

The Acorn Angle...

September 2017, Box #9



What's fresh & how do I prepare it?

APPLES - Spartan

Great, fresh eating apple with sweet flavor.

CABBAGE - Green

✦ Store in a plastic bag in your fridge for 2 weeks or more.

✦ Try making cabbage rolls.

GARLIC

GROUND CHERRIES - in paper bag

Remove husk and sort through. You may find a few with black on top. Just rub and rinse off.

✦ Eat raw as a snack or cook into a sauce or try the recipe on back.

✦ I have described the taste as a cross between a cherry tomato and cantaloupe...maybe you will have a different thought?!

LETTUCE

PEPPER - GREEN

✦ Dice and freeze on a cookie sheet.

Remove from sheet and place in a Ziploc bag for later use.

PEPPER - HOT

✦ These peppers are slender, small in size and either yellow (Hungarian) or green (Jalapeno).

RADISH

These radishes have a little bite to them.

✦ Try roasting or pickling. Google ideas.

SWEET POTATOES

These sweet potatoes were just dug and haven't been cured (by heat and air drying) yet. Use them within 2 weeks, as they may not store long term.

WATERMELON

These melons are sometimes called a "personal melon" because of their small size.

Store out of the fridge up to 4 days.

Refrigerate sliced pieces.

✦ This melon does have seeds, but the flavor is worth it.

✦ Occasionally it is hard to tell if a melon is ripe. If you receive an un-ripe melon, please let us know.

HERB - Cilantro

✦ Try a cabbage slaw with cilantro. Search for creamy or vinegar based recipes.

Hello!

We are all (plants included) enjoying this week of warm weather. This has definitely not been a hot summer. Some plants are OK with this, and some, like tomatoes wish for hotter days and nights. Every season is unique. We are still hoping to get more tomatoes in the boxes, but many of the field tomatoes are still green.

As we transition to cooler weather, squash and other fall crops are right around the corner. We hope you enjoy all of the seasonal variety.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Oatmeal with diced apples and cinnamon.

Lunch - Large chef salad.

Snack - Sliced watermelon - best when eaten outside, so you can have a watermelon seed spitting contest!

Dinner - Hamburgers with sweet potato fries and coleslaw.

Dessert - Almond and ground cherry coffee cake.

Sweet Potatoes - Did you know?

These tuberous roots are among the most nutritious foods in the vegetable kingdom. They are excellent sources of vitamins A and C. This is why one colonial physician called them the "vegetable indispensable." Sweet potatoes are often confused with yams, but yams are large, starchy roots grown in Africa and Asia. Yams can grow up to 100 pounds and are rarely available in American supermarkets.

Nutritionally, sweet potatoes greatly outweigh yams. Because of the common use of the term "yam," it is acceptable to use this term when referring to sweet potatoes. Sweet potatoes contain an enzyme that converts most of its starches into sugars as the potato matures. This sweetness continues to increase during storage and when they are cooked.

Preparation: Wash sweet potatoes well. Pierce skin with fork. Place potatoes in a pan and cook in an oven at 350° F for about 45 minutes or until tender (depending on size). Cool potatoes slightly before removing skins. Sweet potatoes can be cooked in a microwave oven to save time. Wash and pierce potatoes, then place them on a paper towel. The cooking time for 2 medium potatoes is on high for 5-9 minutes, and 4 potatoes, 10-13 minutes.

YOU make our CSA great.

We are humbled and honored to be voted: 2017 "Best of La Crosse County"

#1 CSA farm and

#1 Farmer's market stand.

THANK YOU for your continued support!



Recipes of the week...

Quick Pickled Peppers

4-8 hot peppers

1 bell pepper

1 cup apple cider vinegar (or white wine vinegar or distilled white vinegar)

1 cup water

2 tablespoons honey or sugar of choice

2 cloves **garlic**, peeled and smashed

1 teaspoon salt

First, prepare your peppers: Wear gloves to prevent your fingers from feeling burned. For less spicy pickles, use a paring knife to remove the jalapeño membranes and seeds before. Slice the pickles thin with a mandoline or chef's knife. If you're still concerned about the spice level of the pickles, run the sliced jalapeños under running water in a colander to try to knock off any remaining seeds. Slice off the top of the bell pepper and remove the seeds and membranes. Chop the bell pepper.

Combine the prepared peppers and smashed garlic in a pint (or larger) glass jar. In a small saucepan, combine the vinegar, water, honey and salt. Bring the mixture close to a boil on the stove, stirring occasionally to dissolve the sweetener into the liquid. Remove from heat and carefully pour the liquid over the peppers. Use a butter knife to pack down the peppers so they all fit and there aren't any hidden air pockets.

Let the pickles cool to room temperature in the jar, then screw on a lid and refrigerate the pickles. Depending on how thinly you sliced the peppers, they could be ready to eat immediately or might need a couple of days in the refrigerator before they taste fully pickled (just sample one every now and then to find out!). They are best when relatively fresh, but keep well for at least a month



The Niedfeldt family:

Jerry & Connie Niedfeldt

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Gypsy Stew

2 TBS olive oil

1 15 oz can garbanzo beans

1 1/2 cups onion, diced

1 **pepper**, chopped

4 cups vegetable broth

1 TBS **garlic**, chopped

1 TBS paprika

3 cups **sweet potato**, peeled and diced (about 1 large)

1 1/2 tsp turmeric

2 cups fresh mushrooms, sliced

1 1/2 tsp dried basil or 2 TBS fresh basil, chopped

2 ribs celery, chopped

1/2 tsp salt

1 cup chopped **cabbage** (or kale/chard/collards)

1/2 tsp cinnamon

1 1/2 cups canned diced tomatoes (or fresh chopped tomatoes)

Heat oil in a large stock pot. Add onion, peppers, garlic, sweet potato, celery, and mushrooms. Sauté five minutes. Stir in spices. Sauté 3 more minutes. Add tomatoes, cabbage, garbanzo beans and vegetable stock and simmer until vegetables are tender, about 20 minutes.

*****This is one of my favorite recipes. The flavors are wonderful together, and additional vegetables can be added or substituted. This is great as a stew alone, or served over rice or quinoa.***

Almond and Ground Cherry Coffee Cake

from Harmony Valley Farm

2/3 c. unsalted butter

3/4 c. granulated sugar

1 c. almonds, ground

1 c. flour

1 1/2 tsp. baking powder

1/2 tsp. salt

1 egg

1 tsp. ground cinnamon

1 to 2 cups **ground cherries**

Sift flour baking powder, cinnamon and salt. Cream butter and sugar until light and fluffy. Beat in the egg. Stir in the almonds and flour. The dough will be stiff. Spread half the batter into a greased and floured eight inch cake pan. Cover with the fruit (keep it whole) and dot with remaining dough, almost covering fruit. Bake for 45-50 minutes at 350.

This coffee cake recipe is also great with blueberries or raspberries substituted for the ground cherries.