



The Acorn Angle...

September 2015, Box #16

What's fresh?

How do I prepare it?

APPLES - Red Delicious

- ☞ These apples have a great, fresh eating flavor.

CABBAGE

- ☞ Make a small batch of sauerkraut in glass jars. This is a quick and easy way to make a fermented snack.

CELERY

- ☞ This celery is great tasting, but the flavor is stronger than store bought white colored celery.
- ☞ Chop stalk and leaves and freeze for future use. Add to soups or casserole.

LETTUCE

ONIONS - Green

- ☞ Top chili with chopped green onions.

PEPPERS - Regular & Hot

- ☞ Chop, freeze and use for future recipes.
- ☞ Try stuffed pepper soup.
- ☞ Add chopped peppers to chili, stir fry, fresh salads, and salsa.

POTATOES

- ☞ Make breakfast hash with peppers, and green onions.

PUMPKIN - Pie

- ☞ Enjoy as a decoration until you are ready to eat.
- ☞ Cut in half, scoop out seeds and place down on a baking sheet. Cook at 350F for about 45-60 minutes. Remove when flesh is soft.

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.
- ☞ You can eat the skin on this thin-skinned squash. Slice lengthwise, scoop out seeds and cut into half-moon pieces. Toss with olive oil, salt and pepper. Roast in oven at 425 for about 30 minutes.

HERB - DILL

I love the taste of fresh dill. Try it in a dip, soup, wrap, salads, pasta, or herb butter.

Hello!

We all have easy "go to" meals we eat when we are short on time. In our household it is often a pizza, or scrambled eggs. It is nice when life slows down enough to actually plan meals. For us, life starts to slow down in the fall. This is the time when we bake squash at night, puree it, and then eat it the next day, or even for days to come. We are also busy preparing and freezing squash for the winter.

The fall and winter are great times to double up on a recipe - this ensures you have something to eat one right away and a meal to freeze for a night you need something quick. Some of our favorite things to freeze are: all kinds of soups, casseroles, pumpkin bread, squash puree, dal curry, and more. It is also great weather for crockpot meals!

Try out a few new recipes this time of year, freeze some extras, and enjoy the warmth that comes from cooking squash on a cool fall night.

Happy eating!

~Kyle, CSA Manager, 608.386.8066

Meal Ideas for the Week:

Breakfast - Pumpkin muffins.

Lunch - Tostadas with refried beans, lettuce, green onions, and peppers.

Snack - Pumpkin bars.

Dinner - Pumpkin and wild rice soup.

Dessert - Cooked apple slices with cinnamon.

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.

Want more **VEGGIES or BEEF?** Email us to be added to our weekly direct order list. You can also visit us at the Cameron Park Farmer's Market (La Crosse) on Friday nights. 4-8pm.

NEWSLETTERS are available online. Paper copies are included with each CSA box. If you want to check out past newsletters or share with a friend, you can find them at: www.oldoakfamilyfarm.com/whatsfresh/CSAnewsletter

Recipes of the week...

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.

Grilled Dill Potatoes

1 1/2 lbs **red potatoes**
3 Tbsp olive oil
4-5 stems fresh **dill**, chopped
Salt and pepper to taste

Wash and chop potatoes into quarters. Place potatoes on a sheet of tin foil and drizzle olive oil over the top. Add the dill and salt and pepper. Fold the tin foil to fully enclose the potatoes making a tin foil bag. Shake the bag to mix all the ingredients. Place on the grill for about 25-35 minutes or until tender.

Serves 6. Nutrition analysis: 160 calories, 7 g fat, 22 g carbohydrate, 2 g fiber, 3 g protein, 400 mg sodium



Freezer Coleslaw

1 head cabbage , shredded	1 cup vinegar
1 carrot, shredded	2 cups sugar
1 green pepper , shredded	1 tsp. celery seed
1 tsp. salt	1 tsp. mustard seeds

In a large bowl, combine vegetables with salt. Let stand 1 hour. In a medium saucepan, bring remaining ingredients to a boil; boil 1 minute. Cool mixture. Drain liquid off vegetables. Stir vinegar mixture into vegetables, stirring well. Divide slaw equally between freezer containers. Freeze until ready to use. When ready to use, thaw and serve.

Makes 1½ to 2 quarts. Per ½-cup serving: 160 calories, 0 g fat, 1 g protein, 39 g carbohydrate, 2 g fiber, 210 mg sodium



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