

Storage Tips & Tricks

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. Extra Poblanos? 6 Ways To Use Them Up! - PepperScale.com

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. Macoun apples are not keepers so use them within this week or so.

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.

Mizuna and arugula- Remove the rubber bands. Rinse in cool water. Drain and completely dry. Wrap in paper towel and place in a plastic bag or layer paper towels in a container to store. Mizuna will stay fresh up to 5 days. Serve in a salad or wilt into a sauce or sauté in a little olive oil and garlic. Season with some lemon or soy sauce

Winter Squash -To store fall or winter squash and a cheese pumpkin: Winter squash should be stored at room temperature in a dry location like the kitchen counter or cupboard. Some Tips- Use winter squash in place of pumpkin in your favorite muffin or bread recipes. Peel and cut into squash chunks- and roast with root vegetables or with apples Simple Roasted squash. Slice the squash in half lengthwise from the stem to the bottom. Scoop out the seeds and place the squash face-down in a shallow pan with a little water (just a thin layer of water or cider will work) or without. Roast for about 40 minutes (until fork tender), then turn the squash face-side up, add a little butter season with and either cinnamon or sage, Sweeten a little with brown sugar is desired and roast until completely done, another 10-15 minutes. Roasted Pumpkin/Squash Seeds pumpkin seeds, pulp removed, rinsed, dried salt Preheat oven to 300 degrees F. Spread pumpkin seeds in a single layer on shallow baking sheet. Sprinkle with salt Bake for about 45 minutes, checking and stirring occasionally, until light

Brussel Sprouts – Use them within a couple of days. They look like little cabbages. They are in the same family however not the same vegetable. They can however develop a strong cabbage flavor if stored for too long. Simple roasting: cut the tough stem. Sprouts may drop a few leaves. I like to cut the large sprouts in ½. Place all sprouts and leaves into a bowl. Preheat an oven to 425. Drizzle with a Tablespoon or two of olive oil and sprinkle with salt. Toss. place in a single layer on a parchment lined pan. Roast for 20-25 minutes and move around, shake pan 1/2 way through. Leaves will caramelize before the sprouts.

Optional, before roasting- add some chopped garlic, thin slices of red onion, small pieces of partially cooked bacon or pancetta when seasoning. After roasting: drizzle with a little lemon juice just before serving. Another method: Brussel Sprout “Crisps” remove all the leaves from the sprout. This makes for a very crispy dish. Coat the same with olive oil, sprinkle with salt. Then roast in a single layer, at 400 for 10-15 minutes. Checking the leaves after 5 and again a few minutes later. Pan may need a shake.



Week 26 Fresh Inspirations October 18th—23rd

As the season progresses the days and especially the nights have become quite chilly. The production team continues cover to try to protect and save as much of the harvest as possible. A by-product of the cold is the harvest of some green tomatoes. Green Tomatoes are usually seen in shares once or twice about this time of year so dust off recipes for fried green tomatoes or take a look at or recipes this week.

Peppers continue to stay plentiful through the fall season. This week you will have a farm favorite, the Poblano or sometimes known as the ancho. This pepper is a gorgeous, rich, deep, green with a beautiful shape. Ancho peppers are classified as spicy or hot however they are very low on the Scoville chart with just 1000-1500 heat units. The jalapeno pepper, is 2,500-8000 if you want to make a comparison. Remember most of the heat is in the ribs and the seeds, they are both easy enough to remove.

I asked my favorite autumn question this morning. “Which apple will be in the shares?” Both Craig and Trish answered promptly, the Macoun or for the purist pronounced- MacCowan, named after William Macoun a Canadian Pomologist. The parents of the Macoun are the McIntosh and the Jersey Black. Like many other apples one is well know to us the other is not. The Macoun was released in 1923. Once again, this is a great apple for snacking, it’s flavor is described as sweet tart, it is a crisps apple, and it is the perfect size for eating out of hand. I like the Macoun for making applesauce however I would not use it for one of my choices when baking, especially pies.

This week the squash of choice is acorn. The squash will have a deep green skin and orange flesh. Recipes for fall and winter squash are interchangeable however due to the ridges it would not be easily peeled. Acorn Squash can be roasted after cutting in half or it is often seen sliced, seasoned, and roasted. Maple Roasted Acorn Squash Recipe - Add a Pinch There will be a swap or purchase item this week which may help to get you ready for Thanksgiving. The cheese pumpkin, has dense orange flesh and is the most well-known for preparing pumpkin pie. Now would be a good time to roast and puree to freeze in containers to use in your holiday pies, pancakes, breads.

And for the first time this year, we are happy to welcome into the shares the beloved Brussel Sprout. We all remember when they were not so popular. Be sure to try some of the recipes that use dry heat, roast, or sauté for the best results. Take a look at the website for some of our suggestions and be sure to share some of yours!

Before I close, I just wanted to mention the shallots in the shares last week. I believe that it is the first time that we have had them in the shares, and I neglected to mention their presence. First, I have to say that I have never had shallots that size. Store them where you keep onions and garlic and use them in recipes where you would start with both for great flavor.

If you need to contact Trish, call 908-879-7189 or Trish@alstedefarms.com. If you are looking to share a recipe or idea, send to Jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

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Need more help? Call us on 908-879-7189 or email us at: info@alstedefarms.com

We're happy to help you!

Week 26 Harvest!

Macoun Apples	Spinach
Carrots	Arugula
Bell Peppers	Eggplant
Green Tomatoes	Spinach
Hot Peppers	Acorn Squash
Beets	Mizuna

****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.**

Fried Green Tomatoes

Beat an egg in a small bowl with a Tablespoon or 2 of milk or buttermilk
 On a plate mix a cup of flour with a pinch of salt and pepper, and paprika
 (Optional) On another plate seasoned breadcrumbs or flour mixed with some corn meal
 Dip tomato slices into the egg wash and then flour, egg again and then repeat with flour and cornmeal or use breadcrumbs
 Heat a frying pan with oil Fried tomatoes can be deep fried, or pan fried.
 Brown on each side, about 3 minutes, drain on paper towel.
 Serve as a side dish or use on a BLT or layer with cheeses and tomato sauce
 And bake as you would Eggplant Parmesan or a Fried Green Tomato Lasagna.

Savory Stuffed Acorn Squash

1 medium to large Acorn Squash. Wash the winter squash. Using a sharp knife, cut in half. Scoop the seeds and pulp from the squash and set aside to clean and roast later. Preheat the oven to 350. Line a baking pan with parchment paper and place the squash upside down in the pan. Bake for 40-45 minutes until the squash is fork tender. While the squash is baking prepare the stuffing.

Sausage Zucchini Stuffing

- 3 Soft Italian Style Rolls or a mixture of day- old breads cut into cubes
- 2 shallots chopped
- 2-3 T olive oil and butter
- 4-6 T water
- 1 medium-large zucchini, shredded
- ½ c Asiago Cheese grated
- 2 T parmesan cheese grated
- 6-8 sage leaves minced or a few sprinkles of poultry seasoning
- 1 egg beaten with 2 T water
- Salt and pepper to taste

Break the bread into pieces/cubes. Sprinkle with water until moist not soggy. Warm 1 T olive oil and 1 T butter in a frying pan, sauté the shallots until soft and golden. Remove the shallots and add them to the bowl with the bread. Grate the zucchini. Add a little more oil and butter to the frying pan and sauté the zucchini until soft and dry, not brown. Add the zucchini to the bread and shallots. Mix in the cheese and the sage. Combine all of the ingredients. Beat the egg with the 2 T of water. Mix the egg into the stuffing until moist, you may not need all of the egg mix. (I used a little more than ½) Season with salt and pepper. Turn the acorn squash over and add the stuffing to the center of each half and bake an additional 15 minutes, tented with a piece of foil. Remove the foil and allow the stuffing to brown a bit 10-15 minutes. To serve: Scoop some squash with stuffing onto plates with roast or grilled Turkey Tenderloin or a Favorite Chicken dish. Optional: Remove 1-2 sausage links from the casing. Break into small pieces and cook through in a frying pan. Remove to drain. Add to the stuffing with the zucchini. Replace zucchini with a bunch of fresh torn spinach leaves that are steamed and well drained or sauteed and wilted in a little olive oil for just for a few minutes. Fruit instead of vegetable - Add chopped apple and sauté with the shallot, sausage could be added with this option as well.