
The Acorn Angle...

November 2017, Box #14



What's fresh & how do I prepare it?

BEETS

Store in a plastic bag in your refrigerator for a month or more.

CARROTS

The variety of these carrots is Bangor. We choose them because they share the same name as our town.

GARLIC

ONION

PEA SHOOTS

(they didn't grow as tall as last time, due to cooling temperatures)

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.

RADISH - DIAKON

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.

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.

SUNCHOKES

(These are bagged and look like ginger).

- ✦ They can be eaten cooked or raw.
- ✦ Try substituting for potatoes in a recipe.
- ✦ Scrub, slice and eat raw, with hummus.
- ✦ Try them sautéed, stir-fried, steamed, or simmered, alone or with other vegetables

SWEET POTATO

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

HERB - PARSLEY

- ✦ Add to a salad, soup or garnish a plate.

The 14 weeks of CSA...

- ✦ For the first CSA box, my farmer said to me: Try it all and don't be afraid of unfamiliar veggies.
- ✦ For the second CSA box, my farmer said to me: Embrace leafy greens.
- ✦ For the third CSA box, my farmer said to me: We have had too much rain.
- ✦ For the fourth CSA box, my farmer said to me: Try garlic scapes, you just might fall in love with them.
- ✦ For the fifth CSA box, my farmer said to me: Beat the heat in the kitchen by making a refreshing salad.
- ✦ For the sixth CSA box, my farmer said to me: We have had too much rain.
- ✦ For the seventh CSA box, my farmer said to me: Try some Tulsi & mint lemonade.
- ✦ For the eighth CSA box, my farmer said to me: The CSA season is filled with patience, understanding, commitment, satisfaction and enjoyment.
- ✦ For the ninth CSA box, my farmer said to me: Try a ground cherry. How do you describe the flavor?
- ✦ For the tenth CSA box, my farmer said to me: A heat advisory in September is gladly welcomed.
- ✦ For the eleventh CSA box, my farmer said to me: Embrace a few bugs here and there.
- ✦ For the twelfth CSA box, my farmer said to me: Did I mention we have had a wet season?
- ✦ For the thirteenth CSA box, my farmer said to me: Fall is finally here - time for Brussels sprouts!
- ✦ For the fourteenth CSA box, my farmer said to me: Thank you for supporting our farm! We can't do it without you!

I can't believe it has been seven months since our first spring CSA delivery. You have had a chance to sample more than 50 different varieties of vegetables, herbs, and fruit. We hope you have enjoyed this experience.

A huge **THANK YOU** to all of you for being conscious eaters and for supporting our farm and family. We can't do it without you! Keep warm this winter! We will be in touch!

~Kyle Zenz, CSA Manager

If you happen to have any **PLASTIC CSA TUBS** please find a way to return them. We have lost quite a few over the season.

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 list.

Recipes of the week...

Balsamic Roasted Vegetables

¼ cup extra-virgin olive oil
2 Tbsp. balsamic vinegar
2 tsp. honey
1 tsp. Dijon mustard
2½ pounds assorted vegetables, cut into ½ inch cubes or rounds (**sweet potatoes, carrots, daikon radish, sunchokes, beets, etc.**)
½ cup **red onion**, chopped
salt and pepper

Combine olive oil, balsamic vinegar, honey, and mustard in a small jar with a lid and shake to combine. (Dressing can be stored in the refrigerator for up to 2 days. Just shake well before using.)

Preheat oven to 450°F.

Toss vegetables and onion in a large bowl; sprinkle with salt and pepper. Add dressing; toss to coat. Divide between 2 large rimmed baking sheets. Roast until vegetables are tender and slightly brown around edges, stirring every 15 minutes to brown all sides, about 40 minutes.

Sunchoke Spinach Dip

1 pound **sunchokes**
2 cups fresh spinach
1 cup Parmesan cheese, grated
1/2 cup mayonnaise
4 tablespoons cream cheese
juice of half a lemon
3 **garlic cloves**
3/4 teaspoon kosher salt
1/8 teaspoon ground black pepper
pinch ground cayenne pepper

Peel sunchokes and place in a medium pot with enough water to cover. Bring to a boil over high heat, reduce heat to medium and cook for 12 minutes. Remove the sunchokes from heat, drain, and place in a food processor or blender. To the food processor, add the remaining ingredients (spinach, Parmesan, mayonnaise, cream cheese, lemon juice, garlic, salt, pepper, and cayenne. Puree until smooth.

Serve with bread, crackers, or chips. Refrigerate if not using immediately.

Maple Sweet Potato Pie

2 cups of roasted **sweet potato puree** (roast sweet potatoes in their skin, in foil, at 400 degrees, until fork tender. Peel them and mash them in a bowl)
2 eggs, beaten
1 cup of milk (for dairy free, try canned coconut milk)
1/2 cup of maple syrup
1 teaspoon, vanilla extract
1/2 teaspoon of ground cinnamon
1/4 teaspoon of ground ginger
1/8 teaspoon of salt
1, 9-inch prepared deep dish pie crust or 2, 9-inch prepared shallow pie crusts (like the ones you find in the freezer case of your supermarket!)

Preheat oven to 400 degrees.

In a large bowl, add the mashed sweet potatoes, eggs, milk, maple syrup, cinnamon, ground ginger, salt and vanilla extract to a large bowl and beat with a hand mixer until combined.

Pour sweet potato mixture into a prepared pie shell (or two depending on whether you use one deep dish or two shallow pie crusts). Bake for 10 minutes at 400 degrees and then lower the temperature to 350 degrees and bake for an additional 30-40 minutes for the two shallow pies and an additional 40-50 minutes for the deep dish pie. The pie will be done when the center is set and not jiggly.

Let the pie cool and serve at room temperature — or cold — and top with whipped cream — or nothing — it's delicious either way!!

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