

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

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

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. Parsnips - should come to you without leaves. If the leaves are attached remove and discard. Parsnip leaves can be toxic. Roast along with other root vegetables and add winter squash 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.

Cilantro: wrap cilantro in a paper towel and then place it into a bag in the refrigerator for up to a week or trim the stems and place in a jar or vase on the counter. Change the water every day.



Week 27 Fresh Inspirations October 25th—31st

As we ride through the fields on a hay wagon with the school tours, we have something new to talk about with our visitors. The tomatoes and peppers are covered and protected from the cold with what looks like white sheets. I have covered pots and sometimes a patch of my favorite flowers to extend the season. You need to have an imagination to realize what it takes to cover over an acre of tomatoes and peppers carefully and then carefully removing the cover so that the plants don't suffer from the whole process.

Apples and pumpkins are safe as they can manage the frost. School children come daily to help with the harvest here at the farm. I have been on hay wagons giving tours and I have also been in the classroom where we try to give children/young adults a little added information about what we grow and how it should and could be incorporated into their meal plan. The most difficult part of that assignment is having a class of preschoolers and then a class of high school students. You have to be ready to adjust your lesson at all times!

I could not help noticing that some of you are doing some canning. It looks like the peppers and the hot peppers are going to be available in your kitchens through the winter months. If you haven't taken a look recently, I think you might find that a recipe posted by Ashley Rivera is so sweet. I am sure that many of you have a recipe or two like this one from a parent or grandparent. When you see it, it will make you smile.

The cold weather makes me realize that we are getting close to the end of the season. At the same time, we have to look forward and start to plan for next year. I have noticed that it is time for renewal and for you to make some decisions about your share for 2023. I hope that all of you will plan to be along with us again.

As always, a little about the apple this week. Empire apples are the most notable if for no other reason their regal red color. They are the perfect apple for eating out of hand and they are the perfect size for a sweet snack. The Empire was developed at Cornell in the 1940's and the parents are the Macintosh and Red Delicious so this would not be an apple that you will want to keep in storage for a long time. Empire apples are known for bright white flesh and very little browning when cut and they do not bruise easily. This apple is in the top ten of beloved American apples. Empire apples are best eaten raw and added to salads. Empire apples have never been one of my favorites for pies, however as I research today, I am reading how they do hold their shape and texture so more recently they are recommended.

If you have questions for Trish call 908-879-7189 or Trish@alstedefarms.com. If you have something to share with all of us, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Winter Squash “Pumpkin” Bread

Move over pumpkin, there is a new loaf in town! Winter squash “pumpkin” bread is moist and flavorful, and brings the pumpkin spice season to your home all winter long.

2 cups all-purpose flour
1/2 tablespoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
2 teaspoon pumpkin spice blend
2 eggs
1 cup sugar
1 teaspoon vanilla extract
1/2 cup vegetable oil
2/3 cup buttermilk
1 cup butternut squash puree (or pumpkin puree)
½ cup chopped walnuts and raisins (optional)
Icing: Optional
1 cup confectioner’s sugar
1-2 tablespoons of your favorite maple syrup or freshly squeezed orange or lemon juice.
pumpkin spice blend

Preheat oven to 350 F.

Grease a loaf pan and line the bottom with parchment or wax paper.

In a medium bowl, sift the flour, baking powder, baking soda, salt, and pumpkin spice together.

In a large bowl, whisk the eggs and sugar until the mixture turns a light- yellow color. Add vanilla, oil, buttermilk and roasted and pureed butternut squash and mix thoroughly.

Create a well in the dry ingredients and add the liquid to the dry. Add raisins and walnuts if using. Gently stirring to combine ingredients completely. Do not overmix.

Pour the batter in the pan and bake for 60-70 minutes. Check if it is ready by sticking a toothpick in the center of the loaf bread and then withdrawing it. The toothpick must come out clean. Cool down the loaf bread completely.

Icing, optional: Mix the powdered sugar with maple syrup or juice. I prefer to use maple syrup or orange juice. If you add juice, add it slowly and mix well until you get the consistency that you like.

Cover the loaf bread with icing and sift some icing sugar with pumpkin spice blend for decoration.

Adapted From: Aheadoftime.com

Week 27 Harvest!

Empire Apples

Carrots

Bell Peppers

Green Tomatoes

Hot Peppers

Beets

Spinach

Arugula

Beans

Radishes

Butternut Squash

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.*

Creamed Brussels Sprouts

4 slices pancetta
2 shallots chopped
1/2-3/4 c mushrooms sliced
1-lb. Brussel sprouts, cleaned trimmed cut in half
Olive oil as needed
Salt and pepper to taste
2 T butter
1 T cornstarch
1/3 c vegetable broth or a little more as needed
2-3 T white wine
2 t lemon juice.
3/4 c light or heavy cream
Parmesan cheese

Cook the pancetta in a large skillet in a single later on low to medium heat. Allow bacon to get crisp, remove from heat. Drain on paper towels and reserve the fat in the pan.

Add the shallots and allow them to soften and lightly brown remove them with a slotted spoon and add the mushrooms and sauté until edges are browned. Remove to the plate with the shallots. Add a little olive oil as needed. Sauté the Brussels until they are golden and tender. Sprinkle with salt and pepper and remove from the pan. Preheat the oven to 375

Add 2 T butter to the pan. Mix in the cornstarch. Stir in vegetable broth, wine, and lemon. Stir sauce over low to medium heat. Allow the sauce to thicken and bubble and add 3/4 c light or heavy cream. Add the mushrooms, shallots, and Brussels back to the pan mix into the sauce.

Sprinkle with Parmesan cheese and crumbled pancetta

Place the pan in the oven for 8-10 minutes

Serve hot

