
The Acorn Angle...

October 2013, box #18



What's fresh?

How do I prepare it?

BEETS

BROCCOLI

- ☞ Roast broccoli with olive oil and garlic and red peppers.
- ☞ Make cream of broccoli soup.

GRAPES - Concord

- ☞ It has been a great grape year!
- ☞ These grapes do have seeds, but their amazing flavor is worth it.
- ☞ Try making grape juice - by cooking the grapes down and straining them or by adding whole grapes to a jar with hot water and sugar. Check on line for recipes.

LETTUCE

PEPPERS - Sweet Red and Green

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

PUMPKIN - Small Pie

- ☞ Bake and eat or enjoy as a decoration.

RADISHES

- ☞ In my opinion, fall planted radishes have the best flavor. Give them a try fresh sliced, roasted in the oven or added to a stir fry.

SQUASH - SWEET DUMPLING

- ☞ 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 45 minutes to 1 hour. Remove when center starts to sink and softens.

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 - Yellow: Garden Peach, Green: Green Zebra

- ☞ Enjoy the last few tomatoes of the season fresh in a salad or cooked in a soup.

Hello!

Finally, it feels like fall. Long forgotten hats and gloves were appreciated this morning. Our first frost hit last night, but it wasn't too hard on the plants. A few things, like basil (which is incredible sensitive) and tomato plant leaves were affected, but most everything else seems to be hanging on.

Warm up your house (and your tummy) on these cool nights by cooking some squash, roasting vegetables or making a big batch of hearty soup.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Kyle's favorite recipe of the week: Great Greek Salad or Roasted Radishes. Find it at: www.oldoakfamilyfarm.wordpress.com

We still have **2 MORE WEEKS OF CSA BOXES**, all the way up to the end of October - week 20.

If you happen to have any **PLASTIC CSA TUBS** please return them.

How to prepare sweet dumpling squash, adapted from *Fruits & Veggies Matter More*

- 1. Creamy Soup.** Dice a peeled sweet dumpling and simmer in vegetable or chicken broth. Once soft, purée with a blender or food processor. Flavor your soup with minced fresh ginger, onions, and spices (saffron works!), then add a low-fat cream just before serving.
- 2. Caramelized.** Sautéing sweet dumpling squash, like roasting it, caramelizes its naturally occurring sugars. Dice and slice squash and heat on medium-high until squash becomes tender and soft around the edges.
- 3. Stuffed!** Slice dumpling squash in half and remove seeds and pulp. Rub a baking sheet with olive oil and place the squash *cut side down* on the sheet. Bake for about 30 minutes. While the squash is cooking, create a mixture of whole grains, cheeses, seasonings, vegetables, and dried fruits to be spooned inside. After cooking, flip squash over and stuff with mixture then cook for an additional 10 minutes—enjoy!
- 4. A Light Meal.** Cut around the stem of the squash and remove the top. Scoop out the seeds and pulp and stuff with rice, vegetables, lean beef or chicken, low-sodium seasonings, and a small amount of oil. Bake until insides are heated and squash is tender — a complete meal for one!
- 5. Baked or Roasted.** Cut around the stem of your sweet dumpling and remove the top. Scoop out the seeds and pulp, then bake the cleaned squash until tender. Enjoy as is, or top with vegetables, cheeses, or seasonings.

Recipes of the week...

Broccoli & Radishes Salad

2 cups of **broccoli** florets
1 cup of **radishes**, thinly sliced
1/2 medium onion,
1/2 cup raisins/dry cranberries, soaked in warm water
3 TBS mayonnaise
1/2 clove garlic, pressed
Salt & Pepper

Cover the raisins with warm water. Set aside.

Prepare your vegetables - cut the florets off your broccoli stems. Remove the radishes from the stems, wash them and thinly slice. Peel 1/2 medium onion, cut it lengthwise and then thinly slice; place them in a colander and wash with cold running water. Peel the garlic, cut in half and press through the garlic press.

Drain the raisins and dry with a paper towel.

Combine all the ingredients together with mayonnaise, salt and pepper to taste and mix to coat the ingredients with the dressing.

Roasted Sweet Potato and Beet Round "Fries"

- 1 medium **sweet potato**
- 1 large **beet**
- 2 tsp. olive, canola, or melted coconut oil
- 1 tsp. salt

Preheat oven to 400°. Wash sweet potato and cut into 1/4 inch rounds. Peel beet and slice into 1/4 inch rounds. Place on baking sheet covered with cooking spray. Brush with 1 tsp of oil and sprinkle with 1/4 tsp salt. Flip and brush with remaining oil and sprinkle with 1/4 tsp salt. Bake for 20 minutes, flip, and bake for 15 more or until fries are brown. Remove from oven, sprinkle with remaining salt and serve.

Red Velvet Soup

2 Tbsp. olive oil
1 onion, chopped
2-3 tsp. minced garlic
6 medium **beets**, peeled and chopped
2 cups beef stock
salt and pepper, to taste*
1/3 cup fat-free half and half

In a large saucepan over medium heat, sauté garlic and onions in olive oil until soft but not browned. Stir in beets and cook for 1 minute; stir in stock and season with salt and pepper. Bring to a boil, cover, reduce heat and continue cooking 25 minutes or until beets are tender. Remove from heat and allow to cool. In a food processor or blender container, process soup in batches until smooth. Return soup to saucepan and gently heat through; season with salt and pepper. Ladle into bowls and garnish by swirling 1 tablespoon cream into each bowl of soup.

*additional salt and pepper not included in analysis

Makes about 5 cups. Per 1-cup serving: 120 calories, 6 g fat, 4 g protein, 14 g carbohydrate, 5 g fiber, 270 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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