
The Acorn Angle...

November 2015, Winter Box #1



What's fresh?

How do I prepare it?

BOK CHOY

- ☞ Make a stir fry or chop and add to a vegetable soup near the end of cooking.

BRUSSEL SPROUTS

- ☞ 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.

CABBAGE

- ☞ I know 2 cabbage may be overwhelming, but we have a bounty, so we are sharing :) *store in fridge for a month*
- ☞ Chop, mix with lime juice and use as a topping for burritos, tacos, etc.

CARROTS

DAIKON RADISH

- ☞ Make a salad: daikon - peel and slice into matchsticks (about 3 cups), Shred about 1/2 cup carrots. Add 1 1/2 tsp salt and let sit for 10 minutes. Squeeze dry. Mix 1/4 cup vinegar and 3 TBS sugar in a bowl, stir until dissolved. Pour over radish/carrot mixture and toss until coated. Refrigerate up to a week.

ONIONS

PIE PUMPKIN

- ☞ Cut in half, remove seeds, place on baking tray, bake at 350 until easily pierced by a fork. Remove soft flesh and puree in food processor. Use immediately for recipes or freeze for future use.

SQUASH - BUTTERNUT

- ☞ Search for recipes that involve cubed butternut squash. These often involve roasting the squash, or sautéing.
- ☞ Peeled, cubed squash can be stored in the fridge for a week or more.

SQUASH - ACORN

SWEET POTATO

- ☞ Make 2 sweet potato pies. Eat one now and freeze one for Thanksgiving.

HERB - CILANTRO

- ☞ Try making a cilantro pesto or search for a cilantro dip or dressing recipe online.

Hello!

This fall weather has been glorious! I don't have too many complaints about temperatures in the mid-70s. We still have veggies growing in the field: cabbage, brussels sprouts, carrots, bok choy, rutabaga, daikon, herbs, kale, and a few others. In our hoophouse we have lettuce (will be in your #2 winter share), turnips, kale, herbs, and some seedlings we hope will survive winter.

This time of year on the farm is spent tilling the fields and planting cover crops to hold down the soil over the winter. The cover crops slowly grow all winter and provide a "green manure" to the soil when we till them back to the soil in the spring.

Another reason we are celebrating these sunny, fall days is that we have been generating electricity on our farm. Our 80 solar panels have been doing their job and it feels good to be taking more steps on our farm towards sustainability.

Through H&H Solar we received a "group buy" discount. The more people who buy through the group, the bigger discount. This group is the FairShare CSA Coalition out of Madison.

Anyone is eligible for this "group buy". If you are interested, talk to us, or contact H&H Solar directly. Just mention you heard about the FairShare group buy, and you are a member of Old Oak Family Farm CSA. The group buy is looking for 2 more installations for this year. Now is the time to check it out and learn more if you have ever been interested in solar power. You may also be eligible for a tax rebate.

For more information check out: <http://www.csacoalition.org/news/fairshare-solar-energy-group-buy/>

Happy eating! ~Kyle, CSA Manager, 608.386.8066

The last **WINTER CSA SHARE** will be November 24th. This is the Tuesday before Thanksgiving. We will send an email next week with our "best guess" for what we will include in the box. Hopefully some of our tasty, seasonal produce will make its way to your table this Thanksgiving.

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

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...

Sweet Potato Hummus

2 cups **sweet potato**, peeled and cubed
1 (15 1/2) –ounce can chickpeas, drained and rinsed
1/4 cup tahini
2 TBS olive oil
2 cloves garlic, chopped
1 TBS honey
1 tsp lemon juice
1 tsp sweet paprika
1/2 tsp cumin
3/4 tsp salt
1/4 tsp pepper

Boil the sweet potato until very tender, about 12 minutes. Drain it and let it cool. Blend the potato and chickpeas in a food processor. Add the other ingredients and blend until smooth, about 1 minute. Place the dip in a bowl and refrigerate. Before serving, add a sprinkle of paprika, if you like.

Butternut Squash & Carrot Soup

2 cups peeled and diced **butternut squash**
2 cups thinly sliced **carrots**
3/4 cup chopped **onion**
1/4 tsp dried tarragon
1/4 tsp dried thyme
1/4 tsp ground nutmeg
1/4 tsp white pepper
1 TBS butter
2 - 14-15oz cans chicken or veggie broth
1/4 cup light cream or half & half
Pepitas (pumpkin seeds), garnish

In a large covered saucepan melt butter and sauté diced squash, onion and carrot over medium heat for 8 minutes. Stir occasionally. Add broth and seasonings. Bring to a boil and reduce heat. Cover and simmer until vegetables are tender. Add cream or half & half. Heat through. Garnish with pumpkin seeds and serve.

Sweet Potato Enchilada Casserole

Sauce ingredients:

1 cup tomato sauce
1 cup water
1 large **onion**, chopped
2 garlic cloves, minced
1 tsp. chili powder
1/2 tsp. ground cumin
1/2 tsp. oregano
2 Tbsp. cornstarch dissolved in 4 Tbsp. water
small bunch **cilantro**, chopped

Filling ingredients:

1 cup black beans
1 cup pinto beans
1 cup cooked **sweet potato**, chopped
1 **onion**, chopped
1/4 tsp. cumin
1/4 tsp garlic powder or 1 tsp. minced fresh garlic
1/4 tsp. black pepper
1 1/3 cups salsa
1 cup steamed chard, kale or **arugula**
6 corn tortillas
Cheese – optional – sprinkle on top before baking

Pre-heat the oven to 350°F. Place all the sauce ingredients, except for the cornstarch, in a small pot and cook over low heat, covered, for 20 minutes. Stir in the cornstarch and cook until the sauce thickens.

In the meantime, prepare the filling: Mix the beans, onion, sweet potato, kale, cumin, garlic, pepper, and salsa. I used a 6"x6" baking dish. Add a little sauce to the bottom of the dish. Add 2 tortillas (you might have to rip one into a couple of pieces to make it fit.) and top with a bit of the filling. Add more sauce. Repeat these steps for another layer. Top the final tortillas and top with more sauce - optional, add cheese before baking. Bake for 35-45 minutes.

****This recipe is delicious. I made it last weekend. To save time, you could use a prepared sauce. I loved the filling so much that I ate it with corn chips as a dip. SOOO good!!**

*****I recommend just using the "filling" recipe as a dip, or in quesadillas, or burritos, or pretty much anything. It is so tasty! Try adding chopped cabbage tossed with lime juice as a topping.**



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