

The Acorn Angle...

October 2012, box #20



What's fresh? How do I prepare it?

BEETS

- ☞ Store in a plastic bag in the refrigerator for a month or more.

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 (on the blog). I thought I hated Brussels sprouts until trying this recipe - now I could eat them everyday!

CARROTS

- ☞ Fall harvested carrots are always incredibly sweet - their sugars are enhanced by freezing temperatures.

KALE

- ☞ Add to hearty soups at the end of cooking.

LEEKS or ONION

- ☞ Add to long-cooking dishes, such as grains, beans, or stews, for added flavor.

LETTUCE

PEPPERS

- ☞ These peppers have been enjoying an extended growing season in the hoophouse (greenhouse structure).

POTATOES - Purple

RADISH

- ☞ Gently simmer whole radishes in a little broth or butter until crisp-tender, then sprinkle with salt.

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 - Delicata & Sweet Dumpling

- ☞ These squash are our sweetest tasting varieties. Enjoy them mashed alone, or with a pasta dish.

Hello!

It is hard to believe that 20 weeks have already come and gone. Thank you for choosing our farm for your CSA experience this year. Throughout the season we always kept you, our members in mind.

This was a challenging growing year for us, with the drought and above average temperatures. Being a member of a CSA means sharing in the opportunities and challenges of farming. Thank you for your continued support and understanding.

Supporting our CSA is a huge commitment on your part. From paying up front, to coordinating your weekly pick ups, to finding the time and energy to prepare the food from your box. I hope you have found satisfaction in the experience.

I encourage you to keep up your "CSA lifestyle" during the winter. Challenge yourself to:

- ☞ Buy local and support organic farmers when possible.
- ☞ Make and eat more meals at home.
- ☞ Experiment with new recipes.
- ☞ Cook with friends, or throw a pot luck party.
- ☞ Eat more seasonal vegetables and fruits.
- ☞ Consider starting your own garden or container herbs/vegetables next spring.

Have a great winter & keep in touch!
~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week:

Pasta with Leeks and Butternut Squash

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

Meal ideas for the week:

Breakfast - Omelet with sautéed leeks and peppers

Lunch - Squash soup with roasted pumpkin seeds and a fresh salad.

Snack - Kale chips.

Dinner - Roasted pork chops with squash and sautéed kale.

Dessert - Apple crisp with chunks of peeled squash.

Send us an email to be included on our **DIRECT ORDER** email list. We send out emails every other week (throughout the winter) listing available produce, meat and eggs. Pick up on Tuesdays in La Crosse, Black River Falls, or at the farm.

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 or through email.

Recipes of the week...

Kale and Leek Frittata

1 small **leek**, thinly sliced and cleaned
2 cups **kale**, chopped
1 cup mushroom , sliced
½ cup roasted red **peppers**, chopped
½ tablespoon olive oil
1 tsp thyme
¼ cup vegetable broth
½ cup swiss cheese low fat, shredded
4 large eggs
4 large egg whites

Preheat oven to 350. Heat non-stick skillet over medium heat with oil and sauté leek for 5 minutes until tender.

Add kale, mushrooms and red pepper. Sauté 10 minutes over medium low heat until tender. Add vegetable broth as needed to keep from burning.

Whisk eggs with thyme and add to skillet, and put in oven to bake for 15 minutes until egg is just set. Top with swiss cheese and bake another 2 minutes to melt cheese.

Sweet Rutabaga Stir Fry

1 Tbsp. light sesame oil
1 small onion, sliced lengthwise into crescents
1 red **pepper**, cut into strips
1½ cups **rutabaga**, cut into strips
¾ tsp. grated fresh ginger
¾ cup apple cider
1½ cups cooked lean beef, cut into strips*
salt and pepper to taste



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.

Set a wok over medium-high heat. Add sesame oil and swirl to coat the inside of pan. Add onion and stir-fry for 3 minutes or until it softens and appears translucent. Add the rutabaga and pepper; continue cooking for 3 to 4 more minutes. Stir in ginger and cider; bring the liquid to a simmer. Reduce heat; cover and cook, stirring occasionally for 5 minutes. Add beef and continue to cook 5 to 10 minutes more, or until the meat is heated through and the vegetables are tender. Add salt and pepper to taste.

*Precooked fajita beef is available at most grocery stores and can be used in this recipe

Serves 4. Per serving: 220 calories, 9 g fat, 19 g protein, 15 g carbohydrate, 3 g fiber, 650 mg sodium



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