

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

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.

Shallots- 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.

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.

Leafy greens- Leafy greens have been washed and they will come to you damp.

They have been watered or washed or iced. You may clean them when you receive them or as you use them. Either way before they are refrigerated, they should be dry, wrapped or layered in paper towel and stored in plastic, bags, or containers. To clean greens: Fill a pan with cold water, plunge in the leafy greens, swish the greens. Allow to sit. Gently, lift out the greens, check the bottom of the pan for grit/sand/dirt. Repeat until the water is completely clear. Drain and allow to dry. Wrap in paper towel and place in a plastic bag or layer paper towel in a container. Refrigerate, use the most tender greens 1st within a couple of days.

Spinach- can be washed and dried before storing. Store spinach wrapped in paper towel or in layers of paper towel. Dried leaves can keep up to one week. Wilted Spinach Salad, Creamed Spinach, Stir Fry, Sauté with Garlic, shallots, onion as a side or as a bed under Chicken, fish, sliced steak, Mix into eggs for omelets or fill the omelet, Wilt spinach into soups, stews, sauces, Greek Spinach Feta Pie, Spanakopita, Quiche, add spinach to smoothies, add to ricotta cheese for Lasagna for Spinach Stem Recipes, look at

Pantryfun.com



Week 25 Fresh Inspirations October 10th—16th

It has been a week of planning for frost. I am working on Saturday morning, and it looks like the temperatures may dip low enough for worry tonight. There are plans to cover and protect as much as possible so that we may continue to enjoy some of the summer crops a bit longer. The team is out there late with the help of the October, Hunter's full moon. Just in time we are hosting Harvest Moon Hayrides and for most of us, it is just beautiful to see!

It is the season to harvest Winter Squash. Winter squash is planted in the late spring, around the time that the team plants pumpkins. It is only planted once every year and the seeds are planted directly into the soil; it is not a crop that is started in the greenhouse. It is harvested in the fall and is called winter as it will store through the cold coming months. For the most part we grow 7-8 varieties of winter squash. You may be familiar with some of them. Butternut, acorn, sweet dumpling, buttercup, honeynut, and delicata, are all prepared in the same way. Many recipes are interchangeable. The flesh of each of these winter squash is deep yellow to bright orange. With that being said, the squash in the share this week will be Spaghetti. It has been a CSA favorite in the past. It is really exciting to have enough for everyone. We, all of us who were together last year might remember that winter squash was a crop that was lost.

Spaghetti squash has a light-yellow skin and when cooked the flesh becomes even lighter and the flavor is mild making it perfect for adding sauces. When preparing winter squash, they are usually cut from stem to end. Seeds are removed. Before cooking this will look like any other squash. Turn it upside down on a baking pan (I always line the pan) bake for 40 minutes or so until tender. Turn it back and this is when you will see "spaghetti" when you gently shred and pull the strands. There is a recipe this week in the packet. The options are many, just add butter and cheese, a little cream for alfredo or a little tomato sauce, some sautéed vegetables for primavera. Gluten free, keto friendly, low carb so enjoy!

The apple this week is the Mutsu. Always a favorite if for no other reason the size. If you are going to use Mutsu apples in a recipe most of the time you will need just a couple of them to do the job. I will admit they are a little smaller this year because of the dry weather but they are the largest apple in the market, and they are a little larger than you would have for a snack. Great for eating fresh and perfect for most recipes. This apple will hold its shape when baking, it will also make great applesauce. The parent we know is once again the golden delicious, the other, unknown to us is the Indo.

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

Until next week, enjoy the freshness!

Jenn Borealo

Spaghetti Squash Casserole with Fresh Greens

- 1 medium spaghetti squash
- 1 tbsp. butter or olive oil
- 1 cup onion, chopped
- ½ cup red bell pepper, chopped
- 2-3 garlic cloves, minced
- 3 cups fresh spinach, or greens from the share chopped
- ½ cup plain Greek yogurt
- 1 egg
- 1 tsp crushed red pepper flakes
- Salt and pepper to taste
- 2 cups spaghetti sauce home made or purchased
- ¾ cup mozzarella cheese, shredded
- ½ cup Parmesan cheese
- ½ cup seasoned bread crumbs

Preheat oven to 375 degrees. Cut squash in half lengthwise, remove all seeds and place on a parchment lined baking sheet face down. Bake for 40 minutes or until fork tender.

Meanwhile, heat a large skillet over medium heat, add butter, onions, bell pepper, and minced garlic, sauté for 4-5 minutes or until onions are translucent and slightly tender. Add chopped spinach/greens and continue cooking another few minutes, or until the greens are wilted and tender. Remove from heat.

In a large bowl, beat the egg and add the yogurt, chili flakes and ¼ cup of breadcrumbs.

Once squash is cooked and cooled, use a fork to gently shred the flesh into strands. Fold squash into the mix. Pour 1 cup of tomato sauce into a 9x9" baking dish. Spoon spaghetti squash mixture over sauce and spread evenly. Then layer sautéed veggies over squash, stirring just slightly to combine it with squash. Sprinkle with mozzarella cheese. Drizzle the remaining cup of spaghetti sauce, spread evenly then top as needed. Sprinkle with the parmesan and the remaining ¼ cup of breadcrumbs. Cover with foil. Bake at 400 degrees for 15 – 20 minutes, uncover and bake for an additional 10-15 minutes or until lightly browned.

Allow the casserole to set for 10 minutes before serving.

Serve with additional red pepper flakes and Parmesan cheese if desire. Adapted from: sidechef.com

Week 25 Harvest!

- Mutzu Apples
- Beans
- Bell Peppers
- Plum Tomatoes
- Cherry Tomatoes
- Beets
- Sweet Corn
- Spinach
- Arugula
- Eggplant
- Cilantro
- Spaghetti Squash
- Onions

***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.*

Apple and Roasted Beet Salad

- 1 bunch of arugula
- 1 apple
- 1 Sliced roasted beet, cut into strips
- 1/4 cup toasted pecans or walnuts
- 1/3 cup blue, gorgonzola, or feta cheese
- 1/2 lemon

Dressing

- 1/3cup olive oil
- 1 tablespoon lemon juice
- 2 tablespoons apple cider vinegar
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- 1 pinch kosher salt

Slice the apple into quarters around the core. Slice the quarters into thin slices, then cut those into batons or matchsticks leaving a bit of peel on both ends. Place the apples in a bowl and squeeze a little lemon over them. Toss to coat.

Line the salad plate with arugula or mixed greens of choice.

Place the dressing ingredients in a small jar with a tight-fitting lid. Shake to combine. Drizzle with a little dressing. Top with thin strips of beets and apple. Drizzle with dressing. Garnish with nuts and crumbled cheese.

