

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. Chicken Stuffed Poblano Peppers - Healthy Recipes Blog (healthyrecipesblogs.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, parsnips (discard leaves if attached) turnips, 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: 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.

Cabbage: Refrigerate cabbage in a plastic bag, cabbage should keep for more than a week. The outer leaves may become dark or limp, remove them and the inner cabbage will be fine to use. 6 Tips for Using Cabbage- Lots of it! • The Crunchy Ginger, the unstuffed cabbage roll will use up at least ½ of the cabbage. There is a recipe on the Alstede farms website for Pepper Cabbage. Shred a carrot into the salad too for added color and flavor.

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.

Potatoes - Store in a cool, dry, dark, place in brown paper bags. Separate varieties. Check on potatoes from previous weeks.

Basil - Place the roots or stems into a container of cool water. Cover the top with a plastic bag creating a greenhouse for the basil. Do not refrigerate. Change the water daily. Basil can stay fresh for up to a week.



Week 28 Fresh Inspirations November 1st—6th

I am hearing that many of you have already renewed your membership for next year and some of you are talking about joining us in December. When we get to this point in the season it is always difficult to imagine a week without that beautiful box of fresh produce. The production team has planted some in the field and some in the greenhouses in preparation for the Holiday extension through December.

Some of you will reap the benefit of greenhouse growing this week. The first harvest of greenhouse basil is ready. This is sort of a sneak preview to December. Basil has often been in those shares. It has become too cold, especially at night for basil. It is easy to see which herbs are the most hardy at this time of the year. There have been times when I could brush away a little snow and continue to have parsley in the winter. Sage will usually be fine for Thanksgiving, and it has come back each year for me. Most years tarragon pulls through too. Oregano has come back for me, and hyssop is just about everywhere it seems.

Peppers and beans seem to be doing well with covers on them when the nights get too cold. This has certainly been a long harvesting season for both of those vegetables. I took a look at Facebook today, just hoping for a little inspiration and I found member, Jennifer Niederhoffer had posted a recipe using the poblano peppers. It looks delicious. It would work with the roasters and probably bell peppers as well. Cilantro is an ingredient in the recipe and in the share, one more reason to take a look. Elizabeth Girouard found a way to use up quite a bit of cabbage in a mixed salad that could be served for lunch or dinner.

Apple season continues with Cameo apples in the share this week. This apple was found by chance. There was a seedling in the red delicious orchard. Needless to say, it is thought that one parent is the Red Delicious and some will tell you that the Golden Delicious is the other. Along with the Cameo that is thought to be a good eating apple you will find that you have an all-time favorite Granny Smith as well. Named after the grower who found the seedling in the rubbish. It is thought that a parent could be the French Crab. Granny Smith apples are a late apple. They are sought after all season long. I have had guests asking for them for weeks now. We all know that it is apple season, however not everyone knows that there are early, mid- season and late apples. Granny Smith apples are tart and crisp and very good keepers. They may be one that will be around when you are ready to prepare for Thanksgiving. If you are looking for an idea for this week, roast the butternut squash with chunks of Granny Smith. A little brown sugar and some dots of butter. I always start with a bit of cider in the baking dish. Cover for about 20 minutes and then uncover for another 20, until the fruit and vegetables are tender.

About this time every year I have a collection of apples. One or two from each week and I love to prepare apple butter. It is just the right time. A little chilly outside and I want my house to have that fall season spiced aroma. There is a recipe for apple butter in the packet this week. It makes a great Thanksgiving hostess gift and will make all your apple recipes taste just that little bit better!

If you have administrative questions, contact Trish@alstedefarms.com or 908-879-7189. If you have an idea or recipe that might inspire all of us, send to jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo

All Day Apple Butter

5 -6 pounds apples - peeled, cored, and finely chopped

½ cup cider

4 cups white sugar

2 teaspoons ground cinnamon

1/4 teaspoon ground cloves

1/4 teaspoon salt

Place the apples in a slow cooker.

Add the cider and start to warm through.

In a medium bowl, mix the sugar, spices, and salt. Pour the mixture over the apples and mix well. Cover and cook on high 1 hour, keeping a close eye on the pot, stir to be sure that the liquid does not completely evaporate.

Reduce the heat to low. Continue to cook 9 to 11 hours, stirring occasionally, until the mixture is thickened and very dark brown.

Uncover and continue cooking on low 1 hour. Stir with a whisk, or immersion blender if desired, to increase smoothness.

Spoon the hot apple butter into sterile containers, cover and process or refrigerate or freeze.

***I added the cider to the original recipe. I felt that it was too dry to start off at high heat without any liquid. A little water will work to start the process as well.

***There are similar recipes that prepare the apple butter overnight.

That way the butter will be hot and ready for canning in the morning.

***Apple butter will keep up to 3 weeks in the refrigerator. 6 months in the freezer

Adapted from: Allrecipes.com

Week 28 Harvest!

Cameo & Granny Smith Apples

Carrots

Bell Peppers

Brussels Sprouts

Spinach

Beets

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.*

Mashed Potato Quesadilla

Everything I used in this recipe was leftover, it is easy to make this recipe your own!

Leftover mashed potatoes about 2/3 C

1 ½ small bell peppers sliced and sauteed

½ medium onion, sauteed

Shredded or sliced Monterey Jack cheese

Tortilla/wrap

Salsa

Sour cream

Cilantro or parsley for garnish

All ingredients should be at room temperature.

Place some cheese slices or sprinkle some shredded cheese on ½ of the tortilla. Spread the mashed potato over the cheese. Top with some of the peppers and onions and a sprinkle a thin layer of cheese and fold over. Place in a pan that has been preheated over medium heat with a little olive oil. Allow the quesadilla to brown on one side before turning (using tongs). Brown the second side. Remove the quesadilla and allow to sit for a few minutes. Cut into wedges. Sprinkle with a little cilantro or parsley. Serve with some salsa or sour cream

This recipe was prepared with all vegetables, vegan cheese, and the tortilla was gluten free. Sour cream is optional.

For the carnivore, add some slices of steak, chicken, or cooked sausage.

As a breakfast or brunch option, top with a fried, or poached egg.

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