 tsp black pepper

Preheat oven to 375F. Grease a 13x9-inch baking pan. Cook pasta in salted water according to package directions. Drain. Melt butter in saucepan over medium heat. Whisk in flour. Slowly whisk in milk; cook until thick. Add pumpkin puree and mix well. Remove from heat. Add cheeses, salt, nutmeg and black pepper. Combine sauce with pasta. Pour into baking pan. Bake uncovered 25 to 30 minutes, until golden and bubbly.

Maple Pecan Brussels Sprouts

4 cups fresh **Brussels sprouts**
4 TBS Butter
1 tsp seasoned salt (I use Tastefully Simple)
2 TBS real maple syrup
1 cup toasted, chopped pecans

I include this recipe every year, because it turned me into a Brussels sprout lover! It is a very easy, yet delicious recipe. Give it a try!

Cut sprouts in half. Fry halved Brussels sprouts in butter till cooked to desired doneness (about 10 minutes, or until they start to brown a bit – DON'T overcook). Sprinkle in seasoned salt and toss. Add maple syrup and cook for 30 more seconds. Place in serving dish and sprinkle with pecans. (Makes 4 servings)

Glazed Rutabagas & Potatoes

2 pounds **potatoes**, peeled and cut into 1-inch cubes (6 cups)
2 pounds **rutabaga**, peeled and cut into 1-inch cubes (6 cups)
2 Tbsp. canola oil
3 Tbsp. sugar
1 tsp. salt
1/2 tsp. ground pepper

Directions

1. Place rack in lower third of oven. Preheat oven to 425°F.
2. Toss together potatoes, rutabagas and oil in a large bowl. Spread out on a large baking sheet. Cover with foil and roast until just tender, about 45 minutes.
3. Sprinkle the vegetables with sugar, salt, and pepper; toss gently to coat. Return to the oven and roast, uncovered, until golden brown and glazed, about 25 minutes longer.

Makes 8 servings. Per Serving: 200 calories, 4 g fat, 4 g protein, 38 g carbohydrate, 5 g fiber, 320 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