

The Acorn Angle...

October 2015, Box #17



What's fresh?

How do I prepare it?

BOK CHOY

- ☞ Add chopped bok choy to chicken soup with carrots, potatoes and celery.
- ☞ Try stir fried bok choy with ginger and garlic.

CARROTS

- ☞ Some of these carrots are pretty big and some look a bit unique. Check out our facebook site to see a few unusual carrot shapes.

KALE

- ☞ It's soup weather, add chopped kale to a potato, vegetable soup.
- ☞ Try making kale chips - yummy!

PEPPERS - Hot

- ☞ You can store hot peppers in your crisper drawer for 2 weeks or more.
- ☞ Make salsa with tomatillos.
- ☞ Try the spicy pumpkin soup recipe on the back. It is one of my favorites!

POTATOES

PIE PUMPKIN

- ☞ Try pumpkin as a savory recipe, roasted or as a soup.
- ☞ Bake, puree and freeze for later use.

SQUASH - Sweet Dumpling

- ☞ Squash stores at room temperature for a month or more. - Enjoy it as a decoration before you eat it!

Cut in half, remove seeds, place flesh down on a rimmed baking sheet, add a bit of water to the pan, and bake at 350 for 45 minutes to 1 hour. Remove when center starts to sink and softens.

TOMATILLOS

- ☞ Try avocado tomatillo sauce (recipe: 2014-box #12). Puree cooked tomatillo, avocado, garlic, lime, cilantro and salt.
- ☞ Remove husk, and wash with soap and water to remove the sticky film from the husk.

HERB - CILANTRO

- ☞ Chop and add to a fresh salad.
- ☞ Make lime, cilantro rice.

Hello!

Last week we had a light frost, nipping a few sensitive plants like basil and tomatoes, however nothing has been completely lost. The temperatures predicted for the upcoming week sound terrific. It looks like a killing frost will still be a week or more away. We are always happy anytime we can avoid a hard frost past October 1st. Get out there and enjoy these BEAUTIFUL fall days!

Happy eating!

~Kyle, CSA Manager, 608.386.8066

How to prepare sweet dumpling squash,

adapted from *Fruits & Veggies Matter More*

- 1. Creamy Soup.** Dice a peeled sweet dumpling and simmer in vegetable or chicken broth. Once soft, purée with a blender or food processor. Flavor your soup with minced fresh ginger, onions, and spices (saffron works!), then add a low-fat cream just before serving.
- 2. Caramelized.** Sautéing sweet dumpling squash, like roasting it, caramelizes its naturally occurring sugars. Dice and slice squash and heat on medium-high until squash becomes tender and soft around the edges.
- 3. Stuffed!** Slice dumpling squash in half and remove seeds and pulp. Rub a baking sheet with olive oil and place the squash *cut side down* on the sheet. Bake for about 30 minutes. While the squash is cooking, create a mixture of whole grains, cheeses, seasonings, vegetables, and dried fruits to be spooned inside. After cooking, flip squash over and stuff with mixture then cook for an additional 10 minutes—enjoy!
- 4. Baked or Roasted.** Cut around the stem of your sweet dumpling and remove the top. Scoop out the seeds and pulp, then bake the cleaned squash until tender. Enjoy as is, or top with vegetables, cheeses, or seasonings.

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, find delicious recipes or share with a friend, you can find them at: <http://oldoakfamilyfarm.com/csa/csane newsletters/>

Recipes of the week...

Spicy Pumpkin & Wild Rice Soup

- 2 cups **pumpkin** puree
- 1 jalapeno (or other **hot pepper**), finely sliced
- 2 cloves garlic
- 1 1/2 TBS chopped fresh ginger
- 1/2 cup **cilantro**, chopped and loosely packed
- 1 tsp cumin
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 1/2 tsp ground pepper
- 1/2 tsp ground cloves
- 1 TBS olive oil
- 1/2 cup chopped onion
- 2 cups vegetable stock
- 1-1 1/2 cups pre-cooked wild rice, cooked with a bit of vegetable stock (I used a bag of Lundberg wild rice blend)
- 1 can coconut milk
- 1/2 tsp salt
- optional: freshly squeezed lime, fresh grated coconut, sliced red chili

This is one of my favorite Fall recipes. You can substitute pureed squash for the pumpkin—for a sweeter flavor. It also tastes amazing without the hot pepper, if you prefer to avoid the “heat”.

**Double the recipe and freeze half for and easy to prepare dinner.*

To make the fragrant soup base, chop very finely or run through the food processor the hot peppers, garlic, ginger, cilantro, and seasonings. Put this fragrant mixture into a pan with olive oil. Add finely sliced onion and cook gently for about 10 minutes to release the flavors. Add the pumpkin and the stock to the pan. Stir frequently. Bring to a boil, then reduce the heat and simmer with the lid on for about 15 minutes. Add the rice and coconut milk, stir again, taste and season carefully with salt and pepper.

Sausage, Kale & Potato Soup

- 1 tablespoon olive oil
- 1 pound of ground turkey Italian sausage (or 6 links casings removed)
- 1 medium onion, chopped
- 6 cloves garlic, chopped
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon crushed red pepper
- 4 medium russet **potatoes**, skinned, thickly sliced, and quartered
- 4 cups chicken broth
- 2 cups 1% milk
- 1/2 teaspoon salt
- 3-4 cups chopped **kale**

Many people compare this recipe to the Olive Garden's Zuppa Toscana. Delicious!

Heat olive oil in medium to large soup pot and cook italian sausage until no longer pink. Break apart and crumble as it cooks. Add to sausage the onion, garlic, basil, oregano, and thyme. Cook for 5 minutes or until the onion and garlic start to soften. Add in potatoes, chicken broth, and milk. Cook until potatoes are soft. About 25 to 30 minutes. Give it a taste then add in the salt. Stir in the kale and cook for another 15 minutes or until kale is tender. Serve hot.



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