
The Acorn Angle...

November 2016, Box #20



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 - on back.

CARROTS

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

CELARIAC

This is the large round, knobby root in your box. It is also called root celery.

- ✦ Peel or cut off the exterior. The interior is a white, crisp flesh. After it is cut it may discolor - you can dip in lemon juice if desired.
- ✦ Use the leaves and stalks as you would celery - in soups, salads, casseroles.
- ✦ Try roasted, cooked, boiled, puréed, cut and baked as fries, or in a creamy soup.

GARLIC

ONIONS

POTATAOES

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 - Acorn

- ✦ Try microwaving for a quick meal. Place whole squash on a plate and pierce the flesh with a fork in about 6 different spots on the squash. Microwave for about 8-10 minutes or until soft. Scoop out seeds and enjoy the sweet flesh.
- ✦ Store winter squash in a dry, cool (but not refrigerated) location.

SWEET POTATO

- ✦ Try sweet potato pie. Yummy!

Hello!

This season keeps holding on! An overnight low of 50+ degrees on the last day of October is unusual but welcome. The carrots in the box this week have had a chance to grow longer than usual. I chose to grow them this year based on their variety: "Bangor". It is fun to grow a carrot that shares the same name as our town.

It is hard to believe that 20 weeks have already come and gone. Thank you for choosing our farm for your CSA experience this year. Throughout the season we always kept you, our members in mind.

This was a challenging growing year for us, with above average precipitation. Being a member of a CSA means sharing in the opportunities and challenges of farming. Thank you for your continued support and understanding.

Supporting our CSA is a huge commitment on your part. From paying up front, to coordinating your weekly pick ups, to finding the time and energy to prepare the food from your box. I hope you have found satisfaction in the experience.

I encourage you to keep up your "CSA lifestyle" during the winter.

Challenge yourself to:

- ✦ Buy local and support organic farmers when possible.
- ✦ Make and eat more meals at home.
- ✦ Experiment with new recipes.
- ✦ Cook with friends, or throw a pot luck party.
- ✦ Eat more seasonal vegetables and fruits.
- ✦ Consider starting your own garden or container vegetables next spring.

Have a great winter & keep in touch! ~Kyle Zenz, CSA Manager

Meal Ideas for the Week:

Breakfast - Potato hash with eggs.

Lunch - Vegetable stew with cubed celeriac.

Snack - Sweet potato hummus and carrots.

Dinner - Beef roast with acorn squash, and roasted Brussels sprouts.

Dessert - Carrot cake.

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...

Roasted Root Veggies with Tomatoes and Greens

3 to 4 pounds of root vegetables such as parsnips, **rutabagas**, **carrots**, **potatoes**, **sweet potatoes**, beets, turnips, and **celariac**, peeled and cut into chunks
1 head of **garlic**, the cloves separated and peeled
6 Tbs olive oil, divided 3 Tbsp and 3 Tbsp
1 teaspoon Kosher salt
1/2 cup chopped **onion**
1 heaping tablespoon tomato paste
1 28-ounce can of whole peeled tomatoes
2 cups (packed) of chopped leafy greens such as kale or chard
1 teaspoon Italian seasoning or dried oregano
Black pepper to taste
Tabasco sauce (optional, to taste)

Preheat oven to 450°F. Into a large roasting pan, mix together the vegetables, garlic, 3 Tbsp olive oil. Sprinkle with salt. Roast for 45 minutes, turning the vegetables over in the pan halfway through cooking. Meanwhile in a 4 to 5 quart Dutch oven, heat 3 Tbsp of olive oil over medium high heat. When the oil is hot, add the onions and sauté until the edges of the onions just begin to brown. Stir in the tomato paste, and cook a minute longer. Using your hands, tear the canned tomatoes into large pieces as you add them to the pot. Add the remaining liquid from the can into the pot. Stir well. Add the Italian seasoning. Bring to a simmer, then lower the heat to the lowest possible setting. Cover the pot and let cook gently while the root vegetables are roasting.

When the root vegetables are ready (they should be browned on the edges and easily pierced with a fork), remove from the oven. Add chopped leafy greens to the pot of tomatoes. Simmer until the greens are wilted, about 5 minutes. Stir in the root vegetables. Season with salt and pepper to taste. Season with Tabasco to taste if using.

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)

I include this recipe every year, because it turned me into a Brussels sprout lover! It is a very easy, yummy recipe

Maple Roasted Chicken and Acorn Squash

1 medium **acorn** squash
4 medium **carrots**, chopped
1 medium **onion**, cut into 1 inch slices
6 bone-in chicken thighs (about 2 ¼ lbs.)
½ c. real maple syrup
1 tsp. salt
½ tsp. coarsely ground pepper

Preheat oven to 450° F. Cut acorn squash lengthwise in half; remove and discard seeds. Cut each half crosswise into ½ inch slices; discard ends. Place squash, carrots, and onion into a greased 9x13 inch baking pan. Top with chicken, skin side down. Roast for 10 minutes.

Turn chicken over, drizzle with maple syrup and sprinkle with salt and pepper. Roast 25-30 minutes longer or until a thermometer inserted into the chicken reads 170-175° F and vegetables are tender.

Makes 6 servings. Nutrition analysis: 205 calories, 3 grams fat, 3 grams fiber, 14 grams protein, 30 grams carbohydrate, 489 mg sodium.



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