



The Acorn Angle...

October 2015, Box #19

What's fresh?

How do I prepare it?

APPLES - GOLDEN DELICIOUS BRUSSEL SPROUTS

Brussels sprouts can grow taller than 3 feet - we cut these stalks in half so they would fit in your box.

- ✂ Snap sprouts off 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

CABBAGE - RED

- ✂ Make a burrito filling with sweet potatoes, onions and black beans. Top with fresh squeezed lime, shredded cabbage and sour cream.

ONIONS

RADISHES

- ✂ Remove leaves from radishes to extend storage.

SQUASH - BUTTERNUT

- ✂ This squash is so versatile. You can bake it, peel & chop it and add to recipes, make it into a soup, or even make pie.

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

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 - SAGE

- ✂ Roast squash cubes with sage & onion.

DECORATIVE GOURDS

- ✂ Spice up your seasonal decorations with these unique gourds. You can keep them indoors or outdoors.

Hello!

For those of you with a half share ending this week, **THANK YOU** for your participation in our CSA program this season. We have had a great season, and we appreciate your support!

This is the time of year we tend to “squirrel” away things for the upcoming winter. Fortunately, many vegetables this time of year lend themselves to short and long term storage.

Squash is one of the easiest, and in my opinion the best vegetable to stock pile in your freezer or root cellar (any of you have one of those these days?!). To preserve squash, I cook and puree it in my food processor, then bag it and freeze quart or pint sized quantities. This can be used for many recipes throughout the year. A tip that my grandmother passed on, is to substitute squash when making pumpkin pie. No one will know the difference, and it usually tastes better! Pureed squash can also be used for muffins, bread, soup, pasta, casseroles, lasagna, or even cookies!

Enjoy the bounty of this week's produce, and in preparing for winter, you too might find yourself squirreling away some tasty veggies.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

We still have **1 MORE WEEKS OF CSA BOXES**, all the way up to the end of October - week 20.

WINTER SHARES will be November 10 & 24. I will be sending an email out shortly to those of you in the Winter CSA. If you signed up for the “All Season Share” - you are included in these final 2 boxes. Some of you may have added this option on to your half share.

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

SUNCHOKES - DID YOU KNOW?

Jerusalem artichokes, also called sunchokes, aren't like regular artichokes. These root vegetables have a taste that's similar to water chestnuts, and you can eat them raw or cooked.

Most of the carbohydrates in sunchokes are in the form of inulin. Inulin acts as a prebiotic, providing a source of food for beneficial probiotic organisms in your body. Probiotics may help improve your immune function, produce vitamins, lower your cholesterol and prevent disease-causing bacteria from multiplying. Consuming prebiotics may be an easier way to increase the probiotic organisms in your body than taking probiotic supplements, because you don't have to worry about them surviving the digestive process like you would with probiotics.

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

Cut sprouts in half. Sauté 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)

*****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!*

Sunchoke Spinach Dip

1 pound **sunchokes**
2 cups fresh spinach
1 cup Parmesan cheese, grated
1/2 cup mayonnaise
4 tablespoons cream cheese
juice of half a lemon
3 garlic cloves
3/4 teaspoon kosher salt
1/8 teaspoon ground black pepper
pinch ground cayenne pepper

Peel sunchokes and place in a medium pot with enough water to cover. Bring to a boil over high heat, reduce heat to medium and cook for 12 minutes. Remove the sunchokes from heat, drain, and place in a food processor or blender. To the food processor, add the remaining ingredients (spinach, Parmesan, mayonnaise, cream cheese, lemon juice, garlic, salt, pepper, and cayenne. Puree until smooth.

Serve with bread, crackers, or chips. Refrigerate if not using immediately.

Harvest Moon Corn Butternut Squash Soup

3 cups vegetable broth
1/4 cup diced carrots
1/4 cup diced celery
1/4 cup diced onion
1/2 cup diced potatoes
1 cup whole kernel corn, drained
1 1/2 cups peeled, diced **butternut squash**
1/2 tsp. ground black pepper
1/2 tsp. dried thyme leaves
1/2 tsp. dried basil leaves
1/4 tsp. pumpkin pie spice
pinch of dried cayenne pepper

In a stockpot, combine all ingredients and bring to a boil. Reduce to a simmer and cook until all the vegetables are tender.

Serves 4. Per 1-cup serving: 90 calories, 0 g fat, 2 g protein, 21 g carbohydrate, 1 g fiber, 470 mg sodium



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