
The Acorn Angle...

November 2016, Box #2 Winter Share



What's fresh?

How do I prepare it?

BEET - Sugar

Sugar beets have a sweeter flavor than regular beets.

Try making Beet cake. Check out our recipe for "Don't Knock it Till you Try it - Beet Cake". Find it under "recipes" on our website. Type in "beets" in the search box on the recipe page.

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.

CABBAGE

Chop, mix with lime juice and use as a topping for burritos, tacos, etc.

GARLIC

Sauté beet greens with olive oil and crushed garlic.

KOHLRABI

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

LETTUCE

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

POTATOES - Purple

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

RADISHES

Our radishes have been happily growing in our hoop house. Cold temps last week nipped the leaves a bit, but the radishes should be great.

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 - 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.

Hello!

Today my kids and I cut out paper snowflakes to decorate our windows. Our hope is that this gesture will summon snow to fall! We love the winter season and all of the fun outdoor activities that we can enjoy in the snow.

Snow is also important to put our perennial crops to bed. Hopefully they will rest in a nice blanket this winter.

I can't believe it has been seven months since our first spring CSA delivery. You have had a chance to sample more than 50 different varieties of vegetables, herbs, and fruit. We hope you have enjoyed this experience.

A huge THANK YOU to all of you for being conscious eaters and for supporting our farm and family. We can't do it without you! Keep warm this winter! ~Kyle Zenz, CSA Manager

Information for our **2017 CSA SEASON** will be available in late January. Check your email or our website for more information.

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

SUGAR BEETS - DID YOU KNOW?

You might be accustomed to the ruby red hue of standard beetroot — or even the yellow of its golden sibling — but it's less likely that you've encountered the white-colored sugar beet. These root vegetables, which are related to both standard beetroot and Swiss chard, are typically cultivated for sugar production — in fact, sugar beet sugar makes up 20 percent of the world's sugar.

Sugar beets don't have the same sweet, earthy taste as their red counterparts; instead, it's been compared to a white potato that's been sprinkled with sugar. If you want to eat the white flesh of a sugar beet, cook it rather than eating it raw.

Scrape off the skin with a spoon's edge, or slice it off, and then cut it into cubes. While you can boil or sauté, try roasting sugar beets — just like you would roast standard beets — to deepen their sweet flavor. The flavor might be too sweet to eat on its own; if that's the case, combine it with other, more bitter roasted root vegetables such as parsnips or turnips.

Finish up the plant by cooking the green leafy tops of the sugar beets. Cut the leaves off of the beet at the stem, and rinse them under running water to remove grime. Treat these greens like kale — they are similarly thick — with a hearty sauté in oil, plus salt, pepper and additional preferred herbs and spices. Like the beet flesh, these greens can be bitter or unpleasant-tasting when eaten raw.

If you're feeling ambitious, you can make sugar beet syrup by slicing the beet flesh and boiling it in water to extract a sweet flavor. Known in Germany as Zuckerrübensirup, this syrup is used as a spread for bread.

Recipes of the week...

Sugar Beet Latkes

Ingredients:

4 cups shredded **sugar beet** (about 1 medium sugar beet)
1 1/2 teaspoons kosher salt
1 tablespoon fresh ginger, minced
Pinch of cardamom
3/4 cups all-purpose flour
3 egg whites
Canola oil, for frying
Sour cream, for serving

Directions:

Place shredded beet in a colander and toss with salt. Let sit for 15-20 minutes and then squeeze out excess liquid.
In a large bowl, combine ginger, cardamom, and flour.
Add the sugar beet, and then mix in the egg whites.
Heat a few tablespoons of oil in a skillet over medium heat. Scoop 1/2-cup portions of the mixture into the pan and press down with a spatula to form a patty.
Heat until browned on both sides. Add more oil as needed.
Serve with sour cream.

Sweet Potato Waffles



1 1/2 cup all-purpose flour
1 cup whole wheat flour
1/3 cup sugar
1 Tbsp. baking powder
2 tsp. ground ginger
1/2 tsp. baking soda
1/2 tsp. salt
1/4 tsp. allspice
1 1/2 cup milk
1 cup leftover cooked **sweet potatoes** or yams*, mashed—*If using leftover candied yams or sweet potatoes, cut sugar and butter in half.
4 large eggs
3/4 tsp. vanilla
1/2 stick butter, melted

In a large mixing bowl, combine dry ingredients. In a medium bowl, whisk together milk, sweet potatoes, eggs, and vanilla until combined.

Stir sweet-potato mixture into flour mixture until combined. Stir in melted butter until just blended - some lumps will remain.

Heat a waffle iron to medium-high and lightly brush grids with melted butter. Ladle about 1/2 cup batter into center of iron (grids should be full but not overflowing), close, and cook until iron stops steaming and waffles are golden brown, about 4 minutes. Serve with applesauce or a dollop of whipped topping.

Makes 8 waffles. Nutrition analysis per serving: 340 calories, 15g fat, 10g protein, 44g carbohydrate, 3g fiber, 240mg sodium

One Pan Ground Beef & Cabbage Skillet

1 pound grass-fed ground beef
1 onion, chopped
1/2 - 1 head **cabbage**, chopped
1 tablespoon butter
1 clove **garlic**, minced
1 (14.5-oz) can diced tomatoes
1 (8 oz) can tomato sauce (I've even used pasta sauce)
salt and pepper, to taste

In a large pan, brown ground beef until no longer pink. Add onion and continue cooking until translucent. Drain extra fat if needed (or leave it and don't use the butter). Add garlic and continue cooking for 1 minute.

Add butter, cabbage, tomatoes, tomato sauce, salt and pepper to the pan and stir to combine. Cover and simmer about 20 - 30 minutes until the cabbage is soft.



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