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# The Acorn Angle...

October 2013, box #20



## What's fresh?

### How do I prepare it?

#### BEETS

- ☞ Try some sweet beet recipes. Try a beet cake, muffins, or brownies.

#### 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!

#### CARROTS

- ☞ Grate carrots with a food processor. Keep in a container in your fridge. Use them as needed for salads, sandwiches, or garnishes. Kids often think they are a fun addition to lunches.

#### NAPA CABBAGE

- ☞ Add a handful of sliced napa cabbage to vegetable or meat-based soups.
- ☞ Add sliced napa cabbage to a stir fry.

#### PEPPERS - Red, Green or Chocolate

- ☞ Try making Chicken Tortilla Soup - check online for recipe.

#### 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 - DELICATA

- ☞ Slice and roast in oven. You can eat the skin.

#### 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.

#### HERB - PARSLEY, flat or curly

- ☞ Parsley is a great digestive aid and breath freshener.
- ☞ Store in fridge in plastic bag for 2 weeks or dry for future use.

Hello!

I hope...

...opening each CSA box was filled with ANTICIPATION.  
...you have been CHALLENGED to try new vegetables and recipes.  
...these last 20 weeks have been a GREAT experience.  
...you have been NOURISHED by great, wholesome food.  
...organic and local foods continue to be part of your LIFESTYLE.  
...you realize how much we appreciate your SUPPORT.

We work hard to grow nothing but the best produce for our customers. Each step of the way (planning, planting, harvesting, and packing) we have you in mind.

At the farm we are looking forward to some downtime, but before we know it, seed catalogs will be in the mail, and we will be dreaming about springtime. As current CSA members, next year you will all have first priority in signing up for our CSA. Watch for emails in mid-February.

I hope...you keep in touch.

Happy Eating!

~Kyle, CSA Manager, 608.386.8066

#### Meal ideas for the week:

**Breakfast** - Squash pancakes.

**Lunch** - Chicken soup with shredded napa cabbage.

**Snack** - Hummus with fresh veggies.

**Dinner** - Meatloaf with roasted vegetables (Brussels sprouts, carrots, and squash).

**Dessert** - Beet cake.

We will be contacting you in February 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)

### Don't Knock It Till You Try It - Beet Cake

- 4 eggs
- 2 cups sugar
- 1 cup vegetable oil
- 2 cups flour (I used 1 cup white, and 1 cup wheat)
- 2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon cinnamon
- 2 teaspoons vanilla
- 3 cups shredded **fresh beets**
- 1 cup chopped walnuts

**GOT BEETS? (leftover in your fridge?!)**  
**Make this recipe in muffin cups, freeze and use for a quick breakfast, an afterschool snack or anytime you need a quick treat.**

**Directions:** Heat oven to 350 °, grease and flour 13×9 baking pan. Beat eggs, sugar and oil until light and fluffy. Sift together flour, baking powder, baking soda and cinnamon. Add to egg mixture and mix well. Add vanilla, beets and walnuts. Beat for 1 minute on medium speed. Pour into pan, bake for 45 minutes, or until a pick comes out clean.

### White Chili

- 2 Tbsp. olive oil
- 1 cup chopped onion
- 1 lb. boneless, skinless chicken breast, chopped
- 1 tsp. garlic powder
- 1 tsp. ground cumin
- 6 cups chicken broth
- 1 (15 oz) can whole kernel corn
- 1 (15 oz) can white beans, drained
- 1/2 cup uncooked wild rice
- 1 **green bell pepper**, diced

In a large pan, heat oil over medium heat then add onion and chicken; cook until chicken is browned and internal temperature reaches 165 degrees. Add remaining ingredients to pan; mix well. Simmer 30 to 40 minutes or until rice is tender.

Makes about 10 cups. Per 1-cup serving: 210 calories, 6 g fat, 16 g protein, 23 g carbohydrate, 4 g fiber, 780 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](http://500-club.org) or call (608)775-3447*



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