
The Acorn Angle...

November 2016, Box #1 Winter Share



What's fresh?

How do I prepare it?

APPLES

The apples you are receiving in your box are from Hoch Orchard in LaCrescent, MN. They are certified organic. These apples are considered seconds. Most of them just have cosmetic issues, and can be enjoyed by peeling, or cutting away a small section.

BRUSSELS 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.

CARROTS

Carrots keep best in the refrigerator when their tops are removed.

CELARIAC

This is the large round, knobby root in your box. It is also called root celery.

✦ Peel or cut off the exterior. The interior is a white, crisp flesh. After it is cut it may discolor - you can dip in lemon juice if desired.

✦ Use the leaves and stalks as you would celery - in soups, salads, casseroles.

✦ Try roasted, cooked, boiled, puréed, cut and baked as fries, or in a creamy soup.

GARLIC

Eat more garlic during the cold and flu season. It has been known for its natural antibiotic properties.

LETTUCE

Lettuce is growing well in our hoop house this time of year.

ONIONS

✦ Add to salads, soups, roasts, casseroles, or sandwiches.

SQUASH - Assorted

Cut in half, remove seeds and bake in the oven at 350 degrees until soft.

SWEET POTATO

✦ Slice in thin disks and sauté with coconut oil and sage.

HERB - SAGE

✦ Add to stuffing or roast with squash.

Hello!

Our recent warm temperatures have allowed for more time to wrap up projects on the farm. We were able to finish a few painting jobs and just completed harvesting our field corn.

In the vegetable fields we still have carrots, brussels sprouts, cabbage, lettuce, radishes, rutabagas, and herbs growing. Many of our fields have already been plowed under and planted with a winter cover crop of rye. Rye helps hold the soil in place over the winter and returns nutrients into the soil when we till it under in the spring.

As we approach Thanksgiving, I am always reminded how blessed I am as a farmer to have a bounty to eat this time of year. As you open your boxes this week, please know that we think of you, our CSA members often. We are so thankful for your support and will miss you over the winter.

Although these warm days have been nice, I really am looking forward to winter. It gives our perennial plants some time to rest and enter dormancy, and I love being outdoors in the snow - skiing, sledding, hiking and building snow forts.

The cycle of seasons is rejuvenating.

Looking forward to one more CSA box this season!
Happy Eating! ~Kyle Zenz, CSA Manager

Meal Ideas for the Week:

Breakfast - Cooked apples with oatmeal.

Lunch - Turkey sandwich with lettuce, onion, and grated carrots.

Snack - Applesauce.

Dinner - Vegetable soup with warm bread and garlic butter.

Dessert - Apple crisp.

Our final **WINTER SHARE** will be November 29.

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

If you are interested in purchasing **BEEF 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 pickup time.

Recipes of the week...

Wild Blend® with Butternut Squash and Apples from the Lundberg rice website

- 1 1/2 cups Lundberg Rice Wild Blend® (Mixed rice blend - you could use half wild and half brown rice as a substitute)
- 3 1/2 cups water
- 1/2 cup fresh parsley, chopped
- 2 Tablespoons olive oil
- 1 medium **onion**, chopped
- 3 cups 1/2 inch cubed squash (from 1-1/2 pound squash)
- 2 **apples**, unpeeled, cored, cut into 1/2 inch cubes
- 1 Tablespoon dried thyme
- 1 cup chicken broth or water
- 1/2 cup walnut pieces

Preheat oven to 425°F. 9 X 13 inch well buttered baking dish. Combine water and Lundberg wild blend in a large saucepan with lid. Bring water to boiling, reduce heat to simmer and cover. Cook 50 minutes, remove from heat with lid on and steam 10 minutes. Stir in parsley and set aside.

Heat oil in a large skillet and sauté onion over medium-high heat until translucent. Add butternut squash, apples, and thyme and sauté 5 minutes. Stir in broth. Combine rice and onion/butternut squash/apple mixture and pour into a buttered 9X13 inch baking dish. Sprinkle walnuts over the top. Bake 425°F for 20-25 minutes until heated through and squash is tender.

Root Vegetable Cassoulet

- 3 tablespoons olive oil
- 1/2 large **onion**, finely diced
- 3 medium **carrots**, finely diced
- 2 ribs celery, finely diced
- 2 cloves **garlic**, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon thyme
- 1 bay leaf
- 1 medium **sweet potato**, diced into cubes
- 1 small **celeriac**, diced into cubes
- 1 15 ounce cans cannellini white beans, rinsed and drained
- 2 to 3 cups low sodium vegetable broth
- 1/2 to 3/4 cup non-flavored bread crumbs
- Parsley for topping

1. Heat a 5 quart dutch oven over medium heat. Add oil, onion, carrots, celeriac, garlic, salt, pepper, thyme and bay leaf. Stir and let cook 10 to 15 minutes until vegetables are soft.
2. Preheat oven to 400°F. Add sweet potato and celeriac. Stir and cook for 5 minutes. Add in beans and pour in 2 to 3 cups of vegetable broth so that all beans and vegetables are just covered. Bring to boil, then reduce heat and simmer for 15 minutes.
3. Remove from heat and remove bay leaf. Sprinkle bread-crumbs evenly over cassoulet. Transfer dutch oven to center rack and bake uncovered for 15 minutes until bread crumbs have browned.

Sweet Potato Chicken Stew

- 2 Tbsp. olive oil
- 1 sweet **onion**, chopped
- 2 gloves **garlic**, minced
- 3 c. reduced sodium chicken broth
- 1 can (14 oz) diced tomatoes, drained
- 1 can (15 oz) cannellini beans, drained
- 1 tsp. smoked paprika
- 2 **sweet potatoes**, peeled and cut into 1/2 inch cubes
- 2 c. shredded rotisserie chicken
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 2 Tbsp. chopped parsley

In a large pot, heat the oil over medium-high heat. Add onion and cook for 3 minutes or until soft. Add garlic and cook 1 minute.

Stir in broth, tomatoes, beans, and paprika. Raise heat to high and bring to a boil. Add sweet potatoes, cover, and reduce heat to low. Simmer for 10 minutes or until potatoes are tender.

Scoop out 1 cup of stew and puree in a blender. Return puree to the pot.

Add chicken and simmer until heated. Add the salt and pepper. Serve in bowls with a sprinkle of parsley on top.

Nutrition analysis per serving: 393 calories, 12 grams fat, 44 grams carbohydrate, 27 grams protein, 10 grams fiber, 1140 mg sodium



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