

The Acorn Angle...

October 2014, box #18



What's fresh?
How do I prepare it?

ARUGULA

- ☞ In your box, this vegetable is the bunch of greens with pointy leaves. The flavor is very delicious and peppery.
- ☞ Substitute for spinach. It will provide the same texture with a little bite.
- ☞ Add to a salad, or near the end of roasting root vegetables.
- ☞ Sauté with garlic and olive oil. Top with 2 sunny side up eggs. Delicious!

CARROTS

GROUND CHERRIES

- ☞ Remove husk and sort through. You may find a few with black on top. Just rub and rinse off.

I have described the taste as a cross between a cherry tomato and cantaloupe...maybe you will have a different thought?! They are a fun snack to eat raw, or for a real treat, make the ground cherry recipe to the right.

LETTUCE

- ☞ Enjoy the beautiful dark red spots of our trout-back lettuce. My kids call it leopard lettuce.

ONIONS - Walla Walla

PUMPKIN - Pie

We have a lot of pie pumpkins this year. If you don't want to eat it, display it!

RADISH

These radishes are HUGE, but crisp and delicious. Don't forget to try roasting them.

- ☞ Remove the tops and keep in the fridge in a plastic bag for over a week.

SQUASH - Buttercup

For creamy, baked squash, try cutting in half, scooping out seeds, and baking at 350 in a dish with about 1/2" water. Remove from oven when soft. After cooling, scoop out and put in a food processor. Blend and add water to reach desired consistency.

- ☞ Peel, cut into chunks and roast or add to soups, or casseroles.

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.

HERB - CILANTRO

- ☞ Don't worry about the purplish tint to the leaves. The cold weather changes the color.

Hello!

I was examining the CSA box this week and it made me think about family traditions. Many of our family traditions are based around food, and I think it's similar for many families. The tradition that comes to mind is watching *It's the Great Pumpkin Charlie Brown* as a family and then eating pumpkin pie afterwards.

Have you incorporated your CSA box into any family traditions? If you haven't, how about starting one? Bring a homemade pumpkin pie to Thanksgiving. Roast pumpkin seeds and then eat them while watching a scary movie. Why not become known in your family as the one who makes the fabulous ground cherry coffee cake.

Family traditions and food go hand in hand. The CSA season will end soon. Continue your CSA experience on in a family tradition!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

We still have **2 MORE WEEKS OF CSA BOXES**, all the way up to the end of October - week 20.

If you happen to have any **PLASTIC CSA TUBS** please return them.

Almond and Ground Cherry Coffee Cake,

from Harmony Valley Farm

- 2/3 c. unsalted butter
- 3/4 c. granulated sugar
- 1 c. almonds, ground
- 1 c. flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 egg
- 1 tsp. ground cinnamon
- 1 1/2 to 2 cups **ground cherries**

Sift flour baking powder, cinnamon and salt. Cream butter and sugar until light and fluffy. Beat in the egg. Stir in the almonds and flour. The dough will be stiff. Spread half the batter into a greased and floured eight inch cake pan. Cover with the fruit (keep it whole) and dot with remaining dough, almost covering fruit. Bake for 45-50 minutes at 350.

Recipes of the week...

Sweet Potato Enchilada Casserole

Sauce ingredients:

1 cup tomato sauce
1 cup water
1 large **onion**, chopped
2 garlic cloves, minced
1 tsp. chili powder
1/2 tsp. ground cumin
1/2 tsp. oregano
2 Tbsp. cornstarch dissolved in 4 Tbsp. water
small bunch **cilantro**, chopped

Filling ingredients:

1 cup black beans
1 cup pinto beans
1 cup cooked **sweet potato**, chopped
1 **onion**, chopped
1/4 tsp. cumin
1/4 tsp garlic powder or 1 tsp. minced fresh garlic
1/4 tsp. black pepper
1 1/3 cups salsa
1 cup steamed chard, kale or **arugula**
6 corn tortillas
Cheese – optional – sprinkle on top before baking
Sour cream – optional – garnish after baking

Directions

Pre-heat the oven to 350°F. Place all the sauce ingredients, except for the cornstarch, in a small pot and cook over low heat, covered, for 20 minutes. Stir in the cornstarch and cook until the sauce thickens.

In the meantime, prepare the filling: Mix the beans, onion, sweet potato, kale, cumin, garlic, pepper, and salsa.

I used a 6"x6" baking dish. Add a little sauce to the bottom of the dish. Add 2 tortillas (you might have to rip one into a couple of pieces to make it fit.) and top with a bit of the filling. Add more sauce. Repeat these steps for another layer. Top the final tortillas and top with more sauce - optional, add cheese before baking. Bake for 35-45 minutes.

****This recipe is delicious. I made it last weekend. To save time, you could use a prepared sauce. I loved the filling so much that I ate it with corn chips as a dip. SOOO good!!**

*****I recommend just using the "filling" recipe as a dip, or in quesadillas, or burritos, or pretty much anything. It is so tasty!**

Roasted Roots

2 Cups sliced **carrots** (peeled)
2 Cups quartered **radishes**
2 Cups chopped potatoes or **sweet potatoes** (unpeeled)
2 Tbsp. olive oil
1/2 Tsp. salt
1/4 Tsp. black pepper
1 Tbsp. oregano

Preheat oven to 425 degrees. In a medium bowl, mix all ingredients. Place mixture onto a greased sheet pan and roast for 20-25 minutes or until vegetables are tender and start to brown.

Serves 10 (1/2 cup per serving) Per serving: 60 calories, 3 g fat, 1 g protein, 8 g carbohydrate, 2 g fiber, 150 mg sodium



The Harvest of the Month is a collaboration & expansion between La Crosse County Farm2School and the Foot Steps to Health programs. Funding is provided by the Wisconsin Partnership Program. Each month two foods are crosspromoted at area schools, restaurants, farmers' markets, worksites, grocery stores and community organizations.



N6370 Niedfeldt Rd. · Bangor, WI 54614
608.486.4205 · csa@oldoakfamilyfarm.com
blog: www.oldoakfamilyfarm.wordpress.com
web: www.oldoakfamilyfarm.com

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