

The Acorn Angle...

September 2008, box #15



What's Fresh? How do I prepare it?

APPLES - Jonafree

The Jonafree is a hybrid developed by the Purdue Rutgers Illinois Co Op in 1979. It has a similar flavor to a Jonathan apple, but it is sweeter. The Jonafree is best eaten fresh and stores well for up to three months.

BROCCOLI

➤ Add to vegetable lasagna, recipe on back

CABBAGE

➤ Substitute shredded cabbage in any recipe that you would use lettuce (tacos, sandwiches, salads, etc.)

GARLIC

ONIONS

PEARS - Wisconsin Hardy

Bill & Jane (our partners) grow great, sweet-tasting pears. Keep these pears refrigerated, or eat them right away to ensure they don't get over-ripe.

PEPPERS

➤ Add to an omelet or quiche
➤ Make stuffed peppers by adding rice, hamburger, tomatoes, and seasonings

RASPBERRIES

This year we transplanted lots of raspberries, and this is a perfect year for the crop, so expect to get raspberries again, unless we get an early frost

SALAD MIX

Lettuce, Spinach, Mesclun

SUMMER SQUASH

➤ Cube and add to soups
➤ Add cubes to tomato sauce, cook slightly and pour over pasta

TOMATOES - Regular /Sungold

ZUCHINNI

HERB - CILANTRO

Hello!

Although it seems as if the season is coming to a close, we are already preparing vegetables for next year. This week we will be planting garlic, so that it has time to mature over the next several months. We plant individual garlic cloves, let them overwinter, and by July we've got nice, big bulbs of garlic. We also try to overwinter spinach and lettuce by planting a late crop. If we are lucky we've got fresh greens in early spring.

Parsnips are another vegetable that we keep in the ground throughout the winter. We will harvest some of the parsnips yet this fall, but the majority of them will wait out the cold. This will be the first year (for many, many years) that we are going to try and overwinter carrots. These are all great ways to get a jump-start on spring veggies, but as always, we keep our fingers crossed that mother nature cooperates with us for the next 6 to 7 months!

Happy Eating!
~Kyle, CSA Manager
608.386.8066

EXTRAS AVAILABLE:

Farm fresh, cage free brown EGGS for \$2.00/dozen
Whole, natural CHICKENS for \$2.50/pound. These chickens are fairly large, and average about 8 pounds each
If you are interested, please call or email. Chickens or eggs can be picked up with your CSA weekly box.

Why eat MORE fruits and veggies?

Color & Texture. Fruits and veggies add color, texture ... and *appeal* ... to your plate.

Convenience. Nutritious in any form - fresh, frozen, canned, dried and 100% juice, so they're ready when you are!

Fiber. Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.

Low in Calories. Fruits and veggies are naturally low in calories.

May Reduce Disease Risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.

Vitamins & Minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

Variety. Fruits and veggies are available in an almost infinite variety...there's always something new to try!

Quick, Natural Snack. Fruits and veggies are nature's treat and easy to grab for a snack.

Fun to Eat! Some crunch, some squirt, some you peel ... some you don't, and some grow right in your own backyard!

Taste Great!

www.fruitsandveggiesmorematters.org

Recipes of the week...

Vegetable Lasagna

Better Homes & Gardens

- 8 oz dried lasagna noodles (9 or 10 noodles)
- 2 beaten eggs
- 2 cups cream-style cottage cheese
- 1 15-oz carton ricotta cheese
- 2 tsp dried Italian seasoning, crushed
- 2 cups sliced fresh mushrooms
- 1 cup chopped **onion**
- 4 cloves **garlic**, minced
- 2 TBS olive oil
- 2 TBS all-purpose flour
- 1/2 tsp black pepper
- 1 1/4 cups milk
- 1 1/2 cup **broccoli**, chopped florets & stems
- 1 1/2 cup spinach, chopped and packed
- 1 cup shredded carrot
- 3/4 cup shredded parmesan cheese (3 oz)
- 8 oz package shredded mozzarella cheese

1. Cook lasagna noodles according to package directions. Set aside.
2. In a bowl combine eggs, cottage cheese, ricotta cheese and Italian seasonings. Set aside.
3. In a large skillet cook the mushrooms, onion, and garlic in hot oil until tender. Stir in flour and pepper; add milk all at once. Cook and stir until slightly thickened and bubbly. Remove from heat. Stir in the spinach, broccoli, carrot, and 1/2 cup of the Parmesan cheese.
4. To assemble, in a greased 3-quart rectangular baking dish, layer one-third of the noodles, folding or cutting to fit, if necessary. Spread with one-third of the cottage cheese mixture, then one-third of the vegetable mixture. Sprinkle with one-third of the mozzarella. Repeat the layers twice. Sprinkle with the remaining 1/4 cup Parmesan cheese.
5. Bake, uncovered, in a 350 oven for 35 minutes or until heated through. Let stand for 10 minutes before serving

Cabbage Casserole

- 1 medium head **cabbage**, coarsely shredded
- 1 lb ground beef
- 1 large **green pepper**, chopped
- 1 medium **onion**, chopped
- 1 can diced tomatoes (14 1/2 oz.)
- 1 can tomato sauce (8 oz)
- 3 TBS tomato paste
- 1 1/2 tsp oregano
- 1/2 tsp garlic powder
- 1/2 tsp pepper
- 1/4 tsp salt
- 1/2 cup shredded mozzarella cheese

Steam cabbage 6-8 minutes, or boil in a few inches of water and drain. In a large non-stick skillet add beef, pepper, and onion, and cook over medium heat until no longer pink. Drain fat. Stir in tomatoes, and spices. Bring to a boil, reduce heat and simmer uncovered for 10 minutes.

Grease a 11x7x2" baking dish. Layer 1/2 cabbage, then layer 1/2 beef mixture, repeat. Top with shredded cheese and bake at 350 for 20 minutes.

I love this recipe, but it can be a bit time consuming. When making lasagna, I typically prepare 2 batches, and freeze one for a later meal or to give to a friend.

Make ahead directions: Prepare as above through step 4. Cover the unbaked lasagna with foil and chill for up to 48 hours, or freeze. Uncover; bake for 30-35 minutes (if frozen, thaw in fridge before baking) until heated through. Let stand for 10 minutes before serving.



N6370 Niedfeldt Rd. • Bangor, WI 54614
608.486.4205 • niedfeldtfarms@yahoo.com

www.oldoakfamilyfarm.com

The Niedfeldt family:
Jerry & Connie Niedfeldt
Kyle, Eric, & Owen Zenz
Jacey, Ric, Breck & Joelle Heller