

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), rutabaga, or 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.

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.

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 last for up to one week. Add to salads, stir fry. Chicken Stir Fry with Tokyo Bekana - Recipe (exceptionalcomfort.blogspot.com)

Broccoli Rabe – refrigerate in plastic, do not wash before storing. Broccoli Rabe should keep for up to 5 days. 17 Easy Broccoli Rabe Recipes You'll Love - Insanely Good (insanelygoodrecipes.com)

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 for 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

Potatoes-keep potatoes in a cool, dark, dry, place. Potatoes should never be refrigerated.

Broccoli – Keep the broccoli in a plastic bag in the refrigerator for 4-5 days. Steam or blanch to extend storage time

Week 31 Fresh Inspirations November 21st—27th

As always this is one of the most difficult letters to you each year. The first 30 weeks of our journey have come to an end. Some of you have taken the option to continue through December. The good news is that I have heard that quite a few of our 2022 members have already signed up for 2023. The promise that we will all be together again does make my job a little easier.

The Production team has been thinking about Thanksgiving and this last share of the season for a few weeks. Last week we had Granny Smith apples in the shares and this week we will have one of the very late apples of the season, Braeburn. Both of these apples are great for baking and cooking. So, whatever your plan is you are set. Braeburn apples are one of the most popular supermarket varieties of apples. They were discovered on a seedling in an orchard in New Zealand where Granny Smith and Lady Hamilton apples were growing. For pies this Thanksgiving, my plan as always is to use a mix of the apples from the last few weeks. Pink ladies, Granny Smith and some Braeburn this year will make a great pie.

It is a surprise to me to be able to tell you about a vegetable in the shares that is there for the first time this year. Hard to believe with temperatures in the 20's. Broccoli Rabe with lots of green leaves and just a few buds is a delicious addition to pasta dishes. Not a popular item on a Thanksgiving table but when you are ready to take a break from “turkey day” leftovers the garlic and the pasta will be the perfect pairing.

We, all of us here at Alstede Farms wish you and your family a very happy Thanksgiving and good wishes through the December holidays. May your New Year bring you health, happiness, and joy and may your path in 2023 bring you back here to us!

If you have any questions Trish is available, call 908-879-7189 or Trish@alstedefarms.com. If you have anything to share, contact jenn@alstedefarms.com.

Until we meet again, enjoy the freshness!

Jenn Borealo



Mixed Green, Roasted Squash, and Apple Salad

Preheat the oven to 400

1 Butternut squash cut into 1" dice

1-2 T olive oil

Line a sheet pan with parchment. Toss the butternut with olive oil. Sprinkle with a little kosher salt.

Squash should be in a single layer. Roast 25-30 minutes. Turn the pieces after about 15 minutes.

1 bowl mixed salad greens lettuce and mizuna from the share

1 apple

1/4 -1/2 cup toasted pecans or walnuts

1/3 cup dried cranberries

¼ orange or lemon

Dressing

1/3cup olive oil

1/2 tablespoon lemon juice

2 T apple cider

2 tablespoons apple cider vinegar

1 tablespoon maple syrup or honey

1 teaspoon Dijon mustard

1 pinch kosher salt

Slice the apple into quarters around the core. Slice the quarters into thin slices, then cut those into batons or matchsticks leaving a bit of peel on both ends. Place the apples in a bowl and squeeze half a lemon or orange over them. Toss to coat.

Place the dressing ingredients in a small jar with a tight- fitting lid. Shake to combine.

Toss the greens, apple, top with some roasted squash, drizzle with the dressing. Garnish with nuts and dried cranberries.

Adapted from Allrecipes.com

Week 31 Harvest!

Braeburn Apples

Carrots

Parsnips

Brussels Sprouts

Spinach

Beets

Broccoli

Turnips

Sugar Pumpkins

Broccoli Raab

Winter 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.*

Rutabaga

Roasted Rutabaga: 1 Medium or 2 Small rutabaga, 1-2 T Butter and Olive Oil, Salt and pepper.

Wash and peel the rutabaga. Cut into small dice. Preheat the oven to 425 degrees. Heat the olive oil in a large skillet. Melt the butter into heated oil over medium heat. Add the rutabaga and sauté until the edges and some of the sides start to become golden brown and caramelized. Move to a parchment lined baking sheet, sprinkle with salt and pepper.

Roast in a single layer, for 20-25 minutes. Rutabaga should be deep brown and fork tender. Serve immediately.

Pureed Rutabaga: 1 Medium or 2 small rutabaga, Salt and pepper, 1-2 t butter, Heavy Cream

Wash, peel, and cut Rutabaga into a medium to large dice. Place into a medium saucepan. Fill with cold water ½" over the rutabaga. Bring to a boil. Add 1t salt to the water. Cook until fork tender 25-30 minutes. Rutabaga should be fork tender. Allow to cook for about 5 minutes more. Drain. Add 1-2 T butter and a little cream. Puree, in a food processor or blend/mash with a hand mixer. Season to taste with salt and pepper. Serve hot.

Boiled Rutabaga: 1 Medium or 2 Small Rutabaga, Salt and Pepper, Butter

Wash, peel, and cut rutabaga into a small to medium dice. Place into a medium saucepan. Fill with cold water ½" over the rutabaga. Bring to a boil. Add 1t salt to the water. Boil 20- 25 minutes until the rutabaga is fork tender. Drain and return to the pan add a tablespoon of butter, salt, and pepper.

I grew up eating boiled, mashed rutabaga. Craig our Farm Production Manager the cubed, boiled recipe. Roasting is relatively new. Roasting brings out sweetness, but the other two recipes remain my favorites. The seasoning is simple for all of the recipes. There are options. Try Nutmeg in the mashed or boiled. Rosemary, thyme, or sage on the roasted.

Drizzle with honey or maple syrup. Roast with other root vegetables, winter squash, and sweet potatoes.

Rutabaga can be a low carb replacement for potato in your meal plan. These are all side dishes. Option: Add rutabaga to soup, stews, and pot pies.

Apple Butter Apple Tart

1 Package Puff Pastry

½ 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 ¼- 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