

The Acorn Angle...

September 2008, box #16



What's Fresh? How do I prepare it?

APPLES -

Yellow Delicious The crisp, clean juicy yellow flesh is sweet and mild.

Liberty Great eating and baking qualities. The pale yellow flesh is crisp, tender, juicy, and quite flavorful.

KALE

- Add chopped leaves to an omelet or quiche
- Make a smoothie with kale, raspberries, a banana, some yogurt, a bit of juice, and any other fruit you might have handy

NASTURTIUMS

These leaves and flowers can be eaten raw and are often added to a salad or as a garnish on a dinner plate. The taste resembles a radish, with a little bite to it.

- Add a few leaves to a sandwich
- Mix cream cheese with chives, or garlic and put inside flower blossoms or roll leaves around cheese mixture

PEARS - Wisconsin Hardy

POTATOES - French Fingerling

RADISHES

RASPBERRIES

SALAD MIX

Lettuce, Spinach, Mesclun

SQUASH -

Delicata & Sweet Dumpling

Both of these squash are extremely sweet. Slice in half, remove seeds and place on a rimmed cookie sheet - bake at 350 for about 30 minutes, or until squash is soft, but not mushy. For a very quick meal, pierce squash with fork, place on a plate and put into microwave for 7-10 minutes.

ZUCHINNI

HERB - BASIL

Hello!

Squash is finally ripe! I'm not only excited because I love to eat squash, but I am excited because it is the perfect food to feed my 7 month old son, Owen. It is very gratifying to me to be able to grow organic food for my family and yours.

Squash is such a perfect food. It is easy to prepare, is very nutritious, and is naturally sweet. I hear many people talk about their distaste for squash, or I hear them talk about how "adding lots of brown sugar" to squash makes it tolerable. Once again, as your veggie mentor, I encourage you to give squash a try on it's own - unadulterated! OK- maybe after trying a few bites, I'll give you permission to add a little butter.

Happy Eating!
~Kyle, CSA Manager
608.386.8066

DID YOU KNOW...Winter Squash?

Unlike summer squash, winter squash was not grown in North or Central America before European colonization. Originating and flourishing first in South America, winter squash finally found its way north, and by the early to mid-1800s was a staple product. It was particularly cultivated in New England as necessary winter storage food.

Its excellent storability and nutritive value make winter squash an important fall and winter vegetable for the seasonal eater. Winter squash boasts 10 times the vitamin A content of its summer squash relations, and is also an excellent source of potassium. Winter squash is high in fiber and complex carbohydrates, and its versatility means that sweet, warming squash will find its way into your heart...and your tummy.

*From Asparagus to Zucchini,
Madison Area Community Supported Agriculture Coalition*

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.

Recipes of the week...

Zucchini Bread

Adapted from: Better Homes & Gardens

- 1 cup white flour
- 1/2 cup whole wheat flour
- 1 tsp ground cinnamon
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp baking powder
- 1/4 tsp ground nutmeg
- 1 beaten egg
- 1 cup sugar
- 1 cup finely shredded, unpeeled **zucchini**
- 1/4 cup cooking oil
- 1/2 cup chopped walnuts or pecans, toasted

1. Grease an 8x4x2-inch loaf pan; set aside. In a medium bowl combine the flour, cinnamon, baking soda, salt, baking powder, and nutmeg. Make a well in center of flour mixture; set aside.
2. In another medium bowl combine egg, sugar, zucchini, and oil. Add zucchini mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold in nuts. Spoon batter into prepared pan.
3. Bake in a 350 oven for 50 to 55 minutes or until a wooden toothpick inserted near center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove from pan. Cool completely on a wire rack.

This is a great, easy zucchini bread recipe. We usually make and freeze several loaves each year. You can also make these into muffins, just reduce the cooking time.

Raw Kale Salad with Gouda, Pear & Walnuts

Body & Soul Magazine

- 1/2 cup walnuts, coarsely chopped
- 1 TBS sherry vinegar
- 1 TBS extra-virgin olive oil
- Coarse salt and ground pepper
- 1 bunch **kale**, tough stems removed and leaves torn into bite-size pieces
- 2 1/2 ounces goat's milk gouda, cut into 1/2 by 1/4-inch pieces
- 6 chives cut into 1-inch lengths
- 1 **pear**, halved, cored, and very thinly sliced crosswise.

Preheat oven to 350. Place walnuts on a rimmed baking sheet and bake until golden brown, tossing once during baking, 8-10 minutes.

In a medium bowl, whisk together vinegar and oil; season with salt and pepper. Add in kale, cheese, chives, walnuts and pear. Toss to combine.



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