
The Acorn Angle...

October 2013, box #17



**What's fresh?
How do I prepare it?**

CARROTS

- ☞ This the perfect time of year to make soup. Don't forget to add carrots.

ONIONS

- ☞ Enjoy raw in a salad, on tacos, or in a sandwich.

PEPPERS

- ☞ Add chopped peppers to chili, stir fry, fresh salads, and salsa.

PEPPERS - HOT

PIE PUMPKIN

- ☞ Try pumpkin as a savory recipe, roasted or as a soup.
- ☞ Bake, puree and freeze for later use.
- ☞ Enjoy as a decoration for a few weeks and then eat it!

SQUASH - SPAGHETTI

- ☞ Squash stores at room temperature for a month or more. - Enjoy it as a decoration before you eat it!
- ☞ 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 center starts to sink and softens.
- ☞ Scoop the flesh out of the squash and use it as you would use spaghetti noodles. It has a great mild flavor that works well with sauces and seasonings.

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!

TOMATOES - Red and Heirloom

TOMATOES - CHERRY

- ☞ Slice in half or quarters and top a homemade pizza. Add some goat cheese or fresh mozzarella.

HERB - PARSLEY

- ☞ Chop and add to salads, soups, meatloaf, or casseroles.

Hello!

Our season is starting to wind down, but since we haven't had our first frost yet, we are fortunate to still have some "summer" crops like tomatoes and peppers going strong.

This has been a challenging year for us with the ups and downs of weather, moisture, and temperature.

A few weeks back I wrote about our best and worst crops of the season. Potatoes can now officially join our "worst" category. We dug them last week and our yield was basically non existent. This can be blamed on early wet growing conditions, followed by cold weather, weed pressure and drought. We feel awful that we won't be able to put potatoes in the boxes this year.

We still have 3 more boxes following this one, all the way up to box #20. We are so happy you have been with us along the way. It hasn't been an easy season, but we appreciate your support. Thank you for being a part of our farm.

8 Reasons to feel good about being a member of a CSA

1. Enjoy the freshest food possible (typically picked the day, or day before you receive it.)
2. Truly know where your food comes from. Meet the farmer who grows food specifically for YOU!
3. Support the local economy and the lives of local farmers.
4. Help keep toxins out of the environment and your body by supporting organic farming and environmental stewardship.
5. Reduce your carbon footprint by eating produce grown within 50 miles of where you live.
6. Eat within the season, and learn when veggies are typically ripe - in our upper mid-western climate.
7. Feel healthier by eating fresh veggies, and enjoy the "challenge" of finding new ways to prepare familiar or unfamiliar vegetables.
8. Share the CSA bounty with your family, friends or neighbors. Help others learn about unique veggies, cultivate your children's excitement about finding out what's in the box, and create conversations surrounding new menus, the love of fresh veggies, and the anticipation of your weekly veggie surprise!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Kyle's favorite recipe of the week: Sweet and Savory Vegetable Soup.
Find it at: www.oldoakfamilyfarm.wordpress.com

Recipes of the week...

Sweet Potato, Corn & Black Bean Chili

- 1 tablespoon extra virgin olive oil
- 1 large **onion**, diced
- 1 large **sweet potato**, diced
- 2 garlic cloves, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 1 teaspoon paprika
- 1 (14-ounce) can diced tomatoes (or equivalent of **fresh diced tomatoes**)
- 2 1/2 cups veggie or chicken broth
- 2 (15-ounce) can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1/3 cup fresh cilantro, minced

In a Dutch oven, heat the oil over medium-high heat. Add the onions and cook until soft and lightly browned. Add the sweet potato, garlic, and spices and cook 30 seconds, stirring constantly. Add the tomatoes with their juice and stir, scraping any bits from the bottom of the pan. Add the broth and bring to a simmer. Reduce the heat to low, cover, and simmer until the potatoes are tender, 15-20 minutes. Add the beans and corn and continue to simmer for 5 more minutes. Serve with a heavy sprinkle of cilantro.

Pumpkin Soup

- 1 large **onion**, diced
- 1 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 2 (15 oz.) cans **pumpkin puree**
- 1 1/2 cups apple cider
- 1/3 cup maple syrup
- 1 (15 ounce) can vegetable or chicken broth
- 1 tsp. cinnamon
- 1/4 tsp. cumin
- 1 1/4 tsp. ground ginger or 1 Tbsp. fresh minced ginger
- 1/8 tsp. ground red pepper
- 1 cup 1% milk
- 1 tsp. salt
- 4 Tbsp. lite sour cream
- Sour dough bread
- Fresh fruit

In a large stock pot, over medium-high heat, combine onion and oil; sauté for about 2-3 minutes. Add garlic and cook until onion is tender. Add pumpkin, cider, maple syrup and vegetable broth to pot and cook an additional 2-3 minutes. Add spices, milk and salt to pot and bring to a boil; then reduce heat to low. Simmer for about 20-25 minutes. Ladle soup into bowls, top with sour cream and serve with fresh toasted sour dough bread and fresh fruit.

Makes about 4 (10 oz.) servings. Nutrition Analysis per 10 ounce serving: 290 calories, 7g fat, 7g protein, 54g carbohydrate, 10g fiber, 840mg sodium



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