



# The Acorn Angle...

September 2014, box #15

What's fresh?

How do I prepare it?

**BEANS - Green**

**BEETS**

- ☞ Trim the tops off the beets and a little of the root. Do not peel, and put into boiling water. Boil for 20-30 minutes, depending on size. They are ready when easily pierced with a fork. Cool in cold water. Slide skin off with your fingers.

**LETTUCE**

**PEPPERS - GREEN**

**POTATOES - ALL RED**

These potatoes have pink flesh.

**PUMPKIN - New England Pie Variety**

- ☞ Cut in half, scoop out seeds and place down on a baking sheet. Cook at 350F for about 45-60 minutes. Remove when flesh is soft.

**RADISH**

- ☞ 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**

This is our sweetest variety of squash.

- ☞ Squash stores at room temperature for a month or more. - Enjoy it as a decoration before you eat it!
- ☞ Slice in half lengthwise, scoop out seeds and place facedown on a rimmed cookie sheet with a little water. Bake at 350 for for 30 to 60 minutes, until tender. Scoop flesh out and enjoy.
- ☞ The skin on this squash is very thin and can be eaten. Slice into chunks, coat with olive oil and salt, and roast in oven at 375 until tender.

**WATERMELON - SUGAR BABY**

- ☞ Store out of the fridge up to 4 days. Refrigerate sliced pieces.
- ☞ This melon does have seeds, but the flavor is worth it.
- ☞ Occasionally it is had to tell if a melon is ripe. If you receive an un-ripe melon, please let us know.

**HERB - SAGE**

Hello!

I hear my daughter coughing as she falls asleep and I'm reminded cold season is just around the corner. Ever thought of the pharmacy in your garden? Old farmers often remind me, "Years ago doctors were few and far between, so everyone had to know how to care for their own."

Many old family remedies came from the farm field. In our family we use a spoonful of honey for a cough, and a teaspoon of crushed garlic, or a bowl of chicken noodle soup with lots of veggies and chicken for a cold.

What old family remedies so you have? I've heard about drinking catnip tea for upset stomachs, gargling with cool sage tea (mix one teaspoon of sage in boiling water for ten minutes, strain, cool, and gargle) for a sore throat, and a warm poultice of browned onions placed on the chest for congestion in the lungs.

Home remedies were passed down from generation to generation for a reason. Research what your family has used in the past to cure their ailments. Give home remedies a try to see if they'll work for you and your family.

Happy eating and health benefits from Old Oak Family "FARM-acy"  
~Kyle, CSA Manager, 608.386.8066

## Meal ideas for the week:

**Breakfast** - Poached eggs over potato hash with watermelon and fresh fruit.

**Lunch** - Potato and veggie soup.

**Snack** - Fresh green beans and radishes with veggie dip.

**Dinner** - Roasted pumpkin with pasta and sage.

**Dessert** - Beet cake or beet brownies.

Enjoy your pumpkin and squash as **FALL DECORATIONS** until you are ready to eat them. Pie pumpkins make great deserts and also savory dishes. Search for recipes with roasted pumpkin, sage and pasta.

Fall is in the air, starting to appear on the trees, and obvious on the farm. Enjoy this season by heating up your kitchen with **baking, roasting, and sautéing**. Beets, squash, and potatoes are especially delicious when roasted. Seek out recipes and explore new flavor combinations.

**BEEF** will be available next week. Large quantities (quarters) and small quantities of beef will be available. Our beef are grass-fed Herefords. Fed on organic pasture and hormone, medication-free.

# Recipes of the week...

## Crispy Sage Leaves

2 tablespoons extra virgin olive oil  
25 medium or large fresh **sage** leaves  
Fine grain sea salt

Wash your sage leaves and then ensure that they are very thoroughly dried. Set aside. Line a plate with several layers of paper towel and set aside.

Place a small saucepan over medium heat and allow to heat up for a minute or so. Add the olive oil and then carefully add one of the fresh sage leaves. Check to see that your oil is hot enough so that the sage leaf fries in about 5 seconds per side or so. You may need to use the back of a fork to keep the leaf flat and submerged in the oil. After 5 seconds flip the sage leaf over and fry for an additional 5 seconds. The leaves should emerge a bright green with no hints of browning. Remove from the oil using tongs and place on the sheets of paper towel.

Once you have the proper temperature add 4 or 5 sage leaves at a time and cook the remaining leaves in batches. If the leaves are turning brown or cooking too quickly turn the heat down to medium low. Once they are cooling on the sheets of paper towel season with salt.

Makes 25 leaves. *These leaves crisp up after they have been removed from the hot oil and begin to cool down.*

*They can be made a couple of days ahead of time and stored in an airtight container at room temperature.*

## Watermelon and Strawberry Lemonade

4 cups cubed seeded **watermelon**  
½ cup sliced fresh strawberries  
¼ cup fresh lemon juice  
½ cup sugar or equivalent sugar substitute

In a blender container, blend all ingredients until smooth and creamy. Pour into glasses and serve immediately.

Serves 4 (about 1 cup each).

Per serving (analyzed with sugar): 150 calories, 0 g fat, 1 g protein, 40 g carbohydrate, 0 mg sodium



N6370 Niedfeldt Rd. · Bangor, WI 54614  
608.486.4205 · [csa@oldoakfamilyfarm.com](mailto:csa@oldoakfamilyfarm.com)  
**blog:** [www.oldoakfamilyfarm.wordpress.com](http://www.oldoakfamilyfarm.wordpress.com)  
**web:** [www.oldoakfamilyfarm.com](http://www.oldoakfamilyfarm.com)

*The Niedfeldt family:*  
*Jerry & Connie Niedfeldt*  
*Kyle, Eric, Owen & Iris Zenz*  
*Jacey, Ric, Breck & Joelle Heller*