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# The Acorn Angle...

September 2016, Box #12



What's fresh?

How do I prepare it?

## CUCUMBER

### GROUND CHERRIES

Remove husk and sort through.

- ✦ Eat raw as a snack or cook into a sauce or try the recipe on back.
- ✦ I have described the taste as a cross between a cherry tomato and cantaloupe...maybe you will have a different thought?!

## LETTUCE

### OKRA

Try this veggie roasted, fried, in curry, boiled, or baked. It has a bad rap for it's "slimy" texture, but roasting it cuts down on the slipperiness.

### PEPPERS - Green or colored

- ✦ Try stuffed pepper soup.
- ✦ Chop and freeze for future use.

### PEPPERS - Hot

- ✦ These peppers are small in size and either yellow (Hungarian) or green (Jalapeno).

### POTATOES - Carola

### SUMMER SQUASH

- ✦ Make a minestrone soup and add summer squash slices.

## TOMATILLOS

Tomatillos are related to tomatoes, but have a slightly acidic taste with a hint of lemon. Tomatillos are most commonly used for making salsa verde (green salsa).

- ✦ Remove husk, and wash with soap and water to remove the sticky film on husk.
- ✦ Eat raw in salsa or salad.

Cook into a salsa verde to put over enchiladas, fajitas, or sliced pork or beef

## TOMATOES

This is not the best growing season for tomatoes. Frequent rain and high humidity have contributed to excessive moisture in the tomato field - causing blight.

We will aim to put as many tomatoes in the boxes as we can, but at this point, the quantity is less than normal.

### HERB - CILANTRO or DILL

Hello!

We are busy on the farm these days. Not much to write this week - except - eat your okra and get outside! September days are wonderful. Hike, bike, walk or paddle. Just get out there and take your veggies with you!

Happy Eating! ~Kyle Zenz, CSA Manager

### Meal Ideas for the Week:

**Breakfast** - Breakfast burrito with tomatillo salsa.

**Lunch** - Fresh veggie sandwich and potato salad.

**Snack** - Cut peppers and cucumber with dill dip.

**Dinner** - Italian chicken pasta skillet.

**Dessert** - Handful of ground cherries.

### OKRA - Did you know?

Okra is in the same family as cotton and cocoa? Okra was first cultivated in and around Ethiopia around the 12th Century B.C. and was grown by the ancient Egyptians. Now, it is a staple of Southern, Cajun, and Creole cooking.

Okra is a Southern favorite, often used in gumbos and savory dishes. This tall annual is one of those vegetables where you'll find people that either love it or despise it. When it's boiled or steamed, it becomes slimy and gummy, a reason for the deep hatred some have for it. It is commonly added to stews as a thickener, pickled or fried. The large, flowers add a touch of color to the vegetable garden.

### "Fried" Okra Recipe:

Okra - Cut off the stem and the bottom tip. Slice into thin coins

Cornmeal

Butter

Place about 1 cup of cornmeal in a ziplock bag. Add sliced okra and shake, coating the slices.

Melt butter in a skillet. Remove the okra from the bag - don't add all of the excess cornmeal. Sauté in skillet until the okra is golden brown. Eat immediately.

### Roasted Okra Recipe:

Okra - slice off the stem and the bottom tip. Cut in half lengthways.

Olive oil, or butter

Salt & Pepper

Herbs if desired

Heat the oven to 400 degrees. Place okra in a bowl. Season with salt and pepper, drizzle with olive oil and toss well to coat. Roast until okra is just tender, 10 to 12 minutes. Toss with herbs and serve.

# Recipes of the week...

## Enchiladas with Roasted Tomatillo

Chile Salsa, from Food Network

### Tomatillo Salsa:

- 1 pound **tomatillos**, husked
- 1 white onion, peeled, sliced, quartered or whole
- 4 garlic cloves
- 2 **jalapenos**
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1/2 cup chopped **cilantro** leaves
- 1/2 lime, juiced

### Enchiladas:

- Extra-virgin olive oil
- 1/2 medium onion, diced
- 3 garlic cloves, chopped
- 1 1/2 teaspoon ground cumin
- 1/4 cup all-purpose flour
- 2 cups chicken stock, storebought
- Chopped **cilantro leaves**
- 1 deli roasted chicken (about 3 pounds), boned, meat shredded
- Salt
- Freshly ground black pepper
- 10 large flour tortillas
- 1/2 pound Monterey Jack cheese, shredded
- 2 cups sour cream
- Chopped **tomatoes and cilantro leaves**, for garnish

**For the salsa:** Preheat oven to 400 degrees. On a baking tray, roast tomatillos, onion, garlic and jalapenos for 12 to 15 minutes. Transfer the roasted vegetables and any juices on the bottom of the tray to a food processor. Add the cumin, salt, cilantro, and lime juice and pulse mixture until well combined but still chunky.

**Enchiladas:** Meanwhile heat a 2 count of olive oil in a medium saucepan over medium heat. Add the onion and cook until soft and caramelized - this should take 5 to 7 minutes. Add the garlic and cumin then cook for a further minute. Sprinkle on the flour and stir to ensure the flour doesn't burn then gradually add the chicken stock to make a veloute. Continue stirring over a low simmer until the flour cooks and the liquid thickens. Turn off the heat, add half of the roasted tomatillo chile salsa, some additional fresh chopped cilantro and fold in the shredded chicken meat. Season, to taste, with salt and pepper.

Change the temperature of the oven to 350 degrees F and begin assembling the dish. Take a large baking dish and smear the bottom with some of the reserved tomatillo salsa. Now take the flour tortillas and briefly flash them over the stove-top flame (or put them briefly under the broiler if using an electric stove). Using a shallow bowl, coat each tortilla lightly with the reserved salsa mix. Put a scoop of the shredded chicken-enchilada mix on top of the tortilla followed by a sprinkle of the shredded cheese. Fold the tortilla over the filling and roll like a cigar to enclose it. Using a spatula place the tortillas in the baking dish and continue to do the same with all the tortillas. Finally pour over some more of the salsa and top with the remaining shredded cheese. Bake uncovered for about 30 minutes until bubbly and cracked on top.

## Italian Chicken Pasta Skillet

- 1 lb. boneless skinless chicken breasts, cut into bite-sized pieces
- 1 **green bell pepper**, chopped
- 1 **tomato**, chopped
- 1 onion, cut into thin wedges
- 3 cups (26 oz) spaghetti sauce
- 2 cups cooked mostaccioli (type of pasta)
- 1 3/4 cups (8 oz) shredded low-moisture part-skim mozzarella cheese



In a large skillet, sprayed with cooking spray, cook chicken over medium-high heat for 5 minutes. Add green pepper, tomato and onion; cook about 5 minutes or until chicken is cooked through and vegetables are tender. Add spaghetti sauce and mostaccioli, cook until heated through. Stir in 1 cup of cheese. Sprinkle with remaining 1 cup cheese; cover and let stand 2 minutes or until cheese is melted.

Makes about 6 cups. Per 1-cup: 390 calories, 12 g fat, 33 g protein, 36 g carbohydrate, 5 g fiber, 290 mg sodium



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