

Storage Tips & Tricks

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 made into a salad. flat italian green bean recipes just a pinch - Search (bing.com)

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.

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. Recipes - Red Prince® Apple (redprinceapple.ca)

Pears – will be delivered in a quart container. Remove the fruit immediately. Pears can be kept at room temperature until they are ripe, refrigerate after a day or two. Bring them back to room temperature for the best flavor when serving. Slice pears into a salad, garnish with blue cheese and toasted pecans. Prepare a fruity dressing sweetened with a little honey.

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 24 Fresh Inspirations October 3rd—9th

Every spring we wait for the last frost, and we are tense about temperatures that might dip down too low during the blossoming of peaches and strawberries. The farmers look forward to the fields drying out so they can get in to plow. The crops start growing and then there is tension worrying about drought or too much rain and we make it somehow through the summer. September and October bring such beautiful awaited cool weather and then the tension of seeing lower temperatures in the coming week and much worry about the first frost. Trying to take in as much of the harvest as possible and trying to cover and protect what we can for a few more weeks will be the task for the next week. There are the crops that can survive the cold so not to worry but the first frost can bring a big change to what remains of the true summer share items.

It is late in the summer season and we will have wax beans and Italian Flat Beans for the first time. Wax beans are almost exactly the same as a green bean except for color. I like to prepare recipes where I mix them so if you have some green beans left, steam both for a salad or add both to your favorite recipes. The Italian flat beans really can be interchangeable with the traditional green bean. Most recipes will work for both once again. Growing up I remember these beans most often being cooked slowly in a roasted tomato sauce, delicious!

Is it Red Jonaprince or Jonagold is an ongoing discussion between the production team and retail. Which is it? The answer really isn't simple. The Jonagold apple was developed back in the 1940's. I can remember the first time I tasted one in 1993. It quickly became one of my favorites and it still is. It is always one of the apples that I introduce to customers when the Honeycrisp starts to disappear. Both apples have the same parentage. They come into the market at about the same time. It isn't easy to tell them apart. The Jonaprince was found as a sapling in an orchard in the Netherlands in 1994. So, on some sights it has been said that the Jonaprince is a sibling of the Jonagold. The parents to these apples are the Jonathan, an old early baking apple and the golden delicious. It is a versatile apple, and is described as sweet and slightly tart apple. On one of the "Red Prince" sights there are recipes where this apple is used in salads, for baking, in a main dish with poultry, and in a grilled French toast sandwich much like a Monti Cristo. Jonaprince or Jonagold apples have often been one of my apple choices for mid-season pies and tarts.

Not only apples this week but pears too. The pears this year are small, is it because of the lack of rain, not sure. The pears in the container will be bosc and bartlett, two varieties that might be familiar to you. You may also find some Asian pears. They are more round and almost look like a brown apple, they are a pleasant surprise. Very juicy! Be sure to remove the pears from the quart container and pears should be left on the counter for a couple of days to completely ripen.

If you have administrative questions or concerns, contact Trish@alstedefarms.com or call 908-879-7189. If you have something to share, a recipe or an idea, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Apple Hand Pies

Prepare crust

2 c flour

8 T butter

4 oz cream cheese

Measure the flour into the bowl of a food processor, Cut cheese and butter into small pieces and add to the bowl. Pulse/ Process to crumbs/dough that are moist and starting to come together. Do not over process. Pour dough out onto a piece of plastic wrap. Press together to form dough. Wrap completely. Cut cheese and butter into small pieces Measure the flour using a pastry blender

Form dough into a ball, press the ball of dough down to form a circle

Chill at least an hour or two before rolling.

For apple filling- Cortland, Jonagold, Jonaprince apples, mid-season apples

3 apples -- peeled, cored, and cut into medium-small dice sautéed in 2T butter, a splash of Alstede farms Apple Cider and ¼ c light brown sugar cook on low until her apples are tender. Sprinkle in a pinch of salt and 2 t lemon juice. Mix in 1 ½ t cornstarch, sauté for 5 minutes longer, add in 1/4 cup raisins (optional), 1/2 teaspoon ground cinnamon, chill the filling completely. Cut the dough in ½. Lightly flour a board. Roll the dough to ¼" thick. Cut using a 3-4" cutter 12 circles for 6 hand pies.

Spoon filling onto center of 6 circles. Cover with the remaining six and vent using a fork or the tip of a knife. Seal the edges with your fingers and crimp with the tines of a fork. Repeat,

Egg wash

1 beaten egg

2 T water

Line a baking pan with parchment. Place pies onto the pan and brush with egg wash. Place into the freezer for ½ hour or longer.

Preheat the oven to 425

Place the tray in the middle of the oven. Lower the heat to 400, Bake for 8-10 minutes edges should be starting to brown. Lower the heat to 375 and bake an additional 5-8 minutes.

Filling is very hot. Allow to cool a few minutes. Plate and serve with whipped cream.

Week 24 Harvest!

Red Jonaprince Apples

Beans

Bell Peppers

Plum Tomatoes

Cherry Tomatoes

Beets

Kale

Sweet Corn

Radishes

Arugula

Eggplant

Cilantro

Winter Squash

Onions

Pears

***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.*

My Mom's Green Beans Al Forno

From CSA member Anne Buggy a couple of years ago. I love this recipe using Italian Flat Green Beans

Here are the directions from Anne—After steaming the green beans, drain and pat dry. Transfer the beans to a large bowl. In a separate bowl mix 1 tsp salt, pepper to taste, 1 Tbsp. Chopped fresh parsley, 3 chopped garlic cloves, 2-3 tsp fresh oregano, 3 Tb. Seasoned breadcrumbs. (Anne used gluten free Panko) and 2 Tbsp. grated Romano cheese. Add to the beans and toss to combine. Then spread the beans evenly onto a baking pan.

While the green beans were steaming, I cooked 1/2 lb. bacon until crispy, reserving the bacon fat in a jar. Chop and Add the bacon to the green bean mixture and stir. Then drizzle some of the bacon fat (1-2 Tb?) and 1-2 Tb olive oil over the beans. Bake for 30 minutes uncovered at 350.

I am preparing and tasting. I have not measured anything. Just going with taste. I will put these beans in the oven after work tonight. I have the beans steamed and the herbs and garlic mixed in. I am going to drizzle with just olive oil. I am not going to add the bacon and the flavor is already fabulous.

