
The Acorn Angle...

October 2015, Box #20



What's fresh?

How do I prepare it?

BEETS

- ☞ Try some sweet beet recipes. Try a beet cake, muffins, or brownies.

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 of 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. (check your email for recipe). I thought I hated Brussels sprouts until trying this recipe - now I could eat them everyday

CARROTS

- ☞ Grate carrots with a food processor. Keep in a container in your fridge. Use them as needed for salads, sandwiches, or garnishes. Kids often think they are a fun addition to lunches.

KALE

NAPA CABBAGE

- ☞ Add a handful of sliced napa cabbage to vegetable or meat-based soups.
- ☞ Add sliced napa cabbage to a stir fry.

ONIONS

We did not have the best season for growing onions. The location where they were planted was too wet and the weeds took over. These certified organic onions were grown by our friends at Ridgeland Harvest in Viroqua.

RUTABAGA

- ☞ Scrub (don't need to peel), and enjoy raw or cooked. Try mashing like potatoes.
- ☞ Roast with other vegetables - see recipe on back.

SQUASH - BUTTERCUP

- ☞ Cut in half, scoop out seeds and bake on a rimmed pan at 350 for 45 minutes or until soft.

SQUASH - SPAGHETTI

SWEET POTATO

Hello!

I hope...

...opening each CSA box was filled with ANTICIPATION.
...you have been CHALLENGED to try new vegetables and recipes.
...these last 20 weeks have been a GREAT experience.
...you have been NOURISHED by great, wholesome food.
...organic and local foods continue to be part of your LIFESTYLE.
...you realize how much we appreciate your SUPPORT.

We work hard to grow nothing but the best produce for our customers. Each step of the way (planning, planting, harvesting, and packing) we have you in mind.

At the farm we are looking forward to some downtime, but before we know it, seed catalogs will be in the mail, and we will be dreaming about springtime. As current CSA members, next year you will all have first priority in signing up for our CSA. Watch for emails in early-February.

I hope...you keep in touch.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

THANK YOU for supporting our CSA. The success of our farm is dependent on our CSA members - supporting us from the beginning of the season. Thank you for investing in our farm.

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.

We will be contacting you in early February for **2016 CSA SIGN UPS**. Current members have first priority in signing up for new year. Keep in touch with us on facebook and have a great winter!

If you are interested in purchasing **MEAT, EGGS, or PRODUCE** between now and the start of next year's season, email us to be added to our online market list. In the winter months we bring orders to La Crosse and Black River Falls every other week. You are always welcome to pick up orders at the farm as well - just give us a call to set up a pick-up time.

Recipes of the week...

Spaghetti Squash w/ Chickpeas & Kale

1 spaghetti squash

1-2 tablespoons olive oil

1 shallot, sliced thinly (or 1/4 cup of sliced **onion**)

1 clove garlic

1/2 tablespoon minced fresh rosemary

pinch of chile flakes

1/2 cup chickpeas, drained and rinsed

2 (packed) cups of chopped **kale leaves**

juice of 1/2 a lemon

1/4 cup chopped sun dried tomatoes (or capers or olives)

1/4 cup toasted pine nuts

salt & pepper

optional: a bit of freshly grated parmesan cheese

Preheat oven to 375 degrees F.

Slice your squash in half lengthwise. Scoop out the seeds and pulp from the middle. Place the squash on a baking sheet, cut side up. Drizzle with olive oil and sprinkle with salt and pepper. Roast for about 1 hour or until the flesh is tender and you can scrape noodle-like strands with a fork. (If your squash is difficult to cut, roast it whole for the first 20 minutes until it softens a bit, then cut and continue).

Remove squash from the oven, let it cool slightly and use a fork to scrape the squash into strands. (set aside).

In a large skillet over medium heat, add enough olive oil to lightly coat the pan, then add the shallot, garlic, rosemary, chile flakes, salt and pepper. (I added my garlic clove whole and removed it later).

Once the shallot starts to soften, add the chickpeas and cook for a few minutes until they turn lightly golden brown. Remove the garlic clove, and add the kale leaves, lemon juice, and then give everything in the pan a good stir.

Once the kale is partially wilted, add the squash strands, a little grated cheese, sun dried tomatoes, and more salt and pepper, to taste. Toss to incorporate. Remove from heat and top with toasted pine nuts and extra grated cheese.

Rustic Winter Vegetables

4 cups cleaned and diced **winter vegetables***

1 pc. thick sliced bacon, cut into 1-inch pieces

1 Tbsp. olive oil

1 1/2 tsp. dried thyme

1 Tbsp. garlic powder

2 oz. feta cheese



Preheat oven to 425 degrees. In a medium-sized bowl, toss together vegetables, bacon, olive oil, thyme and garlic powder. Spread mixture into a shallow baking pan. Roast in oven about 35 minutes, stirring vegetables every 10 minutes, until tender. Remove from oven and sprinkle with feta cheese. Serve hot over toasted baguette slices, pasta or crackers

Note: vegetable mixture may be cooked ahead of time and reheated prior to serving.

*Choose any mixture of **winter squash, carrots, parsnips, turnips, sweet potatoes** or **rutabagas**.

Makes about 3 1/2 cups. Per 1/2 cup serving: 130 calories, 7 g fat, 4 g protein, 13 g carbohydrates, 2 g fiber, 250 mg sodium.



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