
The Acorn Angle...

September 2016, Box #14



What's fresh?

How do I prepare it?

CARROTS

KALE

- ✦ It's soup weather, add chopped kale to a potato, vegetable soup.
- ✦ Try making kale chips - yummy!

PEPPERS - Green or colored

PEPPERS - Hot

- ✦ Try making hot pepper jelly. Google a few recipes. It is delicious!

ONIONS

POTATOES - Purple

- ✦ Try these mashed - it will add a fun new color to your dinner plate.
- ✦ Cut into chunks, toss with minced garlic and a little salt. Roast in the oven at 400 degrees for 30-45 minutes or until easily pierced by a fork.

SQUASH - SPAGHETTI

- ✦ Squash stores at room temperature for a month or more. - Enjoy it as a decoration before you eat it!
- ✦ Cut in half, remove seeds, place flesh down on a rimmed baking sheet, add a bit of water to the pan, and bake at 350 for about 60 minutes. Remove when center starts to sink and softens.
- ✦ Scoop the flesh out of the squash and use it as you would use spaghetti noodles. It has a great mild flavor that works well with sauces and seasonings.

SWEET POTATOES

Store it in a dark, cool, dry place - but not the refrigerator. It should last a few weeks before it needs to be eaten.

- ✦ Try baking it, peeling and boiling it, adding it to soups, casseroles, making sweet potato bread, muffins, cookies, or even waffles!

TOMATOES

We just have a few tomatoes for you to enjoy this week. Savor them—the season is ending.

HERB - BASIL

- ✦ Make one last batch of pesto. Serve on top of noodles, salmon, or spread on fresh baked bread.

Hello!

Yesterday we dug our purple potatoes. They grew well this year, and it is always a fun challenge searching for them in the dirt. When they are in the ground they are the same color as dirt, and often the same size as rocks! It is like a treasure hunt every time.

Digging up potatoes brings conversation, surprises, and enjoyment. It is fun to find uniquely shaped potatoes and try to guess what their appearance resembles. You may find a few “odd” shaped potatoes in your boxes this week, but that is what makes the CSA experience interesting. Grocery stores just sell “boring” oblong potatoes. Embrace the uniqueness that each vegetable brings to your CSA box and plate.

Happy Eating!

~Kyle Zenz, CSA Manager

Meal Ideas for the Week:

Breakfast - Sautéed kale with an over-easy egg on top with diced tomatoes.

Lunch - Sweet potato salad.

Snack - Sliced tomatoes, basil, fresh mozzarella topped with sweet balsamic vinegar.

Dinner - Garlic mashed potatoes with pulled pork or beef roast served on top.

Dessert - Carrot cake.

Don't forget to **WASH** all produce. We typically rinse most veggies, but they may contain a bit of soil, or on occasion a hidden field pest.

Want more **VEGGIES** or **BEEF**? Email us to be added to our weekly direct order list. You can also visit us at the Cameron Park Farmer's Market (La Crosse) on Friday nights. 4-8pm.

NEWSLETTERS are available online. Paper copies are included with each CSA box. If you want to check out past newsletters, find delicious recipes or share with a friend, you can find them at: <http://oldoakfamilyfarm.com/csa/csane newsletters/>

Hickory Wind Farm - Alpacas & Fiber will be having an Open House Saturday, September 24th from 10:00am to 5:00pm. Their farm is a few miles from ours, over a ridge. Stop out and say “hi” to Nadine & Steve, meet their alpacas, learn about the fiber produced, and take in the beautiful views from the top of the ridge. www.hickorywindfarm.com

Recipes of the week...

Gypsy Stew

2 TBS olive oil
1 15 oz can garbanzo beans
1 1/2 cups **onion**, diced
1 **pepper**, chopped
4 cups vegetable broth
1 TBS garlic, chopped
1 TBS paprika
3 cups **sweet potato**, peeled and diced (about 1 large)
1 1/2 tsp tumeric
2 cups fresh mushrooms, sliced
1 1/2 tsp dried basil or 2 TBS **fresh basil**, chopped
2 ribs celery, chopped
1/2 tsp salt
3 large **kale leaves**, chopped
1/2 tsp cinnamon
1 1/2 cups canned diced tomatoes (or fresh chopped **tomatoes**)

Heat oil in a large stock pot. Add onion, peppers, garlic, sweet potato, celery, kale and mushrooms. Sauté five minutes. Stir in spices. Sauté 3 more minutes. Add tomatoes, garbanzo beans and vegetable stock and simmer until vegetables are tender, about 20 minutes.

This is one of my favorite recipes. The flavors are wonderful together, and additional vegetables can be added or substituted. This is great as a stew alone, or served over rice or quinoa.

Spaghetti Squash Hash Browns

1/2 of a medium, pre-cooked **spaghetti squash**
1/4 cup of chives
1/4 teaspoon of garlic powder
1 egg
Salt & Pepper to taste
cheddar cheese (~1/2 cup)

Remove the spaghetti squash from the skin. Taking large handfuls of the squash in your hands, squeeze the squash a few good times over the sink to release excess water. Place in a large bowl. Add to the squash the chives, garlic powder, salt & pepper, and egg. Stir thoroughly. In a greased skillet, cook the squash mixture over medium heat, stirring frequently, for about 10 minutes. The squash is done when it is golden brown. Immediately top with the cheddar cheese.

White Chicken Chili

2 Tbsp. olive oil
1 cup chopped **onion**
1 lb. boneless, skinless chicken breast, chopped
1 tsp. garlic powder (or try 1 clove **garlic**, minced)
1 tsp. ground cumin
6 cups chicken broth
1 (15 oz) can whole kernel corn
1 (15 oz) can white beans, drained
1/2 cup uncooked wild rice
1 **green bell pepper**, diced

In a large pan, heat oil over medium heat then add onion and chicken; cook until chicken is browned and internal temperature reaches 165 degrees. Add remaining ingredients to pan; mix well. Simmer 30 to 40 minutes or until rice is tender.

Makes about 10 cups.

Per 1-cup serving: 210 calories, 6 g fat, 16 g protein, 23 g carbohydrate, 4 g fiber, 780 mg sodium



Baked sweet potato fries

2 **sweet potatoes**, scrubbed but not peeled
2 Tbsp. olive oil
Salt and pepper to taste
Garlic and onion powder to taste

Preheat oven to 475F. On a cutting board and with sharp chef knife, cut sweet potatoes into wedges. Note: the thicker and larger the pieces, the longer the cooking time. Place in a large mixing bowl. Drizzle oil over potatoes and sprinkle spices. Toss or stir to coat potatoes with oil and spices. Transfer potatoes to prepared baking pan. Cook 5-10 minutes, flip potatoes, cook until desired doneness is reached.



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