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# The Acorn Angle...

October 2015, Box #18



What's fresh?

How do I prepare it?

## **BROCCOLI**

- 🌀 Make a stir fry with broccoli, peppers and carrots.

## **CARROTS**

- 🌀 Try carrot muffins or bread.

## **GROUND CHERRIES**

- 🌀 Remove husk and sort through. You may find a few with black on top. Just rub and rinse off.
- 🌀 Eat raw as a snack or cook into a sauce or try the recipe on back.

I have described the taste as a cross between a cherry tomato and cantaloupe...maybe you will have a different thought?!

## **LETTUCE**

- 🌀 Looking for a great appetizer - try making taco dip and layering lettuce.

## **ONIONS**

- 🌀 Store in a dry, dark location.

## **PEPPERS - Green & Hot**

- 🌀 Make a quiche with sausage, onions and peppers.

## **RADISHES**

- 🌀 Slice and add to salads or slice and add to a vegetable soup near the end of cooking.

## **SQUASH - Acorn**

- 🌀 Try microwaving for a quick meal. Place whole squash on a plate and pierce the flesh with a fork in about 6 different spots on the squash. Microwave for about 8-10 minutes or until soft. Scoop out seeds and enjoy the sweet flesh.
- 🌀 Store winter squash in a dry, cool (but not refrigerated) location.

## **SWEET POTATO**

- 🌀 Store it in a dark, cool, dry place - but not the refrigerator. It should last a few weeks before it needs to be eaten.
- Try baking it, peeling and boiling it, adding it to soups, casseroles, making sweet potato bread, muffins, cookies, or even waffles!

## **HERB - CILANTRO**

- 🌀 Try making cilantro and lime butter or a cilantro and ginger hummus.

Hello!

Sweet potatoes are ready! It has been a bountiful harvest this season. Our largest sweet potato weighed in at 6.73 pounds! It is amazing that they can grow so big in only 4 months. Sweet potatoes love heat and this year we grew them under black plastic to help warm the soil and radiate heat to the tubers.

Sweet potatoes are my favorite. I love cooking them in countless different ways. One of the easiest is to peel the potatoes, cube them and sauté them until tender in olive oil with garlic. You can add chopped kale, mushrooms, peppers, black beans, herbs, etc. This makes a great side dish, or serve over rice and make it a meal.

Check out our sweet potato harvest pictures online at Facebook.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

We still have **2 MORE WEEKS OF CSA BOXES**, all the way up to the end of October - week 20.

If you happen to have any **PLASTIC CSA TUBS** please return them.

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.

### **Sweet Potatoes - Did you know?**

These tuberous roots are among the most nutritious foods in the vegetable kingdom. They are excellent sources of vitamins A and C. This is why one colonial physician called them the "vegetable indispensable." Sweet potatoes are often confused with yams, but yams are large, starchy roots grown in Africa and Asia. Yams can grow up to 100 pounds and are rarely available in American supermarkets. Nutritionally, sweet potatoes greatly outweigh yams. Because of the common use of the term "yam," it is acceptable to use this term when referring to sweet potatoes.

Sweet potatoes contain an enzyme that converts most of its starches into sugars as the potato matures. This sweetness continues to increase during storage and when they are cooked.

**Preparation:** Wash sweet potatoes well. Pierce skin with fork. Place potatoes in a pan and cook in an oven at 350° F for about 45 minutes or until tender (depending on size). Cool potatoes slightly before removing skins. Sweet potatoes can be cooked in a microwave oven to save time. Wash and pierce potatoes, then place them on a paper towel. The cooking time for 2 medium potatoes is on high for 5–9 minutes, and 4 potatoes, 10–13 minutes.

## Recipes of the week...

### Gypsy Stew

2 TBS olive oil  
1 15 oz can garbanzo beans  
1 1/2 cups **onion**, diced  
4 cups vegetable broth  
1 TBS garlic, chopped  
1 TBS paprika  
3 cups **sweet potato**, peeled and diced (about 1 large)  
1 1/2 tsp tumeric  
2 cups fresh mushrooms, sliced  
1 1/2 tsp dried basil  
2 ribs celery, chopped  
1/2 tsp salt  
3 large kale leaves, chopped  
1/2 tsp cinnamon  
1 1/2 cups canned diced tomatoes

*This is one of my all-time favorite recipes. Great flavor, and you can add extra veggies (peppers or carrots) if desired. Serve over rice for a heartier meal.*

Heat oil in a large stock pot. Add onion, garlic, sweet potato, celery, kale and mushrooms.

Sauté five minutes. Stir in spices. Sauté 3 more minutes.

Add tomatoes, garbanzo beans and vegetable stock and simmer until vegetables are tender, about 20 minutes.

### Almond and Ground Cherry Coffee Cake, *from Harmony Valley Farm*

2/3 c. unsalted butter  
3/4 c. granulated sugar  
1 c. almonds, ground  
1 c. flour  
1 1/2 tsp. baking powder  
1/2 tsp. salt  
1 egg  
1 tsp. ground cinnamon  
1 to 2 cups **ground cherries**

Sift flour baking powder, cinnamon and salt. Cream butter and sugar until light and fluffy. Beat in the egg. Stir in the almonds and flour. The dough will be stiff. Spread half the batter into a greased and floured eight inch cake pan. Cover with the fruit (keep it whole) and dot with remaining dough, almost covering fruit. Bake for 45-50 minutes at 350.

This coffee cake recipe is also great with blueberries or raspberries.

### Maple Roasted Chicken and Acorn Squash

1 medium **acorn** squash  
4 medium **carrots**, chopped  
1 medium **onion**, cut into 1 inch slices  
6 bone-in chicken thighs (about 2 1/4 lbs.)  
1/2 c. real maple syrup  
1 tsp. salt  
1/2 tsp. coarsely ground pepper

Preheat oven to 450° F. Cut acorn squash lengthwise in half; remove and discard seeds. Cut each half crosswise into 1/2 inch slices; discard ends. Place squash, carrots, and onion into a greased 9x13 inch baking pan. Top with chicken, skin side down. Roast for 10 minutes.

Turn chicken over, drizzle with maple syrup and sprinkle with salt and pepper. Roast 25-30 minutes longer or until a thermometer inserted into the chicken reads 170-175° F and vegetables are tender.

Makes 6 servings. Nutrition analysis: 205 calories, 3 grams fat, 3 grams fiber, 14 grams protein, 30 grams carbohydrate, 489 mg sodium.



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