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# The Acorn Angle...

November 2015, Winter Box #2



## What's fresh?

### How do I prepare it?

#### BEETS

- ☞ Use this large beet to make a beet cake, shredded beets, or cube and roast with olive oil.

#### 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 - RED

#### KOHLRABI

- ☞ Peel, and cut into sticks. Serve with a veggie tray.

#### LETTUCE

#### ONIONS

#### POTATOES - PURPLE

- ☞ Slice thin and fry potatoes with onion. Serve for breakfast with eggs.

#### RUTABAGA

- ☞ Make a pan of roasted fall vegetables, cut into cubes: rutabaga, squash, potatoes, and add brussels sprouts. Roast at 425 with olive oil, salt and herbs until easily pierced with fork.

#### SQUASH - CROWN PUMPKIN

- ☞ This is the gray pumpkin looking thing in your box :)
- ☞ Cut in half, scoop out seeds and bake at 350 on a rimmed cooking sheet until soft. Scoop out cooked flesh and puree until smooth.
- ☞ Make pumpkin pie or search for a squash cookie recipe.

#### SQUASH - SPAGHETTI

#### SWEET POTATO

- ☞ Peel, cut into cubes and sauté with olive oil.

#### TURNIPS - Salad

- ☞ Treat these like a radish. You don't need to peel them. They are great raw. You can grate them and add to a salad or cut into slices for a veggie tray.

#### HERB - PARSLEY

- ☞ Chop and add to vegetable soup or chicken noodle soup.

Hello!

This week wraps up our winter CSA shares. We enjoyed planning and harvesting for these last two winter boxes. It has been a good fall bounty and we are glad to share with you.

Supporting our CSA is a huge commitment on your part. From paying up front, to coordinating your weekly pick ups, to finding the time and energy to prepare the food from your box. I hope you have found satisfaction in the experience.

I encourage you to keep up your "CSA lifestyle" during the winter. Challenge yourself to:

- ☞ Buy local and support organic farmers when possible.
- ☞ Make and eat more meals at home.
- ☞ Experiment with new recipes.
- ☞ Cook with friends, or throw a pot luck party.
- ☞ Eat more seasonal vegetables and fruits.
- ☞ Consider starting your own garden or container herbs/vegetables next spring.

Keep in touch & happy eating!  
~Kyle, CSA Manager, 608.386.8066

### Thanksgiving Meal ideas:

**Appetizers:** Beet hummus served with crackers or veggies.

**Appetizers:** Veggie tray: sliced kohlrabi sticks, salad turnips, carrots, celery, and garnished with parsley.

**Salad:** Raw Brussels sprout salad with blue cheese and pecans.

**Side Dish:** Warm potato salad with purple potatoes.

**Side Dish:** Baked and pureed squash (crown pumpkin).

**Main Dish:** Sweet potato, lentil and mushroom Shepard's pie.

**Dessert:** Sweet potato pie with homemade whip cream.

**Dessert:** Squash cookies with oatmeal and chocolate chips.

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...

### Beet & Vegetable Soup

- 1 tbsp. olive oil
- 1 medium **onion**
- 1 clove garlic
- ½ tsp. ground allspice
- 1 can diced tomatoes
- 1 lb. **beets**
- 6 c. sliced **cabbage**
- 3 large carrots
- 4 c. water
- 2 cups vegetable broth
- 1 bayleaf
- ¾ tsp. salt
- 2 tbsp. red wine vinegar
- ¼ c. fresh dill or **parsley** (in my opinion the dill makes it taste more like traditional beet soup, but parsley is great for a good vegetable soup flavor).
- Sour cream (optional)

*Beet soup may sound a little different - but trust me, it has a great flavor and you can add other vegetables to this too. The broth will turn purple when you use beets, but that is part of what makes it great.*

In 5- to 6-quart saucepot, heat oil on medium until hot. Add onion and cook 8 minutes or until tender. Stir in garlic and allspice; cook 30 seconds. Add tomatoes and cook 5 minutes. Meanwhile, peel beets and shred in food processor (or on the coarse side of box grater). Add beets, cabbage, carrots, water, broth, bay leaf, and salt into saucepot; heat to boiling on high. Reduce heat to medium-low; cover and simmer about 30 minutes or until all vegetables are tender. Remove bay leaf. Stir in vinegar and dill. Serve with sour cream if you like.

### Roasted Sweet Potato and Beet Round "Fries"

- 1 medium **sweet potato**
- 1 large **beet**
- 2 tsp. olive, canola, or melted coconut oil
- 1 tsp. salt

Preheat oven to 400°. Wash sweet potato and cut into 1/4 inch rounds. Peel beet and slice into 1/4 inch rounds. Place on baking sheet covered with cooking spray. Brush with 1 tsp of oil and sprinkle with 1/4 tsp salt. Flip and brush with remaining oil and sprinkle with 1/4 tsp salt. Bake for 20 minutes, flip, and bake for 15 more or until fries are brown. Remove from oven, sprinkle with remaining salt and serve.

### Brussels Sprouts, Purple Cabbage & Carrot Slaw

- 1/2 cup nonfat Greek yogurt
- 2 tbsp apple cider vinegar
- 1 tsp salt
- 1/2 tsp pepper
- 1 tsp dry mustard powder
- 1 cup **Brussels Sprouts**, shredded
- 1 cup **Purple cabbage**, shredded
- 1 cup carrots, shredded
- 1/4 cup green onion, chopped

In a medium serving bowl whisk yogurt, vinegar, salt, pepper and mustard powder until smooth. Toss in the Brussels sprouts, cabbage, carrots and green onion just before serving.



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