
The Acorn Angle...

November 2017, Box #13



What's fresh & how do I prepare it?

APPLES - Red Delicious & Empire

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. I thought I hated Brussels sprouts until trying this recipe - now I could eat them everyday

CABBAGE

CARROTS

The variety of these carrots is YaYa. We think it is a cute name.

PEA SHOOTS

We plant peas in our greenhouse and then harvest the stems and leaves. They have a great, fresh, pea flavor. Enjoy raw in a salad or sautéed.

POTATOES

RUTABAGA

- ✦ 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 - DELICATA

- ✦ 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 - 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.

SWEET POTATO

Some of these are large. Try peeling and roasting in chunks.

HERB - SAGE

Hello!

Fall usually brings a slower pace on the farm. This last week, however we were moving full steam ahead. The gorgeous month of October with above average temperatures came to an abrupt end. The sudden cold spell forced us to start digging all of our root crops, harvesting the remainder of our field crops, and beginning to pack up the everything else around the farm.

Many of our fall crops were planted in spring or early summer. Potatoes, rutabagas, sweet potatoes, squash and Brussels sprouts spent the last 3-4 months enduring all that Mother Nature delivers. This season that meant lots of rain. The excessive moisture in the ground wasn't kind to our potato crop. This was one of our poorest potato harvests we have had. Many of our Brussels sprout plants were stunted and eventually died due to slow water movement in our heavier soils. This season we held off on harvesting our Brussels sprouts because we were waiting for the first frost. When Brussels sprout plants experience a freezing event they actually get sweeter.

We all look forward to the rest and rejuvenation that winter brings to nature and our farm. Until then we will be busy.

Happy eating! ~Kyle, CSA Manager, 608.386.8066

Meal ideas for the week:

- Breakfast - Sweet Potato hash with eggs served on top.
- Lunch - Squash soup with fresh bread.
- Snack - Apples slices and peanut butter.
- Dinner - Roasted fall vegetables and baked chicken.
- Dessert - Squash chocolate chip muffins.

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

We still have **1 MORE CSA BOX**(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.

Looking to order more **PRODUCE, MEAT or EGGS** after the CSA ends? Check out our online market. <http://oldoakfamilyfarm.com/direct-orders/> Email us to be added to our

Recipes of the week...

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****

Rutabaga & Cabbage Soup

1 large white onion, chopped
2 cloves garlic, minced
3 tsp. extra virgin olive oil
4-6 cups water
2-3 **carrots** (depending on size), sliced
1 head **cabbage**, quartered and sliced
1 tsp. parsley, finely chopped
1 **rutabaga**, peeled and cubed
1 tbsp. butter
1/4 cup whole milk
salt and pepper
white wine vinegar

Cut veggies. In a large stock pot, heat olive oil and sauté onions and garlic. This will take about 5 minutes (don't let it burn), then reduce the heat to medium and add water, carrots and parsley.

In a separate sauce pot, start cooking rutabaga in water on high heat. Once boiling, the rutabaga will take about 10 minutes to soften. Drain then return to the sauce pot, adding butter and mashing well. Stir in milk, or other non-dairy milk product, to achieve desired creaminess.

Back in the large pot, drop cabbage in once water is close to a boil. Turn down to low heat and allow to simmer for about 20 minutes. Stir mashed rutabaga into soup, and continue at a simmer in order for the flavors to blend, about 10-15 minutes.

When serving, drizzle a little white wine vinegar into bowls.

Sweet Potato - Apple Hash

1 Tbsp. olive oil
1 cup **potato**, cut into 1/2 inch pieces
1 cup **sweet potato**, cut into 1/2 inch pieces
1 cup **apples**, cut into 1/2 inch pieces
1/2 cup onion, chopped
1 Tbsp. fresh **sage** chopped

In a large skillet heat olive oil over medium-high heat. Add the potato, sweet potato and onions. Sauté until onions become translucent. Add in apples and sage and continue to sauté until everything reaches desired softness. Season with salt and pepper to taste.

****I made a recipe similar to this over the weekend for breakfast. I served it with over-easy eggs & toast.****

Chicken & Pea Shoots in Garlic Sauce

2 skinless, boneless chicken breast halves - cut into thin strips
1 tablespoon cornstarch
1 1/2 teaspoons sesame oil
2 tablespoons vegetable oil
4 cloves garlic, minced
1 bunch **pea shoots**, trimmed
3/4 cup chicken broth
salt and black pepper to taste

Toss the strips of chicken breast with the cornstarch in a mixing bowl. Sprinkle with the sesame oil and toss until evenly mixed.

Heat the vegetable oil in a wok or large skillet over high heat. Stir in the chicken and cook until lightly browned, about 5 minutes. Add the garlic and cook until fragrant. Stir in the pea shoots just until wilted; pour in the chicken broth and bring to a simmer.

Cook and stir a few minutes until the chicken broth has thickened. Season to taste with salt and pepper.

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