

# The Acorn Angle...

October 2013, box #16



What's fresh?

How do I prepare it?

## APPLES - Harleson

- Great, crisp tart apple. The darker spots on the outside are cosmetic and can be removed by scrubbing.

## FENNEL

- All parts of the vegetable can be eaten raw or cooked.
- Roast pieces in the oven with olive oil and seasoned salt. This is the only way I like it because it transforms the flavor!

## KALE

- Make a smoothie - add canned pineapple, peaches and milk or yogurt.

## PIE PUMPKIN

- Try pumpkin as a savory recipe, roasted or as a soup.
- Bake, puree and freeze for later use.

## SQUASH - ACORN

- Try microwaving for a quick meal. Place whole squash on a plate and pierce the flesh with a fork in about 6 different spots on the squash. Microwave for about 8-10 minutes or until soft. Scoop out seeds and enjoy the sweet flesh.
- Store winter squash in a dry, cool (but not refrigerated) location.

## SWEET POTATOES

Possibilities are endless with this great tuber.

- Store it in a dark, cool, dry place - but not the refrigerator. It should last a few weeks before it needs to be eaten.

Try baking it, peeling and boiling it, adding it to soups, casseroles, making sweet potato bread, muffins, cookies, or even waffles!

## TOMATILLOS

Tomatillos are related to tomatoes, but have a slightly acidic taste with a hint of lemon. Tomatillos are most commonly used for making salsa verde (green salsa).

- Remove husk, and wash with soap and water to remove the sticky film.
- Eat raw in a salad or cook into a salsa verde to put over enchiladas or pork.

## TOMATOES - Red and Heirloom

## TOMATOES - CHERRY, Esterina

## HERB - BASIL

Hello!

It's fall - pumpkins are here! My kids have been begging me to put out Halloween and fall decorations for weeks. Finally, I gave in. Pumpkin art has filled our house.

Fall is my favorite season for many reasons. I love the mild weather, sunshine, and the transition from fast-paced summer into a more relaxed routine of fall.

Get outside this time of year, and find new reasons to love fall.

Happy eating!

~Kyle, 608.386.8066

### Meal ideas for the week:

Breakfast - Pumpkin pancakes.

Snack - Kale chips.

Lunch - Vegetable soup with kale and sausage.

Dinner - Pork tenderloin with salsa verde (make with tomatillos) and roasted fennel with acorn squash.

Dessert - Sweet potato pie.

Kyle's favorite recipe of the week: **Quinoa with Mushrooms Sweet Potatoes and Kale**. Find it at: [www.oldoakfamilyfarm.wordpress.com](http://www.oldoakfamilyfarm.wordpress.com)

### Sweet Potatoes - Did you know?

These tuberous roots are among the most nutritious foods in the vegetable kingdom. They are excellent sources of vitamins A and C. This is why one colonial physician called them the "vegetable indispensable." Sweet potatoes are often confused with yams, but yams are large, starchy roots grown in Africa and Asia. Yams can grow up to 100 pounds and are rarely available in American supermarkets. Nutritionally, sweet potatoes greatly outweigh yams. Because of the common use of the term "yam," it is acceptable to use this term when referring to sweet potatoes.

Sweet potatoes contain an enzyme that converts most of its starches into sugars as the potato matures. This sweetness continues to increase during storage and when they are cooked.

**Preparation:** Wash sweet potatoes well. Cook them whole whenever possible as most of the nutrients are next to the skin, and skins are easier to remove after they have been cooked. Pierce skin with fork. Place potatoes in a pan and cook in an oven at 375° F for about 45 minutes or until tender. Cool potatoes slightly before removing skins. Sweet potatoes can be cooked in a microwave oven to save time. Wash and pierce potatoes, then place them on a paper towel. The cooking time for 2 medium potatoes is on high for 5-9 minutes, and 4 potatoes, 10-13 minutes.

# Recipes of the week...

## Lazy Day Lasagna

### Ingredients:

4 cups chopped vegetables (peppers, zucchini, onions etc.)  
1 Tbsp. olive oil  
1 (15.5 oz. can) cannellini beans, drained & rinsed  
  
1 (26 oz. jar) spaghetti sauce  
1 ½ cups water  
2 cups chopped **kale**  
3 cups shredded mozzarella cheese  
½ cup grated Parmesan cheese  
2 eggs  
9 whole wheat lasagna noodles, uncooked

### Directions:

Preheat oven to 350 degrees. In stock pot over medium heat, sauté all vegetables except kale in olive oil until tender. Add sauce, beans and water to sautéed vegetables; mix well and cook for 10 minutes. Meanwhile, in a large bowl mix kale, 2 cups mozzarella cheese and eggs. Alternate layers of sauce, uncooked noodles and cheese in a 9 x 13 pan. Top with parmesan cheese and 1 cup mozzarella cheese. Cover with foil and bake for 45 minutes. Remove foil and bake another 15 minutes until bubbly. Let stand 15 minutes before serving. (Note: noodles will cook as the lasagna bakes!)

Serves 12 (1/12th of pan per serving) Per serving: 270 calories, 10 g fat, 17 g protein, 31 g carbohydrate, 7 g fiber, 660 mg sodium



*The Harvest of the Month is a collaboration & expansion between La Crosse County Farm2School and the Foot Steps to Health programs. Funding is provided by the Wisconsin Partnership Program. Each month two foods are crosspromoted at area schools, restaurants, farmers' markets, worksites, grocery stores and community organizations.*

### October Harvest of the Month: Apples & Kale

<http://www.getactivelacrosse.org/eat-healthy/harvest-of-the-month>

## Roasted Tomatillo and Garlic Salsa

1 lb. fresh **tomatillos**, husks removed  
1 clove garlic  
3 fresh jalapeno peppers  
1 bunch fresh cilantro  
½ cup water, or as needed  
¼ tsp. salt or to taste  
¼ tsp. pepper or to taste

Preheat the oven's broiler. Arrange the whole cloves of garlic, tomatillos, and jalapenos on a baking sheet. Place under the broiler, and cook for a few minutes. Remove garlic cloves first, as soon as they are toasted, to avoid developing a bitter flavor. Continue to roast jalapenos and tomatillos until evenly charred, turning occasionally. Set aside to cool. Don't remove the charred parts of the tomatillos or the peppers. They add a really nice flavor.

Place peppers and tomatillos in a blender with the garlic and cilantro. Add a little water to the mixture if necessary to facilitate blending. Season with salt and pepper to taste. Refrigerate until serving.

Makes 10 servings. Nutrition Analysis per ¼ cup serving: 20 calories, .5g fat, 1g protein, 3g carbohydrate, 1g fiber, 65 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*



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