



The Acorn Angle...

October 2014, box #17

What's fresh?

How do I prepare it?

BEANS - Green

The season of green beans has come to an end. Enjoy them raw as a snack.

CARROTS

FENNEL

- ☞ Fennel has a distinct black licorice flavor. If you aren't a fan of that, make sure to roast fennel, as it mellows the flavor. (In full disclosure, this is the only way I like fennel - but I REALLY like it this way)

- ☞ You can eat the fronds and the bulb.

LETTUCE

- ☞ Our "pretty" trout back lettuce will be in some of the boxes, please remember that the dark red spots are a color variation, not an indication that it has gone bad.

NAPA CABBAGE

- ☞ Add some chopped napa to chicken or vegetable soup near the end of cooking.
- ☞ Chop and add to a stir fry.
- ☞ Try making coleslaw.

ONIONS - Walla Walla

PEPPERS - Green

RADISH

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.

SWEET POTATO

- ☞ 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!

HERB - PARSLEY

- ☞ Store in a plastic bag in the refrigerator for a week or more.
- ☞ Hang to dry for future use.

Hello!

Our season is beginning to wind down. We are finishing up harvesting squash, pumpkins, potatoes, carrots, and more. Our first frost hit the farm last Saturday.

We still have 3 more boxes following this one, all the way up to box #20. We are so happy you have been with us along the way. Thank you for being a part of our farm.

New veggies are planned for our last few boxes, including: Brussels sprouts and rutabaga.

8 Reasons to feel good about being a member of a CSA

1. Enjoy the freshest food possible (typically picked the day, or day before you receive it.)
2. Truly know where your food comes from. Meet the farmer who grows food specifically for YOU!
3. Support the local economy and the lives of local farmers.
4. Help keep toxins out of the environment and your body by supporting organic farming and environmental stewardship.
5. Reduce your carbon footprint by eating produce grown within 50 miles of where you live.
6. Eat within the season, and learn when veggies are typically ripe - in our upper mid-western climate.
7. Feel healthier by eating fresh veggies, and enjoy the "challenge" of finding new ways to prepare familiar or unfamiliar vegetables.
8. Share the CSA bounty with your family, friends or neighbors. Help others learn about unique veggies, cultivate your children's excitement about finding out what's in the box, and create conversations surrounding new menus, the love of fresh veggies, and the anticipation of your weekly veggie surprise!

~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Sweet potato waffles.

Lunch - Squash soup with napa cabbage salad.

Snack - Baked sweet potato fries.

Dinner - Roasted chicken, squash, and steamed green beans.

Dessert - Carrot cake.

BEEF is now available. You can order large quantities (quarters) and small quantities. Our beef are grass-fed Herefords fed on organic pasture and hormone, medication-free. Check out our site: www.farmmatch.com/oldoakfamilyfarm for prices (click on the tab "shop here now")

Recipes of the week...

Butternut Squash & Bean Soup

1 teaspoon(s) ground coriander
1 piece(s) (1-inch) fresh ginger, finely grated
1 tsp Kosher salt
1/2 tsp ground, black pepper
1 small **onion**, finely chopped
1 small **butternut squash**, peeled and cut into 1/2-inch cubes
2 clove(s) garlic, chopped
6 sprig(s) fresh thyme
1/2 cup(s) couscous
1/4 cup(s) (about 6) dried apricots, finely chopped
1/4 cup(s) roasted pistachios, roughly chopped
1 scallion, thinly sliced
1/4 cup(s) fresh **parsley**, roughly chopped
1 can(s) (15-ounce) cannellini beans, rinsed
1 can(s) (15-ounce) chickpeas, rinsed
directions

In a 5- to 6-quart slow cooker, whisk together the coriander, ginger, 2 cups water, 1 teaspoon salt and 1/2 teaspoon pepper. Add the onion, squash, garlic, and thyme and cook, covered, until the squash is tender, 3 hours on high or 5 hours on low.

Twenty minutes before serving, place the couscous in a medium bowl. Add 1 1/4 cups hot tap water, cover and let sit for 15 minutes. Fluff with a fork and fold in the apricots, pistachios, scallion, parsley, and 1/4 teaspoon each salt and pepper.

Double this recipe and freeze half. This is a great time of year to cook up big batches of soups, stews or crockpot meals.

***This meal can also be made on the stovetop in a large pot if you don't want to take the time to make it in a crockpot.*

White Chicken 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



***This is one of my favorite recipes, and it freezes well. It is a good recipe to make with leftover, cooked chicken.*



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