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# The Acorn Angle...

October 2014, box #20



## What's fresh?

### How do I prepare it?

#### BEETS - Variety

- ☞ Store in a plastic bag in your crisper for several months.

#### 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

#### FENNEL

#### LEEKS

- ☞ Slice lengthwise and rinse to remove any trapped dirt. You can eat the whole leek. The dark green leaves are great for stock.

#### NAPA CABBAGE

- ☞ Store in a bag in the crisper for up to 2 weeks. Pull off the outer leaves if necessary.
- ☞ Add a handful of sliced napa cabbage to vegetable or meat-based soups.
- ☞ Add sliced napa cabbage to a stir fry.

#### 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 - Sweet Dumpling

#### SUNCHOKES (Jerusalem Artichoke)

(These are bagged and look like ginger).

- ☞ 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.

#### HERB - SAGE

- ☞ Add fresh sage to roasted vegetables.

Hello!

Wow! I always think the summer will last and last, but before I know it the frost is on the pumpkins and I'm packing the last CSA box of the year.

You all have a few things to be proud of. You've made a commitment to eating healthy, trying new vegetables and recipes, buying locally to reduce your carbon footprint, and supporting the agriculture tradition in Wisconsin by purchasing food from a local, family farm. I hope your CSA experience motivates you to eat healthy in the future, and seek out local products when available.

Finally, I want to thank you. Knowing who my customers are makes my job worthwhile. The personal connections I form motivate me to grow and pack the highest quality, organic produce for my friends and neighbors. I love hearing stories from folks who have tried new recipes that failed or succeeded. I love hearing about someone's child that ate a fresh kohlrabi and now can't get enough of them! I love hearing how the CSA box has improved eating habits and led to lifestyle changes. These are the stories that make me smile when I'm lost in thought picking a row of beans. I look forward to hearing many, many more stories, and hope to see all of you next year.

Have a great winter and keep in touch! ~Kyle, CSA Manager, 608.386.8066

#### Meal ideas for the week:

**Breakfast** - Squash pancakes.

**Lunch** - Chicken soup with shredded napa cabbage.

**Snack** - Hummus with fresh veggies.

**Dinner** - Meatloaf with roasted vegetables (Brussels sprouts, rutabaga, potatoes, and squash).

**Dessert** - Beet cake.

**THANK YOU** for supporting our CSA. The success of our farm is dependent on our CSA members - supporting us from the beginning of the season. Thank you for investing in our farm.

Please return any **BLUE CSA TUBS** that you may still have. Thanks!

We will be contacting you in February for **2014 CSA SIGN UPS**. Current members have first priority in signing up for new year. Keep in touch with us on facebook and have a great winter!

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](http://www.farmmatch.com/oldoakfamilyfarm)

# 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)

## Napa Cabbage with Shaved Fennel, Blood Oranges, Pomegranate Seeds & Almonds

1/2 of a **Napa cabbage**, sliced thin  
1 **fennel** bulb, thinly sliced (can use a mandoline slicer)  
2 blood oranges, pith & peel removed & cut into wedges  
1/2 cup pomegranate seeds  
1/2 cup sliced almonds, toasted

### Ginger Vinaigrette

1/2 cup olive oil  
1 TBS toasted sesame oil  
1 TBS red wine vinegar  
1 TBS honey  
1 TBS Dijon mustard  
3/4 tsp ground ginger  
zest from 1 blood orange  
salt and pepper to taste

Whisk all of the vinaigrette dressing ingredients together in a bowl until combined & set aside.

Combine cabbage, blood oranges, fennel, pomegranate seeds, & almonds in a large salad bowl. Pour dressing over salad & toss to coat. \*Pour dressing on slowly and adjust amount to preference.

## Roasted Brussels sprouts with Apple and Cranberry

1 lb. **Brussels sprouts**, trimmed and quartered  
1 medium sweet apple (such as Gala or Fuji), cored and diced  
1/2 cup dried cranberries  
1/2 cup apple juice or orange juice  
2 tsp. canola oil  
1 tsp. minced fresh tarragon  
1/4 tsp. salt, or to taste  
1/8 tsp. freshly-ground black pepper  
1/4 cup chopped toasted pecans\*



Preheat the oven to 375 degrees F. Combine the Brussels sprouts, apple and cranberries in a large bowl. Set aside. Blend the juice, oil, tarragon, salt and pepper in a small bowl; add to the Brussels sprouts mixture; toss until well coated. Arrange the Brussels sprouts mixture in a 9X9-inch baking dish. Bake for 25 to 30 minutes or until the Brussels sprouts are tender. To serve, top with toasted pecans.

\*Toast the pecans in a small, heavy dry skillet over medium heat, shaking the skillet frequently for 1 to 2 minutes until golden to release the flavorful oils.

Makes 4 servings. Nutrition analysis per serving (about 3/4 cup): 200 calories, 8g fat, 5 g protein, 33 g carbohydrate, 7 g fiber, 180 mg sodium



N6370 Niedfeldt Rd. · Bangor, WI 54614  
608.486.4205 · 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