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# The Acorn Angle...

October 2016, Box #16



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## What's fresh?

### How do I prepare it?

#### CARROTS

- ✦ It's soup weather. Add sliced carrots to just about any soup recipe.
- ✦ Search for carrot and sweet potato soup.

#### EGGPLANT

- ✦ Try eggplant parmesan bites.
- ✦ Roast eggplant with garlic.
- ✦ Search for eggplant pizza recipes.

#### NAPA CABBAGE

- ✦ Use this cabbage in similar ways as regular cabbage. Try it in soups, stir fry or salads.
- ✦ Use both the stalks and tender leaves.

#### ONIONS

- ✦ Add a few slices to a burger or chicken sandwich.

#### PEPPERS - Green or colored

- ✦ Add chopped peppers to a quesadilla or top on nachos.
- ✦ Roast with vegetables or make potato hash.
- ✦ Chop and freeze for future recipes.

#### PEPPERS - Hot

- ✦ Try jalapeno popper mac and cheese.

#### PUMPKIN - Pie

- ✦ Use as a decoration before eating.
- ✦ Try pumpkin and wild rice soup. A link for the recipe was emailed.
- ✦ Bake, puree and freeze for future use.

#### SWEET POTATOES

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

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

#### TOMATILLOS

- ✦ Remove husk, and wash with soap and water to remove the sticky film from the husk.
- ✦ Try slow cooker sweet tomatillo chipotle pork.
- ✦ Make chicken verde enchiladas.

#### HERB - DILL

- ✦ Try dill pickle pasta salad.
- ✦ Top grilled salmon with fresh dill.

Hello!

We all have easy "go to" meals we eat when we are short on time. In our household it is often a pizza, or scrambled eggs. It is nice when life slows down enough to actually plan meals. For us, life starts to slow down in the fall. This is the time when we bake squash at night, puree it, and then eat it the next day, or even for days to come.

The fall and winter are great times to double up on a recipe - this ensures you have something to eat one right away and a meal to freeze for a night you need something quick. Some of our favorite things to freeze are: all kinds of soups, casseroles, pumpkin bread, squash puree, dal curry, and more. It is also great weather for crockpot meals!

Try out a few new recipes this time of year, freeze some extras, and enjoy the warmth that comes from cooking on a cool fall night.

Happy Eating! ~Kyle Zenz, CSA Manager 608.386.8066

#### Meal Ideas for the Week:

Breakfast - Sweet potato hash with eggs.

Lunch - Chicken noodle soup with carrots, onions, and celery.

Snack - Dill dip with pretzels or veggies.

Dinner - Chicken and roasted veggies (carrots, sweet potatoes, peppers).

Dessert - Pumpkin bars.

#### FARM UPDATE:

We picked most of our squash and pumpkins last week. I mentioned before that we were down 50% of our crop due to excessive rain. After harvesting, I think we might be closer to a 75% loss. During the harvest we would reach for what we thought was a good squash, and after turning it over found many with a big rotten spot on the bottom.

In a positive tone, we have a nice crop of carrots that seem to be growing well on a sloping site with great soil that drains easily. These last few days of 70+ degrees has been great for growing!

We still have a few new varieties that will be making their way into your boxes: brussels sprouts, rutabaga, pea sprouts and more squash.

We just put the plastic on our hoophouse yesterday. This structure is 30x90 feet. It is heated only by the sun, but it helps extend our season in the spring and late fall. Our hoophouse was destroyed by high winds in June. We are happy to have it back up. Tomorrow we will plant lettuce and winter spinach.

*Don't judge each day by the harvest you reap but by the seeds you plant. ~ Robert Louis Stevenson*

# Recipes of the week...

## Thai Chicken Salad

### FOR THE DRESSING:

1 large clove of garlic  
1/3 cup creamy peanut butter  
3 tablespoons honey  
2 tablespoons low-sodium soy sauce  
2 tablespoons freshly-squeezed lime juice  
2 tablespoons rice vinegar  
2 tablespoons canola oil (or another light vegetable oil)  
1 teaspoon sesame oil (regular or toasted)  
1/4 teaspoon sriracha  
Warm water, 1 teaspoon at a time, to thin dressing to desired consistency (only if needed)

### FOR THE SALAD:

16 ounces chopped **Napa cabbage** (or hearts of romaine, or a combo of the two)  
3 to 4 cups chopped or shredded cooked chicken  
1 1/2 cups thinly sliced red or **green bell peppers** (or multi-colored mini sweet peppers)  
1 1/2 cups julienned (or shredded) **carrots**

For serving: cilantro leaves (chopped or torn), chopped salted peanuts, sesame seeds, and lime wedges

To prepare the dressing, place the clove of garlic in a small food processor or blender. Pulse until garlic is finely minced. Add the peanut butter, honey, soy sauce, lime juice, rice vinegar, canola oil, sesame oil, and sriracha. Process or blend until completely smooth and combined. If dressing is too thick, add 1 teaspoon warm water and blend again. Repeat until desired consistency is reached. Taste the dressing and adjust to taste by adding a bit more soy sauce (for saltier), honey (for sweeter), or sriracha (for hotter). (Alternatively, finely mince the garlic by hand, combine all of the ingredients in a large bowl, and briskly whisk until the dressing is smooth and emulsified.)

To prepare the salad, place the chopped Napa cabbage in a large bowl. Arrange the chicken, peppers, and carrots on top. Drizzle with desired amount of dressing, toss to combine, and garnish with cilantro leaves, peanuts, sesame seeds, and freshly-squeezed lime juice. Serve immediately.

## Sweet Potato and Black Bean Burrito

1 large **sweet potato**, cut into 1 inch cubes  
1 medium **onion**, chopped  
2 cloves garlic, minced  
1 medium **bell pepper**, chopped  
1 Tbsp. water  
1 can black beans, drained and rinsed  
1 cup frozen corn  
2 Tbsp lemon juice  
1 tsp chili powder  
2 Tbsp. dried oregano  
1 tsp ground cumin  
8 whole wheat tortillas  
2 cups shredded cheese  
1/2 cup sour cream  
1/2 cup salsa



Place sweet potato in microwave-safe bowl with water. Cover and microwave on high for 4-5 minutes or until the potato is almost tender.

In a skillet, sauté onion and garlic. Drain and rinse black beans and add to skillet. Stir in corn, bell pepper, lemon juice and seasonings. Sauté until vegetables are tender.

Warm tortillas in the microwave for 10-15 seconds. Spoon a heaping 1/2 cup filling off center on each tortilla. Sprinkle with 1/4 cup cheese. Fold sides and ends over filling and roll up. Serve with sour cream and salsa. Makes 8 Servings

## Dill & Red Onion Salad Dressing

1/4 medium **red onion**, finely minced  
1 clove garlic, finely minced  
1 tsp honey  
1 tsp fresh **dill**  
4 tbsp olive oil  
2 tbsp white vinegar  
sea salt & pepper to taste

Shake all ingredients together in a small mason jar.



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