

The Acorn Angle...

October 2016, Box #18



What's fresh?

How do I prepare it?

APPLES - Haralson

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.

BROCCOLI

Our broccoli crop was much smaller than anticipated. The maturity of the plants was affected by too much moisture.

CARROTS

You can eat carrot tops! Try them in salad, put a few in soup, or even add to a pesto.

CABBAGE

Not the best year for cabbage - too wet in the fields where we planted it.

✦ Roast in the oven with root vegetables.

LETTUCE

ONIONS

PEA SHOOTS

We plant peas in our greenhouse and then harvest the stems and leaves. They have a great, fresh, pea flavor. Enjoy raw or sautéed.

POTATOES - Purple

The deeper the red-purple, the higher the anthocyanin concentration in fruits and vegetables. Purple potatoes have antioxidant levels equal to kale and spinach. Research on anthocyanins indicates they may be effective in preventing certain cancers, reducing the risk of heart disease and Parkinson's and improving eyesight.

SQUASH - Delicata

✦ This is a very popular squash, due to its sweet flavor.

✦ Remove seeds and bake at 350 for 30-45 minutes or microwave for 6-8 minutes.

✦ You can eat the skin on this thin-skinned squash. Slice lengthwise, scoop out seeds and cut into half-moon pieces. Toss with olive oil, sliced onions, garlic, sage, salt and pepper. Roast in oven at 425 for about 30 minutes.

HERB - Sage

✦ Tastes great with roasted vegetables.

Hello!

I gladly welcomed Monday's warm temps and high humidity. These warm spells remind us to get outside and enjoy these fleeting fall days.

We haven't had a hard freeze on the farm yet, and cold temps aren't predicted for awhile. This is good news for the rutabaga, lettuce, and storage carrots that are growing great in the fields.

Check out all of the colors in your box today! I'm sure many of you have heard the term "eat the rainbow". Heath protective phytonutrients are found in deeply colored plant foods.

Learn more about these nutrients and where to find them:

- ✦ A precursor to antioxidant vitamin A, beta-carotene helps bolster your immune system; sibling alpha-carotene may be even more effective at squelching development of liver, lung, and skin cancer cells.
- ✦ Lycopene has been linked to a reduced risk of prostate and lung cancers.
- ✦ Anti-inflammatory anthocyanins may assist in combating cancer cells as well as diabetes.
- ✦ Heart health gets a boost from resveratrol and flavonols.
- ✦ Lutein aids in preventing cardiovascular disease and protects your eyes from cataracts and macular degeneration.

RED - tomato, watermelon (lycopene); strawberries (anthocyanins)

ORANGE - carrot (alpha-carotene); yam, pumpkin (beta-carotene)

YELLOW - yellow bell pepper, table queen squash (beta-carotene)

GREEN - spinach (lutein); kale, broccoli (flavonols/lutein)

BLUE - blueberries (anthocyanins); concord grapes (resveratrol)

PURPLE - plum, eggplant, blackberries, potatoes (anthocyanins)

Article from Vegetarian Times, March 2011.

Happy Eating! ~Kyle Zenz, CSA Manager 608.386.8066

Meal Ideas for the Week:

Breakfast - Potato-apple hash with eggs and bacon.

Lunch - Mango and pea shoot quinoa Salad.

Snack - Cut up carrots and dip.

Dinner - Sausage, cabbage, and root vegetables soup.

Dessert - Apple crisp.

If you happen to have any **PLASTIC CSA TUBS** please return them.

We still have **2 MORE WEEKS OF CSA BOXES** (regular season - Oct. 26 & Nov. 1) and 2 boxes for Winter CSA Shares (November 15th & 29th).

Recipes of the week...

Pumpkin-Spice Pasta with Delicata Squash

2 **delicata squash** (8 to 10 oz. each)--trimmed, halved lengthwise and seeded, then cut into 1/4-inch-thick half moons

3 tablespoons olive oil

1/2 teaspoon pumpkin spice

1 pound penne pasta

1 stick butter

20 fresh **sage leaves**, plus 1 tbsp. chopped

1 tablespoon fresh rosemary leaves, plus 1 tbsp. chopped

1 tablespoon fresh thyme leaves, plus 1 tbsp. chopped

1 cup heavy cream

1 cup finely grated Parmesan, plus shaved Parmesan for garnish

Preheat the broiler. On a rimmed baking sheet, toss the squash, oil and pumpkin spice. Season with salt and pepper and arrange in a single layer on the baking sheet. Broil, turning once, until the squash is tender and golden brown, about 8 minutes.

Meanwhile, bring a large pot of water to a boil; salt the water, add the pasta and cook until al dente. Drain the pasta, reserving 1 cup of the starchy cooking water.

In a large skillet, melt the butter over medium heat. Add the sage leaves, rosemary leaves and thyme leaves; cook until the leaves are crispy and the butter is browned, about 5 minutes. Using a slotted spoon, transfer the sage to paper towels; season. (Leave the rosemary and thyme in the butter.)

Toss the pasta with the brown-butter mixture in the skillet. Stir in the chopped herbs, cream and the grated Parmesan, adding the reserved pasta water, 1/4 cup at a time, as needed to make a thick sauce. Add the squash, season and gently toss.

Transfer the pasta to bowls; top with the fried sage leaves and shaved Parmesan.

Mango and Pea Shoot Quinoa Salad

1/2 cup quinoa, (see Note)

1 cup water

1/4 cup orange juice

1/4 cup chopped fresh cilantro

2 tablespoons rice vinegar

2 teaspoons toasted sesame oil

1 teaspoon minced fresh ginger

1/8 teaspoon salt

Pinch of cayenne pepper

1 cup of mango, diced

1/2 cup of sweet bell peppers (red, yellow, or orange)

1 cup black beans, rinsed

1/3 cup chopped green onion

1 cup of **pea shoots**, roughly chopped.

1. In a dry pan, toast the quinoa for 5 minutes over low heat. Then, add in the cup of water, and let the quinoa cook.
2. Take the rest of the ingredients and stir them together in a bowl. When the quinoa is cooled, fold it into the salad.
3. Serve room temperature or cold.

Potato - Apple Hash

1 Tbsp. olive oil

1 cup **potato**, cut into 1/2 inch pieces

1 cup **squash**, cut into 1/2 inch pieces

1 cup **apples**, cut into 1/2 inch pieces

1/2 cup **onion**, chopped

1 Tbsp. fresh **sage** chopped

In a large skillet heat olive oil over medium-high heat. Add the potato, squash and onions. Sauté until onions become translucent. Add in apples and sage and continue to sauté until everything reaches desired softness.

Season with salt and pepper to taste.



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