
The Acorn Angle...

October 2013, box #19



What's fresh?

How do I prepare it?

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. I thought I hated Brussels sprouts until trying this recipe - now I could eat them everyday!

CABBAGE

- ☞ Store in a plastic bag in the refrigerator for 2 weeks or more.
- ☞ Try a creamy cabbage and sausage soup.

CARROTS

- ☞ Bake with carrots - try carrot cake, or the recipe on back, carrot-coconut bread.

CELERY

- ☞ Soup, soup, soup! This is a great time to enjoy soup. Make sure to use the leaves when adding celery to soup.

KALE

- ☞ Cold weather tends to sweeten kale up.
- ☞ Sauté leaves with a little olive oil, butter or coconut oil and garlic. Eat alone or mix with cooked rice.

PEPPERS - Sweet Red and Green

- ☞ Slice rings of peppers about 1/4" thick. Put these on a greased frying pan and crack an egg into the center. The pepper makes a nice ring around the fried egg.

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 - BUTTERCUP or ACORN

SQUASH - BUTTERNUT

- ☞ This squash is so versatile. You can bake it, peel it and add to recipes, make it into a soup, or even make squash pie.
- ☞ 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 flesh softens.

Hello!

Our 20-week CSA season is winding down. Next week will be our last produce box of the season.

This season has been one for the books - extremely variable. Our first light frosts came last week and our first killing frost came just last night. This is considered a relatively late frost. That was a good thing for us, considering everything was so late this year.

On a bright note, it is cold temperatures like this that sweeten up the Brussels sprouts. I hope ALL of you give them a chance!

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

*Kyle's favorite blog recipe for the week: **Squash Cookies**
(look under keyword: **Squash**) - oldoakfamilyfarm.wordpress.com

Meal ideas for the week:

Breakfast - Scrambled eggs with chopped kale and red peppers.

Lunch - Butternut squash soup with french bread.

Snack - Fresh carrots and radishes with veggie dip.

Dinner - Kale and Sausage Soup.

Dessert - Carrot-Coconut Bread.

For those of you with a half share ending this week, **THANK YOU** for your participation in our CSA program this season. We have had a great season, and we appreciate your support!

Our **20-week CSA SEASON** wraps up during the final week in October. One more box will follow this one.

We will be contacting you in late January for **2014 CSA SIGN UPS**. Current members have first priority in signing up for new year. Keep in touch with us on facebook and have a great winter!

If you are interested in purchasing **MEAT, EGGS, or PRODUCE** between now and the start of next year's season, email us to be added to our direct order list. In the winter months we bring orders to La Crosse and Black River Falls every other week. You are always welcome to pick up orders at the farm as well - just give us a call to set up a pick-up time.

Looking to stock your freezer with all-natural **BEEF**? We have quarters available as well as individual cuts. Our Herford beef cattle are 100% grass fed. Call or email for more information.

Recipes of the week...

Maple Pecan Brussels Sprouts

4 cups fresh **Brussels sprouts**, trimmed
4 TBS Butter
1 tsp seasoned salt (I use Tastefully Simple)
2 TBS real maple syrup
1 cup toasted, chopped pecans



I include this recipe every year, because it turned me into a Brussels sprout lover!

It is a very easy, yet delicious recipe.

Give it a try!

Cut sprouts in half. Fry halved Brussels sprouts in butter till cooked to desired doneness (about 10 minutes, or until they start to brown a bit – DON'T overcook). Sprinkle in seasoned salt and toss. Add maple syrup and cook for 30 more seconds. Place in serving dish and sprinkle with pecans. (Makes 4 servings)

Carrot-Coconut Bread

1/2 cup coconut oil, at room temperature
2/3 cup packed light brown sugar
2 eggs
1 1/2 cups grated **carrots**
1 cup white whole wheat flour

1 cup all-purpose flour
1 tsp baking powder
1/4 tsp salt
1 cup sweetened flaked coconut
1/3 cup chopped unsalted macadamia nuts
(optional)

Heat oven to 350. Coat an 8.5 x 4.5-inch loaf pan with nonstick cooking spray. In a large bowl, beat oil, sugar and eggs 3 minutes, until well combined and fluffy. Beat in carrots until just combined. In a separate bowl, whisk together white whole wheat flour, all-purpose flour, baking powder and salt. Beat dry mixture into wet mixture until just combined. Stir in coconut and, if desired, macadamia nuts. Transfer mixture to pan, smoothing out the top. Bake at 350 for 55 minutes to 1 hour. Cool 15 minutes in pan, then turn onto a rack and cool completely. Wrap in plastic wrap, then aluminum foil.

Sweet & Sour Chicken with Quinoa

3 TBS Apricot preserves
2 TBS ketchup
1 TBS reduced-sodium soy sauce
1 TBS rice vinegar
1/2 tsp ground ginger
1 lb. boneless, skinless chicken breasts, cut into 2" pieces
1 large **green bell pepper**, cored, seeded and cut into 1" pieces
1 large **red sweet pepper**, cored, seeded and cut into 1" pieces

1 large **carrot**, peeled and cut into thick coins
6 scallions, trimmed and cut into 2-inch pieces
1 cup red or white Quinoa
1 can (14.5 oz) reduced-sodium chicken broth
1/8 tsp salt
1/8 tsp black pepper
1/2 lb. **Brussels sprouts**, trimmed and shredded
2 TBS sliced almonds

Heat oven to 400. Coat a 13x9x2" baking dish with nonstick cooking spray. In a medium bowl, whisk apricot preserves, ketchup, soy sauce, vinegar, ginger and 1 TBS water. Toss chicken with 3 TBS of the apricot mixture and place in prepared baking dish. Toss peppers, carrot and scallions with remaining mixer and spoon over chicken. Loosely tent with foil, venting at one end. Bake at 400 for 25 minutes or until chicken reaches 160 and vegetables are tender. Meanwhile, place quinoa, broth, salt and pepper in a medium saucepan. Bring to a boil over high heat; reduce heat to medium low and simmer, covered for 15 minutes or until tender. Stir in Brussels sprouts during the last minute of cooking. Sprinkle almonds over quinoa. Serve with chicken and vegetables.



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