
The Acorn Angle...

September 2016, Box #13



What's fresh?

How do I prepare it?

BOK CHOY

- ✦ Sauté with olive oil, garlic and season with salt.
- ✦ Chop and add to a stir fry.
- ✦ Store in a plastic bag in the fridge for a week or more

EGGPLANT

Eggplant is a curious but beautiful vegetable. It is related to several other garden vegetables, like the potato, tomato, and pepper. It is low in calories and high in fiber, and offers very small amounts of vitamins and minerals. It is traditionally eaten with other, more nutritious foods.

GARLIC

OKRA

Okra is a heat loving plant that is frequently used in Southern and Indian cuisine. It does have a slimy texture (for lack of a better word) when sliced. To decrease the sliminess, you can roast it or pair it with tomatoes - which can diminish the slime.

- ✦ Try it in a gumbo, or use as a soup thickener.

PEPPERS - Green or colored

PEPPERS - Hot

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

ONIONS

POTATOES

SQUASH - ACORN

- ✦ Try microwaving for a quick meal. Place whole squash on a plate and pierce the flesh with a fork in about 6 different spots on the squash. Microwave for about 8-10 minutes or until soft. Scoop out seeds and enjoy the sweet flesh.
- ✦ Store winter squash in a dry, cool (but not refrigerated) location.

TOMATOES

- ✦ This will likely be the last week for tomatoes.

HERB - DILL

- ✦ Make a fresh potato salad with dill.

Hello!

This has been a season of heat, humidity and precipitation. Each season is unique, and every season brings benefits and challenges.

One benefit this year has been a season without worry about drought. Many plants thrived with the heat and moisture. Our field corn (along with many other area farmers) will be some of the best in recent years.

Challenges also come with too much precipitation. Some areas hold water for too long and the plants in those areas can be stunted or affected by disease that comes with excessive moisture.

I welcome the cooler temps that arrive with September and the transition within our vegetable fields. The first sign of squash is in your boxes today! Enjoy this time of year, and eat more soup, stews and crockpot meals!

Happy Eating! ~Kyle Zenz, CSA Manager

Slow Cooker Chicken Adobo

- 2 medium **onions**, sliced
- 2-3 cloves **garlic**, minced
- 1/3 cup apple cider vinegar
- 1/3 cup soy sauce
- 1 TBS brown sugar
- 1 bay leaf
- black pepper
- 8 skinless, bone-in chicken thighs (about 1 3/4 pounds)
- 1 tsp paprika
- 1 large head **bok choy**, cut in half, lengthwise (rinse with water) and then cut horizontally into 1-inch strips
- 2 green onions (scallions) thinly sliced
- Cooked rice, or quinoa

In a 5- to 6-quart slow cooker, combine the onions, garlic, vinegar, soy sauce, brown sugar, bay leaf, and 1/4 teaspoon pepper. Place the chicken on top and sprinkle with the paprika.

Cook, covered, until the chicken and onions are tender, on low for 7 to 8 hours or on high for 4 to 5 hours (this will shorten total cooking time). Ten minutes before serving, if the slow cooker is on the low setting, turn it to high.

Gently fold the bok choy into the chicken and cook, covered, until tender, 3 to 5 minutes. Serve with the rice and sprinkle with the scallions.

Recipes of the week...

Eggplant Parmesan Lasagna

- 1 (1lb.) **eggplant**
- 1 tsp. olive oil
- 1 (26-oz.) jar marinara sauce
- 6 uncooked whole-wheat lasagna noodles
- 1 cup part-skim ricotta cheese
- 1 (3.5 oz.) log soft goat cheese
- 2 Tbsp. Dried basil flakes, divided
- ½ tsp. Crushed red pepper flakes
- ¼ cup shredded parmesan cheese

Slice eggplant crosswise into ¼ inch rounds. Line baking sheet with foil, brush with oil and spread eggplant in a single layer on baking sheet. Roast 15 minutes. Remove from oven. Pull up foil and seal edges to close. Let stand 15 minutes to allow eggplant to steam until tender. Rub an 8-inch square baking dish with oil. Combine marinara with ½ cup water and spread ½ cup of the sauce mixture in the baking dish. Place 2 noodles on top of the sauce. You'll need to break noodles to fit and form three rows.

In a small bowl combine ricotta, goat cheese, dried basil flakes and crushed red pepper flakes. Spread half of the cheese mixture onto the noodles and spread to cover. Top with half of the eggplant slices and ¾ cup sauce mixture. Repeat layers. Top the last layer of noodles with the remaining sauce mixture, spreading to cover the edges.

Cover baking dish with foil and bake at 450 degrees for 45 minutes or until noodles are tender and mixture is bubbly. Uncover and top with parmesan cheese and remaining basil; continue cooking 5 minutes or until cheese melts.

Let stand 10 minutes before serving.
Makes 4 servings



Okra, Tomato & Sausage Skillet

- 1 (14 ounce) package smoked sausage, sliced in rounds
- 2 tablespoons bacon drippings or cooking oil
- 1 cup chopped **onion**
- 1 chopped green **pepper**
- 3 cups peeled and chopped fresh **tomatoes** Or 1 (14 ounce can diced tomatoes)
- 2 cups chopped fresh **okra** (could use frozen)
- 1 cup fresh or frozen corn (could use canned)
- 1 teaspoon salt
- 2 teaspoons brown sugar
- 1/2 teaspoon paprika
- 1 teaspoon minced **garlic**
- 1/2 teaspoon Cajun seasoning, Optional
- few drops hot sauce OR some diced **hot pepper**
- Cooked rice

Brown sausage, green onion and green pepper in bacon drippings. Add all the remaining ingredients and simmer covered 15-20 minutes until okra is tender. Serve over rice.
Makes 6 to 8 servings. Enjoy!

Note: You could add other fresh veggies to this recipe. Add them with the other veggies and simmer until tender.

Delicious Roasted Veggies

- ½ cup olive oil
- ¼ tsp. salt
- 1 Tbsp. sugar
- ¼ tsp. ground black pepper
- 1 Tbsp. crushed red chili flakes
- 1 Tbsp. minced **garlic**
- 1 red bell pepper, diced
- 1 **green bell pepper**, diced
- 1 yellow squash, diced
- 1 **eggplant**, diced
- 1 red **onion**, diced
- 1 lb **potatoes**, with skin, diced
- ½ head cabbage, diced

Directions: Preheat oven to 425 degrees. In a large bowl, combine first 6 ingredients. Toss the vegetables in the oil mixture and spread on a cookie sheet. Bake until the potatoes are tender, tossing every 15 minutes to prevent sticking.

Serves 8 (about 1 cup each) Per serving: 270 calories, 14 g fat, 5 g protein, 33 g carbohydrate, 8 g fiber, 100 mg sodium



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