

# The Acorn Angle...

September 2017, Box #10



## What's fresh & how do I prepare it?

### **APPLES - Red Macintosh**

#### **BOK CHOY**

Two varieties of bok choy are included. One is a small variety and one is large.

- ✦ Chop and add to a stir fry.
- ✦ Store in a plastic bag in the fridge for a week or more.

#### **CUCUMBER**

#### **FENNEL**

- ✦ Fennel has a distinct black licorice flavor. If you aren't a fan of that, make sure to roast fennel, as it mellows the flavor. (In full disclosure, this is the only way I like fennel - but I REALLY like it this way)
- ✦ You can eat the fronds and the bulb.
- ✦ This vegetable pairs well with tomato and basil dishes.

#### **LETTUCE - Iceberg**

This lettuce has a great crisp. Serve chicken, tuna or salmon salad in lettuce cups.

#### **ONION - GREEN/SCALLIONS**

- ✦ Chop and garnish soups, salads, etc.

#### **PEPPER - BELL, Colored**

#### **PEPPER - HOT, Jalapeno & Hungarian**

- ✦ These peppers are slender, small in size and either yellow, green or red.

#### **RADISH**

#### **SQUASH - SPAGHETTI**

Squash stores at room temperature for a month or more. - Enjoy it as a decoration before you eat it!

- ✦ 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**

Store it in a dark, cool, dry place - but not the refrigerator. They should last a few weeks before they need to be eaten.

#### **TOMATOES**

Finally, it is late September and our tomatoes are happy. Judge the ripeness of a tomato by giving it a gentle squeeze. Some of our tomatoes are heirloom tomatoes and they may look "weird". Give them a chance. Often they are the most flavorful!

#### **HERB - Cilantro**

- ✦ Make salsa!

Hello!

The first day of fall this year felt more like mid-July with a heat advisory alert and high humidity. Our plants aren't complaining though! Actually, neither am I. I love the changing seasons, and I gladly welcome a few hot days in the fall. Before we know it, we will all be bundled up for three months straight.

We are transitioning into our fall crops: squash, sweet potatoes, apples, potatoes, and more. As long as a frost holds off, many of our summer loving plants will be happily growing strong.

We are excited for the last two months of our CSA program. There will be four more boxes leading up to the Tuesday before Thanksgiving. We will include some new varieties of vegetables and provide a good amount of storage veggies for your fall feasts.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

#### **Meal ideas for the week:**

- Breakfast - Sweet potato pancakes.
- Lunch - Lettuce cups with chicken salad.
- Snack - Apples and peanut butter.
- Dinner - Honey shrimp with bok choy served over rice.
- Dessert - Apple crisp with vanilla ice cream.

## **Spaghetti Squash Hash Browns**

- 1/2 of a medium, pre-cooked **spaghetti squash**
- 1/4 cup of chives
- 1/4 teaspoon of garlic powder
- 1 egg
- Salt & Pepper to taste
- cheddar cheese (~1/2 cup)

Remove the spaghetti squash from the skin. Taking large handfuls of the squash in your hands, squeeze the squash a few good times over the sink to release excess water. Place in a large bowl. Add to the squash the chives, garlic powder, salt & pepper, and egg. Stir thoroughly.

In a greased skillet, cook the squash mixture over medium heat, stirring frequently, for about 10 minutes. The squash is done when it is golden brown. Immediately top with the cheddar cheese.

## Recipes of the week...

### Bacon, Fennel & Apple Chutney

1/2 pound applewood smoked bacon, cut into 1/2-inch dice

1/2 medium onion, cut into 1/2-inch dice

1 medium **fennel bulb**—halved, cored and cut into 1/2-inch dice—plus 1 tablespoon chopped **fennel fronds**

2 thyme sprigs

2 garlic cloves, minced

1 **apple**—peeled, cored and cut into 1/2-inch dice

1 teaspoon ground fennel seeds

1 tablespoon fresh lemon juice

1 teaspoon finely grated lemon zest

1 teaspoon sugar

Salt and freshly ground pepper

30 baguette slices, brushed with olive oil and toasted

Heat a large skillet; add the bacon and cook over moderate heat until crisp, about 4 minutes. Using a slotted spoon, transfer the bacon to paper towels to drain. Pour off all but 3 tablespoons of the fat from the skillet.

Add the onion to the skillet and cook over moderate heat until softened, about 3 minutes. Add the diced fennel, thyme, garlic and apple. Cover and cook over moderately low heat, stirring occasionally, until softened, about 8 minutes. Add the fennel seeds and cook, stirring, until fragrant, about 1 minute. Stir in the lemon juice, lemon zest, sugar and fennel fronds. Remove the chutney from the heat, season with salt and pepper and let cool to room temperature. Discard the thyme, stir in the bacon and serve the chutney with the toasts.

### Sticky Honey Garlic Shrimp & Bok Choy

1/3 cup honey

1/4 cup soy sauce

3 cloves garlic, minced

1 inch piece of fresh ginger, minced

juice of one small lemon

1 pound large shrimp, peeled and deveined

2 Tablespoons butter

3 cups chopped **bok choy**

**green onions**, for garnish

Cooked rice

In a small bowl whisk honey, soy sauce, garlic, ginger and lemon. Add half of the sauce to the shrimp and let marinate for 30 minutes.

In a medium sized skillet at the butter. Add the shrimp and discard marinade. Season with salt and pepper. Turn the heat to medium high. Cook until the shrimp turns pink about 2 minutes each side.

Remove shrimp from skillet into a bowl. Add chopped bok choy to the skillet with the reserved marinade. Cook for 2-3 minutes until bok choy softens. Add shrimp back to the skillet and cook until the sauce starts to thicken and coats the shrimp.

Serve over cooked rice and garnish with green onions.

***\*I made this recipe this weekend and it was delicious! You could probably substitute chicken in this recipe or go completely vegetarian by adding additional variety of vegetables. The sauce is what makes it so delicious!***

### Radish, Cucumber & Feta Salad

2 medium **cucumbers**, peeled, seeded, and sliced

1.5 cups halved and thinly sliced **radishes**

1/4 cup fresh mint leaves, thinly sliced (optional)

2 tbsp minced red onion

2 tbsp extra-virgin olive oil

2 tsp red wine vinegar

5 oz reduced-fat feta cheese, crumbled (1 cup)

Salt and freshly ground black pepper

Combine cucumber, radishes, mint (if using), onion, oil, and vinegar in a large mixing bowl. Gently toss in feta, season to taste with salt and pepper, and serve.



*The Niedfeldt family:*

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