

The Acorn Angle...

October 2017, Box #11



What's fresh & how do I prepare it?

APPLES - Yellow Delicious, Spartan
& Red McIntosh

BOK CHOY

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

EGGPLANT

Always cook eggplant to eliminate a slightly toxic substance called solanine. Eggplant is very versatile. Try baking, stuffing, sautéing, steaming or even grilling. Eggplant can be chewy if not properly cooked, when in doubt, cook a bit longer. Store unrefrigerated for a few days or put in a plastic bag in your refrigerator crisper drawer for 1 week or more.

LETTUCE

PEPPER - BELL, Colored & Green

- ✦ Chop and freeze for later use.
- ✦ Add to a quiche or omelet.

PEPPER - HOT, Jalapeno & Hungarian

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

RADISH

- ✦ Remove tops and store in a bag in the fridge.
- ✦ Try making radish chips seasoned with salt and pepper.
- ✦ Make pickled radishes.

SPINACH

- ✦ Make spinach lasagna.
- ✦ Try spinach tortellini soup.

SQUASH - ACORN

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.
- ✦ Search for stuffed acorn squash recipes. There are so many ideas for fillings and seasonings.

TOMATOES

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 rice and beans.
- ✦ Chop and top squash soup.

Hello!

Growing up I have learned to live in harmony with garden pests. Well, maybe "harmony" isn't the right word, but I do accept them as part of our organic garden.

Throughout the year, we find many critters sharing our bounty. For the most part they are pretty harmless, so we do little to stop them. We do routinely pick potato beetles off the plants, and search for cabbage worms after some crops have been harvested, but for many others we just let them be.

The result of critters sharing our bounty can be seen as a few holes in a leaf of bok choy, or as a spot in an apple. We hope you will be able to look past a tiny hole on a leaf or a small insect in your CSA box, and remember that you are eating chemical-free produce, full of great flavor!

We strive to maintain the health of YOU our customer, our farm ecosystem and beyond. We have actually had customers at the farmer's market who are happy to find a cabbage worm in their broccoli. They usually comment that they would rather eat a worm or two, than eat something sprayed with pesticides. Plus, the worm packs a hidden bonus of extra protein! ;)

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

Breakfast - Oatmeal with diced apples.

Lunch - Stuffed Pepper Soup.

Snack - Eggplant: Baba Ganoush with pita bread.

Dinner - Eggplant burgers. Check your email for the recipe.

Dessert - Squash cookies.

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

We still have **3 MORE CSA BOXES** (October 24th, November 7th, & November 21st).

Don't forget to **WASH** all produce. We typically rinse most veggies, but they may contain a bit of soil, or on occasion a hidden field pest.

We hope you can find a way to reuse the plastic **BAGS** that your produce arrives in. We wish we didn't have to use so many bags, but it helps with our sorting, preparing and packing the CSA boxes.

Recipes of the week...

Bok Choy & Radish Slaw

1 head **bok choy**, washed, stems and leaves separated
1 bunch **radishes**, tops removed
(grated carrots or sliced scallions could be added)

Dressing:

1/4 cup canola oil
2 tablespoons tamari or shoyu soy sauce
juice and zest from half a lime
1 tablespoon toasted sesame oil
1 tablespoon maple syrup or honey
1 clove minced garlic
1 teaspoon grated ginger

Cut stalks into 2 inch slices. Slice bok choy vertically into matchsticks. Slice radishes, then stack on top of each other and chop into matchsticks. Roll bok choy leaves tightly into a bundle, and thinly slice. If necessary spin leaves and stalks dry using a salad spinner.

Mix the dressing ingredients together. Toss radishes, bok choy stalks, and leaves with the dressing. Taste and add more lime or tamari if necessary.

Roasted Radishes

1 bunch large **radishes**
1 1/2 tablespoons olive oil
Coarse kosher salt
2 tablespoons (1/4 stick) unsalted butter
1 teaspoon fresh lemon juice

Preheat oven to 450°F. Brush large heavy-duty rimmed baking sheet with olive oil. Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for grit. Coarsely chop radish tops and set aside. Cut radishes in quarters and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss thoroughly to coat. Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender, stirring occasionally, about 18 minutes. Season to taste with more coarse kosher salt, if desired.

Melt butter in heavy small skillet over medium-high heat. Add pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes. Remove skillet from heat and stir in fresh lemon juice. Transfer roasted radishes to warmed shallow serving bowl and drizzle brown butter over. Sprinkle with chopped radish tops and serve.

Acorn Squash & Apple Soup

1 medium-size **acorn squash** (approx. 2 pounds)
1 teaspoon high heat oil (such as canola or sunflower oil)
2 tablespoons extra virgin olive oil
1 medium-size onion, diced (approx. 1 and 1/2 cups)
2 large carrots, chopped (approx. 1 cup)
2 celery, chopped (approx. 1/2 cup)
2 **apples**, cored and chopped (approx. 1 cup)
1/4 teaspoon salt & pepper
2 teaspoons garlic powder
1 teaspoon turmeric
1/2 teaspoon ground ginger
1/2 teaspoon curry powder
4 cups vegetable broth
1/2 cup coconut milk

Preheat the oven to 400°F then line a baking sheet with parchment paper.

Slice the top stem off of the acorn squash then cut it in half, lengthwise. Use a spoon to scrape out the seeds and then rub the outer edges of the flesh with 1 teaspoon of high heat oil. Place each half facing down onto the baking sheet and bake in the oven for about 45 minutes, or until tender. Once the squash is done, turn off the oven and set it aside to cool.

Meanwhile, warm the two tablespoons of olive oil in a large pot over medium heat. Add the onion, celery and carrot then sprinkle with salt & pepper. Allow to cook for about 3 minutes.

Next, add the apples, garlic powder, turmeric, curry and ginger then stir together and cook for 5 more minutes. Using a large spoon, scoop the flesh of the roasted acorn squash out into the pot and then stir together. Pour in the vegetable broth and bring to a low boil, cooking for another 15 minutes.

Remove the pot from the heat and stir in the coconut milk. Puree the soup by using an immersion blender in the pot or wait for it to cool down and then transfer it to a blender. Blend until smooth then transfer back to the pot to reheat, if needed. Divide the soup into separate bowls then garnish with a swirl of coconut milk, salt & pepper, and pomegranate arils. Serve immediately or store in an airtight container for up to 4 days.

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