

## Storage Tips & Tricks

Peppers can be stored in a plastic bag in the refrigerator for up to two weeks.

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 30 Fresh Inspirations November 15th—20th

Just one week to go before we end our 2022 Journey and just one week left to plan the biggest dinner of the year. Thanksgiving is a holiday where food is the focus and traditional flavors must be present. I am sure that many of you are making lists already and checking them again and again to be sure that you are prepared.

As you make your plan remember that so many recipes can be started ahead and completed on the holiday. Years ago, when I was teaching, I had to prepare 7 Thanksgiving dinners, one for each 45-minute class of 24 and then at lunch time the administration came in to dine. We would start prep on the Thursday before Thanksgiving. We would make and freeze apple pies, mashed potatoes, butter, and toast bread for stuffing, prepare the cranberry sauce, and some gravy was made ahead using canned stock. Sweet potatoes were roasted and sliced and sweetened some more. Green beans were steamed. Turkeys were roasted on Monday afternoon and in the morning on Tuesday, the day of the feast and the last full day of school. Wednesday was leftover day and final cleanup.

The production team, when they can, will always try to help with the produce that you need. There will be winter squash, potatoes, cider, and apples for sure. If you need a pumpkin for pie filling now is the time to make that arrangement with “Harvie”. If you think that baking a pie with all of the other food preparation you need to make is just too much, order your pies now. Be sure that you are connecting that order to pick up with your share.

I have been enjoying the Brussel sprouts in the shares these last few weeks. We wait a long time for the harvest of this beloved vegetable. Brussel sprout seeds are planted in the green house in early spring and then in June they are transferred to the field. They take over 120 days to be ready for harvest and they are best when there is cold even a first frost to make sure that they are at their sweetest. If left on the stalk the actual sprout would flower much like the buds on broccoli. Brussel Sprouts for the longest time were considered the most hated vegetable, however as we know the cooking styles that are more popular today, roasting, grilling, and of course sauteing bring out the sweetness of them. The dryer methods will always be better than steaming, boiling, and overcooking methods of some years ago. Either way, they are good for you. Vitamin C, Fiber, folate, and some of the trace minerals. They do have anti-inflammatory properties and they can fight cancer, and of course there is so much more. Take a look at the website for recipe ideas.

If you have administrative questions, call Trish at the farm store 908-879-7189 or [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com). If you have any ideas to share send to [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com)

***Until next week, enjoy the freshness!***

*Jenn Borealo*



# THANKSGIVING WEEK UPDATE

TUESDAY Members: your final shares will be delivered/picked up on Tuesday 11/22

THURSDAY Members: your final shares will be delivered/picked up on Monday 11/21

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

## Week 30 Harvest!

Granny Smith Apples  
Carrots  
Peppers  
Brussels Sprouts  
Spinach  
Beets

Cauliflower  
Turnips  
Sugar Pumpkins  
Kohlrabi  
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.*

## Fresh Pumpkin Preparation

Fresh pumpkin can be roasted, pureed, and used in recipes. A fresh sugar pumpkin is going to be a little higher in water so you will have to adjust other liquids accordingly. Cut the pumpkin in  $\frac{1}{2}$  and roast it upside down on a baking sheet lined with parchment paper. Bake at 350 for about 45 minutes to an hour. The pumpkin skin will brown, and the fork will pierce easily. Allow pumpkin to cool, scoop the pumpkin out of the skin into a food processor. Process for about 30 seconds or until smooth. Canned pumpkin is not pumpkin but squash. I always thought that it was Hubbard squash, but it is a Dickinson Pumpkin, an heirloom variety. They look very much like a large butternut squash. If you like the thick dark orange of canned pumpkin use  $\frac{1}{2}$  fresh,  $\frac{1}{2}$  canned. Sugar pumpkins are also known as sugar pie pumpkins. They have a high ratio of seeds for their size. Years ago, the actual pumpkin was used to bake the pie filling in. Crust is the unhealthy portion of the pumpkin pie, maybe we should go back to that method. It would also make pumpkin pie a gluten free dessert. Pumpkin really doesn't have much of its own flavor. Once sweetened, it is the spice that creates the aroma that we identify with pies and breads and cooking and baking with pumpkin

## Apple Butter Apple Tart

1 Package Puff Pastry  
 $\frac{1}{2}$  cup apple butter  
2-3 baking apples, peeled cored and sliced thin  
2 T butter  
1 -2 T sugar

Open the package of Pepperidge Farm puff pastry and unfold. Separate the sections of the puff pastry and cut each section in half. Spread dough with apple butter to within a  $\frac{1}{4}$ -  $\frac{1}{2}$ " from the edge

Place sliced apples, overlapping slightly onto the apple butter and sprinkle with a little sugar. Dot with butter.

Bake @ 425 for 10-15 minutes. Glaze with warmed apple or apricot preserves.

Best if served the day they are prepared

Serve with just a little whipped cream or vanilla ice cream

our own homegrown  
**ALSTEDE**  
fresh