

# The Acorn Angle...

August 2013, box #15



What's fresh?

How do I prepare it?

## BEETS

- ☞ Trim the tops off the beets and a little of the root. Do not peel, and put into boiling water. Boil for 20-30 minutes, depending on size. They are ready when easily pierced with a fork. Cool in cold water. Slide skin off with your fingers.

## CARROTS

- ☞ Shred carrots with food processor. Keep in a container in the fridge. Add to salads, sandwiches, or for a fun garnish on burgers or tacos.

## GROUND CHERRIES

I have described the taste as a cross between a cherry tomato and cantaloupe...maybe you will have a different thought?! They are a fun snack to eat raw, or for a real treat, make the ground cherry recipe on back.

## LETTUCE

- ☞ Make a fresh garden salad and top with cilantro dressing.

## PEARS

- ☞ Store the pears on your counter until they feel a little tender. Watch them closely so they don't get mushy.

## PEPPERS - Green

- ☞ Chop into bite-size pieces, freeze on a cookie sheet, transfer to a plastic bag and store for future soups or casseroles.

## PEPPERS - Hot (small in size)

- green jalapeno, yellow or black hungarian

## SQUASH - DELICATA

- ☞ This is a very popular squash, due to it's sweet flavor. This squash is also easy to prepare.

- ☞ Remove seeds and bake at 350 for 30-45 minutes or microwave for 6-8 minutes.

## TOMATILLOS

## TOMATOES

- ☞ Judge ripeness of heirloom tomatoes by feel. Yellow tomatoes: Garden Peach, Green tomatoes: Green Zebra, Greenish-pink: Cherokee Purple, Brownish-green: Black Prince, Reddish-black: Indigo Rose.

**HERB - CILANTRO (small bunch)**

**HERB - PARSLEY (curly or flat leaf)**

Hello!

September is always a busy month for us with our workers returning to school. Our labor force is down but our labor load is up! We are enjoying the cool mornings and warm afternoons. Our tomatoes, however would probably appreciate a little more heat. The vines are loaded with green tomatoes, waiting patiently to ripen. If anyone is interested in some green (unripened) tomatoes, let us know, and we will send some your way.

Happy eating!

~Kyle, 608.386.8066

## Meal ideas for the week:

Breakfast - Carrot cake muffins.

Snack - Tomatillo Salsa Verde with corn chips.

Lunch - Lettuce Salad with sliced pears, gorgonzola (or goat) cheese and a maple-mustard vinaigrette.

Dinner - Crock pot chicken meal with vegetables and roasted delicata squash rings.

Dessert - "Don't knock it till you try it - Beet Cake"

Kyle's favorite recipe of the week: **Quinoa, Corn and Tomatillo Salad.**

Find it at: [www.oldoakfamilyfarm.wordpress.com](http://www.oldoakfamilyfarm.wordpress.com)

Interested in stocking your freezer with **BEEF**? We now have quarters (or individual cuts) of all-natural, grass-fed Hereford beef available.

We are 3/4 of the way through our **20 WEEK CSA SEASON.**

Our season lasts until the end of October. We still have a several new vegetable varieties to introduce.

## Did you know? TOMATILLOS

Tomatillos are small fruits (used as a vegetable) enclosed in a husk. Tomatillos belong to the same family as tomatoes.

Storage - Fresh tomatillos with the husk still intact may be stored in the refrigerator for up to two weeks. They are best stored in a paper bag. Tomatillos last a week longer in the refrigerator if the husks are removed and the fruit is placed in sealed plastic bags. Tomatillos may also be frozen after removing the husks.

Preparation - The husks must be removed before preparing. Wash the fruit with soap and water to remove the film left by the husk. Tomatillos may be used raw in salsas or salads or cooked for sauces. Try grilling or slicing thin and topping a sandwich.

# Recipes of the week...

## Almond and Ground Cherry Coffee Cake, *from Harmony Valley Farm*

2/3 c. unsalted butter  
3/4 c. granulated sugar  
1 c. almonds, ground  
1 c. flour  
1 1/2 tsp. baking powder

1/2 tsp. salt  
1 egg  
1 tsp. ground cinnamon  
1 1/2 to 2 cups **ground cherries**

*This is a great basic coffee cake recipe - you can substitute blueberries, cherries, or raspberries for the ground cherries.*

Sift flour baking powder, cinnamon and salt. Cream butter and sugar until light and fluffy. Beat in the egg. Stir in the almonds and flour. The dough will be stiff. Spread half the batter into a greased and floured eight inch cake pan. Cover with the fruit (keep it whole) and dot with remaining dough, almost covering fruit. Bake for 45-50 minutes at 350.

## Delicata Squash Rings

2 **delicata squash** (or more if you like)  
Few pinches of Garlic Powder  
Few pinches of Paprika  
1 tbsp. Coconut Oil

*The skin of delicata is very tender, and does not need to be peeled.*

*You can add other seasonings, or sliced onions, and minced garlic to this recipe. It is very versatile.*

Instructions: Cut off the ends, hollow out the seeds and slice into rings and bake on a cookie sheet for 30-45 minutes on 350. If you want crispy like “chips” then slice the rings thinner. At the end drizzle organic coconut oil, a sprinkle of himalayan salt, paprika and garlic powder.

## Potato and Bean Enchiladas



1 lb. potatoes, peeled and diced  
1 tsp. cumin  
1 tsp. chili powder  
1 tsp. salt  
1 Tbsp. ketchup  
1 lb. fresh **tomatillos**, husks removed

1 large onion, chopped  
1 bunch fresh **cilantro**, coarsely chopped, divided  
2 (12-oz.) packages corn tortilla  
1 (15.5 oz.) can pinto beans, drained  
1 (12 oz.) package queso fresco  
Oil for frying

Preheat oven to 400 degrees F. In a bowl, toss diced potatoes together with cumin, chili powder, salt, and ketchup, and place in an oiled baking dish. Bake in the preheated oven for 20 to 25 minutes, or until tender.

Meanwhile, boil tomatillos and chopped onion in water to cover for 10 minutes. Set aside to cool. Once cooled, puree with half of the cilantro until smooth.

Fry tortillas individually in a small amount of hot oil until soft.

Mix potatoes together with pinto beans, 1/2 cheese, and 1/2 cilantro. Fill tortillas with potato mixture, and roll up. Place seam side down in an oiled 9x13 inch baking dish. Spoon tomatillo sauce over enchiladas, and spread remaining cheese over sauce. Bake for 20 minutes, or until hot and bubbly.

Makes 12 servings. Nutrition analysis per serving: 247 calories, 6g fat, 10g protein, 42g carbohydrate, 7g fiber, 385 mg sodium



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