

## Storage Tips & Tricks

**Cider-** is shelf stable for a couple of hours. Cider should however be stored in the refrigerator. If freezing move cider into individual containers for serving or to freeze the bottle. Always remove a bit of cider to allow for expansion. When cider is defrosted run it through a strainer before serving.

**To store fresh arugula,** remove rubber bands rinse in cool water, drain and completely dry. Wrap in paper towel and store in a plastic bag or container refrigerate for up to 5 days. Arugula is an herb and can be added to a salad or it may be prepared as an ingredient in a sauce for pasta or prepared as a cooked green in olive oil and garlic.

**Potatoes** - Store in a cool, dry, dark, place in brown paper bags. Separate varieties. As we move through the season check on potatoes from previous weeks.

**Tomatoes and Plum tomatoes-** should be kept at room temperature. Use them within 3-4 days. They can be placed in the refrigerator to hold them a little longer. Bring them back to room temperature for the best flavor before serving. Remove cherry tomatoes from the container into a bowl or dish on the counter. Try to use them within a few days otherwise refrigerate. Tomatoes that get a little soft can be roasted or stewed or added to sauces, soups, stew. Remove cherry tomatoes from the container. Keep at room temperature, use within a few days Plan to roast any tomatoes that get soft

**How to store fresh cabbage:** can be refrigerated in a plastic bag, and cabbage should keep for more than a week If the outer leaves become discolored or limp, remove them and the inner cabbage should be fine to use.

**Beans-** Remove the beans from the plastic bag. Be sure that beans are dry before storing. Store in a paper bag or between layers of paper towel in a covered container. To prepare break at the stem end. Blanch for 3-4 minutes or steam for 8-10 minutes. The color should brighten, and they should be fork tender, yet crisp. Blanching or steaming will extend storage time and the beans will be ready to add to a recipe or make into a salad when you need them. Make a simple vinaigrette with oil, vinegar, and a little mustard. Mix the green beans with some thinly sliced onion and chop up some mint from your garden. Even the chocolate mint will work in this recipe.

**Garlic-** should be stored in a cool dry place at room temperature

**Eggplant** – Eggplant may be the usual globe, or it could be Sicilian, more round. Preparation would be the same. Sicilian can have flesh that is more white and there may be less seeds. Plan to use eggplant quickly. The best temperature for eggplant storage is around 50 degrees. You can keep it on the counter for a day or two if your house is cool and it will keep in the refrigerator for a day or two as well.

**Peppers** can be stored in a plastic bag in the refrigerator for up to two weeks. Hot peppers can be stored for up to a week. When working with hot peppers use caution: wear gloves or be sure to wash your hands with soapy water before doing anything after preparing them. Most of the heat is in the seeds and ribs. Spanakopita Stuffed Peppers Recipe | Just A Pinch Recipes, try this recipe in a lunch box pepper for an appetizer portion.

**Apples** – that you will eat in a day or two can be left out on the counter. Otherwise refrigerate and bring back to room temperature for the best flavor.

**Cauliflower** separately in a plastic bag in the refrigerator for 4-5 days. Steam a little of each and top with a sauce or roast the two together, drizzle with olive oil, add chopped garlic and parmesan.

**Root Vegetables-** remove the tops from the beet, carrot, or radish root before storing. Store leaves in a separate bag, use within a couple of days. Beet root will store for more than a week. Roast beets to extend shelf life and so they are ready for use when you need them. Use all tops in a couple of days. Sauté beet tops the same as cooking chard or spinach. Make carrot top tea or add carrot tops to salads. Roast the roots together, add a potato and some onion to the mixture as well.



## Week 23 Fresh Inspirations September 26th—October 2nd

This week apple farms all over the country will celebrate John Chapman, more well known as Johnny Appleseed. Yes, he was a real person and he planted apple trees and seeds in Pennsylvania, Ohio, Illinois, Indiana, and Ontario. He actually collected the seeds at cider mills. He was born on September 26, 1774, and he could be found in an orchard or a nursery until he was 80 years old.

So, thanks to him we will have apples once again in our shares this week. I am happy to say that the ever-popular Honey Crisp apples are in abundance, and we are sharing. I celebrate a birthday this week and every year Macoun apples are one of my gifts, and usually I get to share it with all of you every year. I am willing to wait so that we can have the farm favorite Honey Crisp. Not only apples, but apple cider for the first time this season as well. With the cool weather I can imagine a cup of warm cider with a little cinnamon, nutmeg, and cloves, to warm you up.

This week we will have white, all-purpose potatoes in the shares. Potatoes at times are not the most popular of the vegetables that we grow. Meat and potatoes are still an ever-popular meal choice for the carnivore. Potatoes are often eliminated from the meal plan when dieting. It really isn't the potato that causes the weight gain, it is what we add to the potato and often the size of the portion that can be the issue. In a world where we have become more and more conscious of the fats that we are eating there continues to be higher fat products added to our produce in many recipes, especially potatoes to make them more inviting but also less beneficial to us. Believe me, I am definitely guilty of this. White all-purpose potatoes are just that simple, not higher in calories than a medium apple. They take on flavors and textures depending on how they are prepared. They can be fried, roasted, even baked, and they are often prepared as mashed potatoes. A little milk and butter was always the traditional addition when mashing. In recent years you have probably seen more sour cream, cream cheese, or even grated cheeses. Try some Greek yogurt, herbs, sliced scallions, leeks sautéed in olive oil, or roasted garlic. Kale and cabbage are available, so colcannon is an option as well.

As we have said before, nature protects nature and foods come into season when we need them. In the winter potatoes are one of the foods that help to keep us warm. Roots, so root vegetables are full of energy to sprout a plant, and now to give us the energy we need at this time of year. You will see more of them in the coming weeks. Potatoes are tubers. They do grow underground but the difference is that when you pull the plant there is more than one potato.

If you have any administrative questions or concerns, please contact [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com) or 908-879-7189. If you have ideas or recipes to share, please send to [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com).

***Until next week, enjoy the freshness!***

*Jenn Borealo*

## Radish Top Soup

1 medium onion coarse chop  
2 medium potatoes peeled and cut into medium to large chunks  
1 carrot peeled and sliced  
1 T butter  
1 T olive oil

3 Cups stemmed cleaned radish greens, 2 bunches  
3 Cups vegetable stock or a more as needed  
Salt and pepper to taste  
¼-1/3 c heavy or light cream if desired

Melt the butter and add the olive oil to a small Dutch oven or large saucepan

Over medium heat sauté the onions, potatoes, and carrots, sprinkle with a pinch of salt. Cook until the vegetables are coated with the oil and starting to soften. 8-10 minutes. Stir occasionally or as needed to keep the vegetables from sticking or burning. Adjust heat as needed.

Add 2 cups of vegetable broth or stock. Simmer on medium heat until vegetables are almost fork tender. About 10 minutes. Add the radish greens and an additional cup of broth to the pan. Continue to simmer until greens are wilted and tender and the vegetables are soft. Remove from the heat and set pan aside to allow the soup to cool.

Pour soup in batches into a blender to puree. Pour soup back into the pan to keep warm and add a little cream if desired. Serve warm with matchstick cuts of radish for garnish.

Optional: If vegetables are cut smaller and radish greens are chopped the vegetable soup can be served without blending. Soup can be served pureed or pureed with cream added

## Radish Toast

Sour Dough Bread slices, lightly toasted  
Boursin or Herb cheese or Herb Butter of choice  
Shredded carrot  
Thinly slice radishes  
Chopped parsley or dill, optional

Toast the bread, spread with a thin layer of cheese.

In a small bowl mix together the radish slices and shredded carrot and season with salt and pepper to taste. Top the slices of bread with the vegetables. And sprinkle with chopped herbs.

Optional: Vegan Herb Cream Cheese or Butter

## Week 23 Harvest!

Honeycrisp Apples

Beans

Bell Peppers

Plum Tomatoes

Cherry Tomatoes

Beets

Kale

Radishes

White Potatoes

Eggplant

Cilantro

Summer Squash

Onions

Cucumbers

## Fresh Pressed Apple Cider

*\*\*Your actual CSA share contents will be listed on the label inside of your box and may differ from this list. Your share contents are based on your individual preferences and customizations that you make on your Harvie profile, as well as changes in availability.*

## Roasted Potatoes and Tomatoes, Onion, Garlic, and Herbs

3 medium potatoes, peeled, washed, sliced thin  
olive oil

1 or 2 Plum Tomatoes, sliced thin

1 tbsp minced fresh rosemary

1 clove minced garlic

1 small onion sliced thin

1-2 tsp butter (optional)

salt and freshly ground pepper to taste

Preheat the oven to 400°F. Line an 8" baking pan with parchment paper.

Place potatoes into a bowl and drizzle with olive oil and season with salt, pepper, and chopped rosemary and garlic. Arrange the potato slices in overlapping slightly in rows on the bottom of the pan. Top with slices of onion and then tomato. Sprinkle with a little salt and pepper

Top with a second layer of potato and just one row of tomato in the middle.

Dot the top potatoes and tomatoes with butter or drizzle in a little more olive oil.

Cover the pan with foil and place in the middle of the oven for 30 minutes. Potatoes should be tender. Remove the foil and continue to bake for an additional 10-15 minutes. The edges should begin to brown.

Serve as a side dish or top with a poached or fried egg for a brunch main dish.

Garnish with a little more rosemary, thyme, chopped chives, and parsley.

