

Storage Tips & Tricks

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.

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- 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.

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.

Cider- is shelf stable for a couple of hours. It should however be stored in the refrigerator. If freezing move into individual containers for serving or to freeze the bottle remove a bit of cider to allow for expansion. When defrosted run through a strainer.

Tokyo Bekana- is a tender Asian green. Wash as needed or when you receive it. Either way it must be stored dry, wrapped in or in layers of paper towel. It will keep up to one week. Add to salads, sti. Chicken Stir Fry with Tokyo Bekana - Recipe (exceptionalcomfort.blogspot.com)



Week 29 Fresh Inspirations November 8th—14th

As we plan the shares for the week over the weekend, we are also changing the clocks to daylight savings time. We will gain an hour sleep this weekend and the production team will start work at 7 as usual on Sunday morning. The difference is that it will be light at 7 in the morning. Not so at 6pm as the days will now get shorter and shorter. There will be a full moon on the 8th that is called Beaver Moon for the hunters who years ago, would have been setting traps. For us it is still harvest, and there is so much work to do so we do need the light!

The apples this week are the coveted Pink Lady. For most of us here at the farm this is a day that we wait for. These apples have a targeted harvest date even here in NJ in November. They are crisp, sweet and a little tart. They are good keepers, and they are great to eat out of hand. They can be used in baking and pies and however you choose to use them, they will not disappoint. John Cripps an apple breeder who worked for the department of Primary Industries, is known as the father of the Pink Lady apple. The original name of the apple was Cripps Pink. The Pink Lady was bred in Western Australia in the 1970's with parents known as the Golden Delicious and Lady Williams.

We have had some warm days however it is late fall. The summer growing season is ending a little more each day. The production team has done a great job in covering and protecting to extend the season but with shorter days and cool nights (and I am sure other factors) the plants will no longer produce. In the shares this week you will notice more root vegetables that can continue to produce even after a frost and into the colder weather. Roots such as beets and carrots, turnips, and radishes. There are tubers that are potatoes and bulbs/onions still are available. Roots, tubers, and bulbs, all gather nutrients from the soil that fortify the plant, so they are a great source of energy for us. The root vegetables are actually low in calories and high in vitamins, minerals, and cancer fighting antioxidants. The tops to the beets, carrots, turnips, and radishes are all edible and should be removed when you arrive home. Store them separately. The leafy greens should be used within a couple of days or sauté or steam greens like the beet tops to extend storage time. The roots are good keepers and should be fine for more than a week. I don't think there is an easier recipe than roasted root vegetables and then after that if you have leftover or you make some extra plan to prepare roasted root vegetable soup. Recipes are included in the packet

As we go through the next week, I am sure that you are starting to make holiday menu plans. I noticed that some of you are thinking about ordering Turkeys. They are available this year. Be sure to follow instructions if you want a Turkey to be delivered with your shares.

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

Until next week, enjoy the freshness!

Jenn Borealo



Roasted Root Vegetables

Use the root veggies that you have on hand.

3 Tbsp. olive oil

Salt and pepper

1 beet, peeled, sliced

2 carrots, peeled and cut into chunks

2 parsnips peeled and cut into chunks

2 turnips peeled and sliced. Cut into thick slices or chunks

1 bunch radishes, halved

2 potatoes or sweet potato, cubed

1 onion, yellow or red cut into chunks

Fresh thyme leaves

Preheat the oven to 425

Pieces of vegetables should all be about an inch or so with similar thickness.

Place all vegetables into a large bowl toss with oil and salt and pepper

Line a baking sheet with parchment and spread vegetables in a single layer.

Roast for 20-25 minutes. Sprinkle with thyme leaves, toss, stir, roast an additional 15-20 minutes. Vegetables should be tender, with lightly browned edges. Serve hot

Or serve leftovers tossed with arugula and a vinaigrette or use leftovers in soup

Note- Not a root vegetable, however winter squash can be added to the mixture.

Week 29 Harvest!

Pink Lady Apples

Carrots

Peppers

Brussels Sprouts

Spinach

Beets

Apple Cider

Turnips

Parsnips

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.**

Order Your Thanksgiving Turkeys and Pies by visiting alstedefarms.com and choosing “include with my CSA share” at checkout and we will have your order available with your Thanksgiving week box.

Upside Down Caramel Apple Cobbler

Yield 5 serving

5-6 medium late season baking apples

3 T butter

¼ C brown sugar

Pinch of kosher salt

½ t cinnamon

½ c Alstede Fresh Pressed Apple Cider

½ T cornstarch

5 T Fresh Pressed Apple Cider

¼-1/3 c Salted Caramel Ice Cream Topping

5 Pack of refrigerator flakey biscuits

Peel, quarter, core, and thinly slice apples.

Melt butter in a large skillet and add the brown sugar. Add the apples and mix to coat with sugar. Sprinkle with salt. Sauté, stirring occasionally while apples begin to soften about 15 minutes. Mix the cornstarch and the apple cider. Pour over the apples and stir. Allow to simmer on low heat for another 15 minutes, stirring occasionally. Apples should be tender. If apples become too dry before becoming tender add a couple of tablespoons of cider as needed.

Preheat the oven to 375. Butter 5 custard cups or 6 oz ramekins. Fill cup about half full with hot filling. Top with ½-1 T of salted caramel topping. Spoon on 1-2 T more of apple filling. Add ½ T of cider to each ramekin.

Place a biscuit on top of the apples in each cup. Biscuits may be cut into 4 pieces. Bake for 12 minutes. Reduce the heat and bake for additional 10-12 minutes. Biscuit should be deep golden brown and apple filling should be bubbling.

Allow dessert to sit 5-10 minutes before serving.

Drizzle salted caramel onto a large dessert plate. Turn the cup upside down and allow all the caramel and apple to fall onto the biscuit. Dollop plate with whipped cream or vanilla ice cream. Sprinkle dessert with powdered sugar.

We used a mixture of varieties of late season apples to include Winesap, Granny Smith, and Pink Ladies. It is best to remove the apples from the custard cups/ramekins when warm for best results.

our own homegrown
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fresh