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# The Acorn Angle...

October 2017, Box #12



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

### APPLES

### BEET

Trim the tops off the beets and a little of the root. Do not peel, and put into boiling water. Boil for 20-30 minutes, depending on size. They are ready when easily pierced with a fork. Cool in cold water. Slide skin off with your fingers.

### CARROTS

### RADISH - Daikon

These are the large white "carrot" looking vegetables in your box. They are a radish and have a bit of a "bite" to them.

- ✦ Store them in your refrigerator in a plastic bag for a week or more.
- ✦ Slice and eat raw or grate into a salad.
- ✦ Try substituting them for potatoes in a scalloped "potato" recipe.
- ✦ Cut them into chunks and put in a crock pot with carrots, onions, potatoes and your choice of meat.

### KALE

It's soup weather, add chopped kale to a potato, vegetable soup.

- ✦ Try making kale chips - yummy!

### ONION

### SQUASH - DELICATA

This is a very popular squash, due to its sweet flavor.

- ✦ Remove seeds and bake at 350 for 30-45 minutes or microwave for 6-8 minutes.
- ✦ You can eat the skin on this thin skinned squash. Slice lengthwise, scoop out seeds and cut into half-moon pieces. Toss with olive oil, sliced onions, garlic, sage, salt and pepper. Roast in oven at 425 for about 30 minutes.

### SQUASH - BUTTERNUT

- ✦ 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.

### SWEET POTATO

### HERB - Parsley

- ✦ Store in a plastic bag in the refrigerator for a week or more.
- ✦ Hang to dry for future use.

Hello!

We have definitely had a good run this fall. The weather has been perfect for growing vegetables into the end of October. Tonight our first frost is predicted, with cooling temperatures throughout the extended forecast.

This growing season has been average for us. Some crops thriving, and a few disappointing. The overarching theme for this season has been wet. We did have a 3 week stretch without rain, but aside from that, there was plenty of moisture in the ground (many times too much).

Our collective experience and knowledge of farming lays the plans for the year, and the day to day operations. However the weather dictates when we can implement our plans. Some of our long season crops this spring were stunted by excessive moisture in the soil.

Every year different vegetables steal the spotlight by growing above our expectations and unfortunately each year we have a few crops that disappoint our expectations. That is why we grow over 60 different varieties of fruit, vegetables and herbs.

Thank you for supporting our farm. We love growing for our members and sharing the bounty of each unique season.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

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

- Breakfast - Squash muffins.
- Lunch - Butternut squash, beet & quinoa salad.
- Snack - Beet hummus with veggies.
- Dinner - Butternut squash soup with fresh baked bread.
- Dessert - Beet Brownies or Beet Cake (recipe from newsletter #8).

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

We still have **2 MORE CSA BOXES** (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.

## Recipes of the week...

### Butternut Squash, Beet and Quinoa Salad

1 cup **butternut squash**, peeled and cubed  
1 cup cooked quinoa  
4 cups packed chopped **kale**  
2 **beets**, peeled, cooked, and diced  
1/3 cup dried tart cherries  
1/3 cup chopped walnuts  
1 tablespoon olive oil  
2 tablespoons apple cider vinegar  
salt and pepper to taste

Preheat oven to 400 degrees F.

Line pan with parchment paper and place butternut squash on pan. Season with salt, pepper, and a spray of olive oil.

Roast butternut squash in oven for 40 minutes.

In large skillet over medium heat, cook kale with a few tablespoons of water until it wilts a little.

In large bowl, whisk together oil and apple cider vinegar and season with salt and pepper.

Toss all ingredients in a bowl with dressing to coat. Serve immediately.

### Wild Rice Soup with Kale and Sweet Potato

2 TB olive oil  
1/2 cup **onion**, diced  
6 stalks celery, diced  
2 cloves garlic, minced  
1 c. Wild Rice  
10 cups vegetable or chicken broth  
2 cups water  
1 lg. **sweet potato**, chopped  
8 **kale** leaves, stem removed and roughly chopped  
1/4 c. fresh thyme  
Real Salt (to taste)  
Freshly cracked pepper (to taste)

In a large stockpot over medium heat add olive oil. When it glimmers add onion and celery. Sauté until soft and aromatic, about 5 minutes. Add garlic and cook for another minute. Add water and broth and stir.

Add wild rice and bring to a boil. Simmer for 10 minutes then add sweet potato and thyme. Continue to simmer for an additional 30 minutes or until wild rice is chewy and vegetables are soft. Salt and pepper well to taste. Stir in kale right before serving.

### Crispy Daikon Fries

1-2 **daikon radish**, peeled and sliced into sticks (about french fry size)  
1/4 cup of coconut oil, melted  
1 generous pinch of sea salt  
spices of your choice

Preheat oven to 475 degrees F.

Peel the daikon radish with a vegetable peeler and then slice into french fry shapes (about three inches long, half an inch thick).

Run under cold water a few times to remove any excess starch and pat dry.

In a large mixing bowl, combine melted coconut oil, salt, pepper and spices of your choice.

Cover daikon radish fries with mixture evenly and spread out onto a baking sheet in a single layer.

Place into the oven for about 15 minutes.

After 15 minutes, flip them and bake for roughly another 15 minutes (baking time will vary for ovens and the thickness of your fries).

After all of the fries are golden brown and crispy, remove from the oven let them cool on an additional baking sheet lined with paper towels.

Serve with a dipping sauce of your choice (chipotle mayo works really well).

### Roasted Daikon, Carrots & Peppers

1 bunch **daikon radishes** (3 daikon), scrubbed and sliced into 1/4-inch rounds  
4 **carrots**, peeled and cut into 1/4-inch rounds  
1 red bell pepper, thinly sliced  
1 shallot, thinly sliced  
2 tbsp extra virgin olive oil  
Salt and pepper, to taste  
1/4 cup balsamic vinegar

Preheat the oven to 400 degrees. Combine the daikon, carrots, red peppers, shallot and olive oil on a nonstick baking sheet. Season well with salt and pepper. Roast for 25-30 minutes, stirring once or twice until tender.

Drizzle the veggies with balsamic vinegar and return to the oven. Roast for an additional 5 minutes. Toss well and then transfer to a serving bowl.

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