



The Acorn Angle...

September 2015, Box #14

What's fresh?

How do I prepare it?

APPLES - Spartan

- ☞ Enjoy these apples cooked in a crisp, pie, or coffee cake.

BEETS

- ☞ Trim the tops off the beets and a little of the root. Do not peel, and put into boiling water. Boil for 20-30 minutes, depending on size. They are ready when easily pierced with a fork. Cool in cold water. Slide skin off with your fingers.

BOK CHOY

- ☞ Sauté with olive oil, garlic and season with salt.
- ☞ Chop and add to a stir fry.
- ☞ Store in a plastic bag in the fridge for a week or more.

LETTUCE

- ☞ Add to tacos or tostadas with other freshly chopped veggies.

ONIONS

PEPPERS - Regular & Hot

TOMATILLOS

Tomatillos are related to tomatoes, but have a slightly acidic taste with a hint of lemon. Tomatillos are most commonly used for making salsa verde (green salsa).

- ☞ Remove husk, and wash with soap and water to remove the sticky film from the husk.
- ☞ Eat raw in salsa or salad.

Cook into a salsa verde to put over enchiladas, fajitas, or sliced pork or beef

TOMATOES

- ☞ Judge the ripeness of heirloom tomatoes by their feel rather than color.
- ☞ Keep your tomatoes on your counter to finish ripening. Store them at room temperature until you are ready to eat them.

HERB - BASIL

- ☞ Use basil as soon as possible. It can turn black when it gets too cold or too wet.

HERB - CILANTRO

- ☞ Store in a plastic bag in the refrigerator for 4 days or more.

Hello!

I'm sure many of you have heard the term "eat the rainbow". Health-protective phytonutrients are found in deeply colored plant foods. Learn more about these nutrients and where to find them:

- ☞ A precursor to antioxidant vitamin A, beta-carotene helps bolster your immune system; sibling alpha-carotene may be even more effective at squelching development of liver, lung, and skin cancer cells
- ☞ Lycopene has been linked to a reduced risk of prostate and lung cancers.
- ☞ Anti-inflammatory anthocyanins may assist in combating cancer cells as well as diabetes.
- ☞ Heart health gets a boost from resveratrol and flavonols.
- ☞ Lutein aids in preventing cardiovascular disease and protects your eyes from cataracts and macular degeneration.

RED - tomato, watermelon (lycopene); strawberries (anthocyanins)

ORANGE - carrot (alpha-carotene); yam, pumpkin (beta-carotene)

YELLOW - yellow bell pepper, table queen squash (beta-carotene)

GREEN - spinach (lutein); kale, broccoli (flavonols/lutein)

BLUE - blueberries (anthocyanins); concord grapes (resveratrol)

PURPLE - plum, eggplant, blackberries (anthocyanins)

Article from *Vegetarian Times*, March 2011.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal Ideas for the Week:

Breakfast - Omelet with diced peppers and onions. Top with fresh salsa.

Lunch - Fresh tomatoes, basil and mozzarella mixed with pasta and balsamic vinegar.

Snack - Veggies with tomatillo ranch dressing - check email for recipe.

Dinner - Slow cooker chicken adobo.

Dessert - Homemade applesauce.

Don't forget to **WASH** all produce. We typically rinse most veggies, but they may contain a bit of soil, or on occasion a hidden field pest.

We hope you can find a way to reuse the plastic **BAGS** that your produce arrives in. We wish we didn't have to use so many bags, but it helps with our sorting, preparing and packing the CSA boxes.

Hickory Wind Farm - Alpacas & Fiber will be having an Open House Saturday, September 26th from 10:00am to 5:00pm. Their farm is a few miles from ours, over a ridge. Stop out and say "hi" to Nadine & Steve, meet their alpacas, learn about the fiber produced, and take in the beautiful views from the top of the ridge. www.hickorywindfarm.com

Recipes of the week...

Grandma's Apple Cake

2 eggs
1 cup sugar
1 cup flour
1 1/2 tsp baking powder
3-5 **apples**

Topping:
2/3 cup sugar
2/3 cup flour
6 TBS butter
1 tsp cinnamon

Directions: Beat eggs, sugar, flour, and baking powder. Stir in apples. Pour into a 9×13" greased baking dish. Mix together topping (should be somewhat crumbly). Sprinkle over apple batter. Bake at 350 for 40 minutes.

Tomatillo Cilantro Creamy Dip

8 oz. cream cheese, softened
1 cup mayonnaise
1/2 cup **tomatillos**, diced in a food processor
2 Tablespoons chopped **jalapeños or hot peppers**
3 Tablespoons lime juice
1 cup shredded mozzarella cheese
3/4 cup crumbled Cotija cheese or Parmesan
1/2 cup chopped **cilantro**

Preheat oven to 375 degrees F.

In medium mixing bowl combine cream cheese, and mayo. Add tomatillos, jalapeños and lime juice. Stir in mozzarella, Cotija cheese and cilantro.

Pour into an 8x8 baking dish and bake for 35 minutes at 375 degrees F.

Slow Cooker Chicken Adobo

2 medium **onions**, sliced
3 cloves garlic, minced
1/3 cup apple cider vinegar
1/3 cup soy sauce
1 TBS brown sugar
1 bay leaf
black pepper
8 skinless, bone-in chicken thighs (about 1 3/4 pounds)
1 tsp paprika
1 large head **bok choy**, cut in half, lengthwise (rinse with water) and then cut horizontally into 1-inch strips
2 green onions, thinly sliced
Cooked rice, or quinoa

In a 5- to 6-quart slow cooker, combine the onions, garlic, vinegar, soy sauce, brown sugar, bay leaf, and 1/4 teaspoon pepper. Place the chicken on top and sprinkle with the paprika. Cook, covered, until the chicken and onions are tender, on low for 7 to 8 hours or on high for 4 to 5 hours (this will shorten total cooking time). Ten minutes before serving, if the slow cooker is on the low setting, turn it to high. Gently fold the bok choy into the chicken and cook, covered, until tender, 3 to 5 minutes. Serve with the rice and sprinkle with the green onions.



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