

The Acorn Angle...

October 2014, box #19



What's fresh?

How do I prepare it?

BRUSSELS SPROUTS

Brussels sprouts can grow taller than 3 feet - we cut these stalks in half so they would fit in your box.

- ✂ 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

CABBAGE

- ✂ Try a ground beef & cabbage skillet.

GARLIC

KALE

- ✂ If you haven't already tried making kale chips, give them a try. Very addictive!

ONIONS

POTATOES

RUTABAGA

- ✂ Scrub (don't need to peel), and enjoy raw or cooked. Try mashing like potatoes.
- ✂ Chop into bite size pieces, and roast with other fall vegetables (carrots, sweet potatoes, sunchokes, potatoes, Brussels sprouts). Coat all vegetables in olive oil and sprinkle with seasoned salt. Roast at 400 degrees for 30-45 minutes. Remove when easily pierced with a fork.

SQUASH - Acorn

SQUASH - Delicata

- ✂ This is a very popular squash, due to it's sweet flavor. This squash is also easy to prepare, and you can eat the skin.
- ✂ Remove seeds and bake at 350 for 30-45 minutes or microwave for 6-8 minutes.

SUNCHOKES (Jerusalem Artichoke)

(These are bagged in your box, and look like ginger).

This tuber is found growing under 6-10 ft. tall yellow flowers.

- ✂ Try substituting for potatoes in a recipe.
- ✂ Scrub, slice and eat raw, with hummus.
- ✂ Try them sautéed, stir-fried, steamed, or simmered, alone or with other vegetables

SWEET POTATO

- ✂ Sweet potatoes are delicious in a soup!

Hello!

This is the time of year we tend to "squirrel" away things for the upcoming winter. Fortunately, many vegetables this time of year lend themselves to short and long term storage. All of the produce this week can be stored for at least 2 weeks.

Squash is one of the easiest, and in my opinion the best vegetable to stock pile in your freezer or root cellar (any of you have one of those these days?!). To preserve squash, I cook and puree it in my food processor, then bag it and freeze quart or pint sized quantities. This can be used for many recipes throughout the year. A tip that my grandmother passed on, is to substitute squash when making pumpkin pie. No one will know the difference, and it usually tastes better! Pureed squash can also be used for muffins, bread, soup, pasta, casseroles, lasagna, or even cookies!

Enjoy the bounty of this week's produce, and in preparing for winter, you too might find yourself squirreling away some tasty veggies.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

For those of you with a half share ending this week, **THANK YOU** for your participation in our CSA program this season. We have had a great season, and we appreciate your support!

Our **20-week CSA SEASON** wraps up during the final week in October. One more box will follow this one.

If you are interested in purchasing **MEAT, EGGS, or PRODUCE** please 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. Check out our availability on www.farmmatch.com/oldoakfamilyfarm

SUNCHOKES - DID YOU KNOW?

Jerusalem artichokes, also called sunchokes, aren't like regular artichokes. These root vegetables have a taste that's similar to water chestnuts, and you can eat them raw or cooked.

Most of the carbohydrates in sunchokes are in the form of inulin. Inulin acts as a prebiotic, providing a source of food for beneficial probiotic organisms in your body. Probiotics may help improve your immune function, produce vitamins, lower your cholesterol and prevent disease-causing bacteria from multiplying. Consuming prebiotics may be an easier way to increase the probiotic organisms in your body than taking probiotic supplements, because you don't have to worry about them surviving the digestive process like you would with probiotics.

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)

One Pan Ground Beef & Cabbage Skillet

1 pound grass-fed ground beef
1 onion, chopped
1/2 - 1 head **cabbage**, chopped
1 tablespoon butter
1 clove **garlic**, minced
1 (14.5-oz) can diced tomatoes
1 (8 oz) can tomato sauce (I've even used pasta sauce)
salt and pepper, to taste

In a large pan, brown ground beef until no longer pink. Add onion and continue cooking until translucent. Drain extra fat if needed (or leave it and don't use the butter). Add garlic and continue cooking for 1 minute.

Add butter, cabbage, tomatoes, tomato sauce, salt and pepper to the pan and stir to combine. Cover and simmer about 20 - 30 minutes until the cabbage is soft.

Sweet Potato Waffles

1 ½ cup all-purpose flour
1 cup whole wheat flour
1/3 cup sugar
1 Tbsp. baking powder
2 tsp. ground ginger
½ tsp. baking soda
½ tsp. salt
¼ tsp. allspice
1 ½ cup milk
1 cup leftover cooked **sweet potatoes** or yams*, mashed—*If using leftover candied yams or sweet potatoes, cut sugar and butter in half.
4 large eggs
¾ tsp. vanilla
½ stick butter, melted



In a large mixing bowl, combine dry ingredients. In a medium bowl, whisk together milk, sweet potatoes, eggs, and vanilla until combined. Stir sweet-potato mixture into flour mixture until combined. Stir in melted butter until just blended - some lumps will remain. Heat a waffle iron to medium-high and lightly brush grids with melted butter. Ladle about 1/2 cup batter into center of iron (grids should be full but not overflowing), close, and cook until iron stops steaming and waffles are golden brown, about 4 minutes. Serve with applesauce or a dollop of whipped topping.

Makes 8 waffles. Nutrition analysis per serving: 340 calories, 15g fat, 10g protein, 44g carbohydrate, 3g fiber, 240mg sodium



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