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# The Acorn Angle...

October 2016, Box #19



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What's fresh?

How do I prepare it?

## BRUSSELS SPROUTS

- Snap sprouts of the stem, trim off the bottom, and remove outer leaves if necessary. Store sprouts in a plastic bag in the refrigerator for a few weeks.
- Please try out my favorite recipe: Maple Pecan Brussels Sprouts. I thought I hated Brussels sprouts until trying this recipe - now I could eat them everyday

## CARROTS

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

## GARLIC

## KALE

## 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 in a salad or sautéed.

## RUTABAGA

- Scrub (don't need to peel), and enjoy raw or cooked. Try mashing like potatoes.
- Chop into bite size pieces, and roast with other fall vegetables (carrots, sweet potatoes, potatoes, Brussels sprouts). Coat all vegetables in olive oil and sprinkle with seasoned salt. Roast at 400 degrees for 30- 45 minutes. Remove when easily pierced with a fork.

## SQUASH - Buttercup

This squash is an old-fashioned favorite. It's dark orange flesh has a sweet, rich flavor. Cut this squash in half, remove seeds and bake in the oven (cut side down) on a rimmed baking pan for 45 - 90 minutes, or until the squash becomes soft.

## SWEET POTATO

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!

Hello!

For those of you with a half share ending this week, **THANK YOU** for your participation in our CSA program this season. We appreciate your support!

As the season winds down, people often ask me if I am sad that it is coming to an end. For me personally, I really love the cyclical pattern of farming. In the spring, I am always energized about getting back in the garden, tilling up the ground, planning, preparing and planting new seeds. The summer always brings excitement of new vegetable varieties ripening weekly. In the fall, I look forward to the warm days and the final harvests from the garden.

Honestly, I am not too sad about the end of each growing season. The winter is always a rejuvenating time for me. Farming is a hard business, and it is nice to have a few months off. Winter is definitely a bittersweet time, as I really do miss eating fresh food from the garden. However, by the time the seed catalogs start filling my mailbox, I am sure I will have my gardening itch back again.

Happy Eating!

~Kyle Zenz, CSA Manager 608.386.8066

## Meal Ideas for the Week:

Breakfast - Sweet potato waffles.

Lunch - Rutabaga stew.

Snack - Roasted garlic spread on fresh bread or crackers.

Dinner - Create a bowl meal with steamed sweet potato, sautéed kale, pulled pork or chicken, pea shoots, shaved carrots, and a poached egg.

Dessert - Sweet potato pie.

We still have **1 MORE WEEK OF CSA BOXES**, all the way up to November 1st - week 20.

**WINTER SHARES** will be November 15 & 29. I will be sending an email out shortly to those of you in the Winter CSA. If you signed up for the "All Season Share" - you are included in these final 2 boxes. Some of you may have added this option on to your half share.

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

If you are interested in purchasing **BEEF or PRODUCE** between now and the start of next year's season, email us to be added to our online market list. In the winter months we bring orders to La Crosse and Black River Falls every other week. You are always welcome to pick up orders at the farm as well - just give us a call to set up a pickup time.

# Recipes of the week...

## Rutabaga & Beef Stew served over quinoa

1 pound sirloin or strip steak, trimmed and cut into 1-inch cubes  
1/2 teaspoon salt, divided  
1/2 teaspoon freshly ground pepper  
2 tablespoons extra-virgin olive oil, divided  
1 pound **rutabaga** (about 1/2 medium), cut into 1/2-inch cubes  
1 medium **onion**, chopped  
2 tablespoons tomato paste  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground turmeric  
1/2 teaspoon ground coriander  
1/8 teaspoon cayenne pepper (optional)  
2 tablespoons all-purpose flour  
3 cups reduced-sodium beef broth  
1 cup water  
2/3 cup whole-wheat couscous

Sprinkle steak with 1/4 teaspoon salt and pepper. Heat 1 tablespoon oil in a large saucepan over medium heat. Add the steak and cook, stirring frequently, until no longer pink on the outside, about 4 minutes. Transfer to a plate.

Add the remaining 1 tablespoon oil to the pan over medium heat. Add rutabaga, onion, tomato paste, cinnamon, turmeric, coriander, cayenne (if using) and the remaining 1/4 teaspoon salt; cook, stirring occasionally, until the onion begins to soften, about 4 minutes. Add flour and cook, stirring, 1 minute more. Add broth and bring to a boil over medium-high heat, scraping up any brown bits from the bottom of the pan. Cook, stirring occasionally, until the rutabaga is tender and the stew is thickened, 10 to 14 minutes.

Meanwhile, bring 1 cup water to a boil in a small saucepan over medium-high heat. Add couscous, cover and remove from the heat. Let stand for 5 minutes.

When the rutabaga is tender, return the steak to the stew, along with any accumulated juice from the plate. Reduce the heat to medium and cook until the steak is cooked through, about 2 minutes more.

To serve, fluff the couscous with a fork and divide among 4 shallow bowls. Top with equal portions of the stew.

## Maple Pecan Brussels Sprouts

3-4 cups fresh **Brussels sprouts**, trimmed  
4 TBS Butter  
1 tsp seasoned salt (I use Tastefully Simple)  
2 TBS real maple syrup  
1 cup toasted, chopped pecans

Cut sprouts in half. Sauté halved Brussels sprouts in butter till cooked to desired doneness (about 10 minutes, or until they start to brown a bit – DON'T overcook). Sprinkle in seasoned salt and toss. Add maple syrup and cook for 30 more seconds. Place in serving dish and sprinkle with pecans. (Makes 4 servings)

## Balsamic Roasted Brussels Sprouts

1 1/2 lbs. **Brussels sprouts**  
3 Tbsp. Extra virgin olive oil  
1 Tbsp. Balsamic vinegar  
Salt and pepper to taste



Preheat oven to 400° F. Slice Brussels sprouts in half. In a large bowl mix Brussels sprouts with olive oil.

Spread Brussels sprouts on a sprayed baking sheet, and bake for 10-15 minutes. Flip Brussels sprouts and bake for an additional 10 minutes or until browned to your liking. Remove from the oven and drizzle balsamic vinegar atop sprouts, and add salt and pepper to taste. Makes 6 servings.



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