
The Acorn Angle...

October 2016, Box #17



What's fresh?

How do I prepare it?

APPLES - Regent

The apples you are receiving in your box are from Hoch Orchard in LaCrescent, MN. They are certified organic. These apples are considered seconds. Most of them just have cosmetic issues, and can be enjoyed by peeling, or cutting away a small section.

LETTUCE

LIMA BEANS

Please don't stick out your tongue at this one. If you disliked limas during your childhood, please give them another try.

- ✂ Remove from outer pod, boil in water until tender. Add butter and salt...yum!
- ✂ Add them to chili or rice & beans.
- ✂ If you aren't planning on eating them right away, still take a few minutes to shell them and then boil them for 3 minutes and freeze for future use.

✂ Try my favorite recipe on back

PEPPERS - Green or colored

- ✂ Cut into cubes and make kebabs with other veggies and meat.
- ✂ Chop into small pieces and freeze on a cookie sheet, for future recipes.

PEPPERS - Hot

✂ Try jalapeno popper mac and cheese.

POTATOES - Purple

PUMPKIN - Pie

- ✂ Use as a decoration before eating.
- ✂ Bake, puree and freeze for future use.

SQUASH - Spaghetti

- ✂ 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

HERB - PARSLEY, flat leaf or curly

- ✂ Add to a fresh salad for great flavor.
- ✂ Chop and blend into a soup - but make sure to add it towards the end of cooking.

HERB - THYME

Thyme is one of my favorite herbs. Our thyme plants are short right now, so I just cut a few tablespoons, that you can use for the lima bean pasta recipe on back.

Hello!

Our season is starting to wind down. We had our first light frost last Friday night. Our basil was affected, but most everything else is still hanging on.

This has been a challenging year for us with the late frost this spring and the excessive rain this summer. Our apple crop was completely wiped out (before it really started) in mid-May with a late frost. In order to get apples in your boxes this year, we purchased some from our organic, apple-growing friends at Hoch Orchard. Their apple crop was below average this year, but they had more luck than our farm!

We still have 3 more boxes following this one, all the way up to box #20, and then 2 winter boxes in November for our full-share members. We are so happy you have been with us along the way. It hasn't been an easy season, but we appreciate your support. Thank you for being a part of our farm.

Happy Eating! ~Kyle Zenz, CSA Manager 608.386.8066

8 Reasons to feel good about being a member of a CSA

1. Enjoy the freshest food possible (typically picked the day, or day before you receive it.)
2. Truly know where your food comes from. Meet the farmer who grows food specifically for YOU!
3. Support the local economy and the lives of local farmers.
4. Help keep toxins out of the environment and your body by supporting organic farming and environmental stewardship.
5. Reduce your carbon footprint by eating produce grown within 50 miles of where you live.
6. Eat within the season, and learn when veggies are typically ripe - in our upper mid-western climate.
7. Feel healthier by eating fresh veggies, and enjoy the "challenge" of finding new ways to prepare familiar or unfamiliar vegetables.
8. Share the CSA bounty with your family, friends or neighbors. Help others learn about unique veggies, cultivate your children's excitement about finding out what's in the box, and create conversations surrounding new menus, the love of fresh veggies, and the anticipation of your weekly veggie surprise!

Meal Ideas for the Week:

Breakfast - Oatmeal with diced apples and cinnamon.

Lunch - Wagon wheel pasta with limas and goat cheese.

Snack - Apple slices dipped in peanut butter.

Dinner - Pumpkin soup with fresh, warm bread and thyme herb butter.

Dessert - Apple cake.

Recipes of the week...

Wagon-Wheel Pasta, Limas & Goat Cheese

1/2 pound wagon-wheel (or any short) pasta
1 1/2 cups fresh **lima beans** (about 1 lb. beans with shells on) (you can also use frozen beans)
1 TBS olive oil
1 cup onion, sliced thinly
2 TBS sour cream
1 TBS finely chopped fresh thyme (optional, but makes it very tasty)
1/2 tsp salt
1/4 tsp ground black pepper
4 oz creamy goat cheese

Bring a large pot of salted water to a boil, then add the pasta. After 5 minutes, add the lima beans. Meanwhile, heat the olive oil in a skillet over medium heat. Add the onions and cook until browned, about 7 minutes. When the pasta is ready, drain it with the beans (reserving 1/2 cup of the liquid), then return the pasta and beans to the pot along with the onion, sour cream, thyme, salt, pepper, goat cheese, and the reserved water. Toss together and serve.

Add more salt and pepper to taste.

Grandma's Apple Coffee Cake

2 eggs
1 cup sugar
1 cup flour
1 1/2 tsp baking powder
3-5 **apples**, peeled and thinly sliced

Topping:
2/3 cup sugar
2/3 cup flour
6 TBS butter
1 tsp cinnamon

Beat eggs, sugar, flour and baking powder. Stir in apples. Pour into a 9x13" greased baking dish. (batter will be sticky). Mix together topping (should be somewhat crumbly). Sprinkle over apple batter.

Bake at 350 for 40 minutes.

Sweet Potato, Corn & Black Bean Chili

1 tablespoon extra virgin olive oil
1 large onion, diced
1 large **sweet potato**, diced
2 garlic cloves, minced
2 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon paprika
1 (14-ounce) can diced tomatoes (or equivalent of fresh diced tomatoes)
2 1/2 cups veggie or chicken broth
2 (15-ounce) can black beans, drained and rinsed
1 cup frozen corn, thawed
1/3 cup fresh cilantro, minced

In a Dutch oven, heat the oil over medium-high heat. Add the onions and cook until soft and lightly browned. Add the sweet potato, garlic, and spices and cook 30 seconds, stirring constantly. Add the tomatoes with their juice and stir, scraping any bits from the bottom of the pan. Add the broth and bring to a simmer. Reduce the heat to low, cover, and simmer until the potatoes are tender, 15-20 minutes. Add the beans and corn and continue to simmer for 5 more minutes. Serve with a heavy sprinkle of cilantro.

Thai Pumpkin Soup

1 **medium garden pumpkin**
1 tbsp roasted red pepper curry paste
1 tsp curry
1 tsp ground ginger
2 tbsp coconut oil
1 white onion, chopped
4 cup chicken broth



Cut pumpkin in half and deseed

Place each half open-side down in a pan with about an inch of water. Bake at 400° for 40-50 minutes or until tender.

While pumpkin is baking, sauté onion in coconut oil in a large stockpot. Once onion is browned on the edges, add chicken broth, curry, and ginger. Bring to a boil and then remove from heat.

Let pumpkin and broth cool slightly. Scoop the meat of the pumpkin out and place in a blender. Add the broth to the blender and blend until smooth. Pour blended soup back into the stockpot and reheat, and serve. Makes about 8 cups.



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Kyle, Eric, Owen & Iris Zenz
Jacey, Ric, Breck & Joelle Heller

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/csaneletters/](http://oldoakfamilyfarm.com/csa/csaneletters/)

