



The Acorn Angle...

September 2014, box #16

What's fresh?

How do I prepare it?

BEANS - Green

- ☞ Boil quickly and freeze for future use.

BROCCOLI

- ☞ Try making cream of broccoli soup.

LETTUCE

- ☞ Add lettuce, sliced radishes, onions, crumbled broccoli florets, and grated cheese to a pita pocket. Top with ranch or Italian dressing.

ONIONS

POTATOES - PURPLE

These potatoes are just like any other potato, just purple in color (inside and out). They taste the same, and cook up the same.

- ☞ Try some kid-crazy purple-power mashed potatoes!

PUMPKIN - New England Pie Variety

- ☞ Try pumpkin as a savory recipe, roasted or as a soup.

- ☞ Bake, puree and freeze for later use.

RADISH

- ☞ These radishes are huge, but they are tender and delicious. Enjoy raw with a salad or roasted in the oven or on a grill.

SQUASH - ACORN (dark green)

- ☞ Try microwaving for a quick meal. Place whole squash on a plate and pierce the flesh with a fork in about 6 different spots on the squash. Microwave for about 8-10 minutes or until soft. Scoop out seeds and enjoy the sweet flesh.

- ☞ Store winter squash in a dry, cool (but not refrigerated) location.

SUMMER SQUASH

- ☞ Slice and eat raw in a salad or sauté with olive oil and garlic. Top with grated parmesan cheese.

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 hard to tell if a melon is ripe. If you receive an un-ripe melon, please let us know.

Hello!

The weather this past week was a welcome surprise. Many of our veggies, flowers and herbs perked back up due to the warm spell. Our broccoli is happy and our summer squash has had a resurgence.

We are still busy on the farm, harvesting pumpkins and squash, picking beans, and digging potatoes. We still haven't had our first frost yet. Early-morning temps were close a few weeks ago. Typically we expect to get a frost at any time now. A frost doesn't mean the end of everything. It just means that we shift gears to different vegetables. We still have a few varieties that you haven't gotten to try yet.

Enjoy these beautiful Fall days.

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Pumpkin pancakes with watermelon slices.

Lunch - Pasta salad with broccoli and turkey (recipe on back).

Snack - Roasted pumpkin seeds.

Dinner - Stuffed acorn squash with a fresh salad.

Dessert - Warm pumpkin bread.

Roasted Radish & Potato Salad

1 lb. radishes, trimmed and quartered (reserve greens)

1 lb new potatoes, quartered

2 Tablespoons olive oil

Vinaigrette:

1/4 cup white wine vinegar

3 Tablespoons olive oil

1 teaspoon Dijon mustard

2 Tablespoons chopped fresh parsley

2 Tablespoons chopped fresh dill

Salt and black pepper to taste

Preheat oven to 425° F with a large baking sheet inside. Toss radishes, potatoes, 2 Tablespoons olive oil, salt and pepper in a large bowl to coat. Transfer mixture to hot baking sheet in oven. Roast until golden, 20-25 minutes, stirring halfway through roasting. In the meantime, wash radish greens in several changes of cold water and spin dry. For the vinaigrette whisk together vinegar, 3 Tablespoons oil, Dijon, parsley and dill in a bowl until combined; season with salt and pepper. Stir radish greens into roasted radishes and potatoes and add vinaigrette.

Recipes of the week...

Spicy Pumpkin & Wild Rice Soup

- 2 cups **pumpkin** puree
1 jalapeno (or other hot pepper), finely sliced
2 cloves garlic
1 1/2 TBS chopped fresh ginger
1/2 cup cilantro, chopped and loosely packed
1 tsp cumin
1/2 tsp ground nutmeg
1/2 tsp ground cinnamon
1/2 tsp ground pepper
1/2 tsp ground cloves
1 TBS olive oil
1/2 cup chopped **onion**
2 cups vegetable stock
1-1 1/2 cups pre-cooked wild rice, cooked with a bit of vegetable stock (I used a bag of Lundberg wild rice blend)
1 can coconut milk
1/2 tsp salt
optional: freshly squeezed lime, fresh grated coconut, sliced red chili

*This is one of my favorite Fall recipes.
You can substitute pureed squash for the pumpkin.*

To make the fragrant soup base, chop very finely or run through the food processor the hot peppers, garlic, ginger, lemongrass, cilantro, and seasonings. Put this fragrant mixture into a pan with olive oil. Add finely sliced onion and cook gently for about 10 minutes to release the flavors.

Add the pumpkin and the stock to the pan. Stir frequently. Bring to a boil, then reduce the heat and simmer with the lid on for about 15 minutes. Add the rice and coconut milk, stir again, taste and season carefully with salt and pepper.

Turkey-Pasta Salad

- 1 (14.5 oz) box whole-grain rotini pasta
3 cups fresh **broccoli** florets
1/2 cup dried cherries
1/2 cup chopped **onion**
1 1/2 cups cooked turkey breast, cubed
1 cup fat-free mayonnaise
1 cup light ranch dressing
1/2 cup toasted whole almonds

In a large pot, cook pasta according to package directions and add broccoli for last two minutes. Drain, rinse with cold water to cool and drain again. In a large bowl, mix pasta, broccoli, cherries, onion and turkey. In a medium bowl, combine mayonnaise and dressing; add to pasta mixture and toss. Cover and refrigerate at least two hours to blend flavors. Stir in almonds before serving.

Serves 10. Per serving: 320 calories, 11 g fat, 12 g protein, 46 g carbohydrates, 5 g fiber, 450 mg sodium



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