

Chorizo Potato Hash

- 1 1/2 pounds Yukon Gold potatoes cut into 1/2" dice
- 2 tablespoons white wine vinegar divided
- 1 medium onion diced
- 2 medium bell pepper cut into 1/4" dice (I used a mix of red, yellow and green)
- 1 pound chorizo sausage skins, removed, cut into 1/2" half moons
- 4 tablespoons olive oil divided
- 1 1/2 teaspoon kosher salt divided
- 1/2 teaspoon black pepper divided
- 1/2 teaspoon cumin divided
- 1/2 teaspoon smoked paprika divided
- 1-2 eggs per person poached directions follow or just a fried egg
- Sprinkle queso fresco or feta cheese
- 1/4 cup cilantro chopped

For The Hash: Bring a medium pot of water to a boil. Add one tablespoon of vinegar and 1 teaspoon kosher salt. Add the diced potatoes and cook for 10 minutes until tender. Strain the water from the potatoes and set aside. Heat 2 tablespoons oil in a 10-12" heavy non-stick skillet over medium high heat. Add the chorizo and cook until browned and fragrant. Transfer the sausage to a medium bowl.

Add 1 tablespoon oil to the skillet and add the cooked potatoes. Sprinkle on 1/4 teaspoon each of kosher salt, black pepper, paprika and cumin. Stir to combine, then leave them alone. Don't fidget with the potatoes -- you want them to take on a golden color and crispy edges. Cook for about 7-8 minutes, stirring occasionally. Transfer potatoes to the bowl with the sausage. Add the remaining tablespoon of oil to the skillet and stir in the diced bell pepper and onion. Sprinkle on the remaining 1/4 teaspoon of salt, pepper, paprika and cumin. Stir to combine and cook until vegetables are tender, about 3-4 minutes. Remove the pan from the heat, add the chorizo and potatoes back to the pan and cover partway with the lid. **To Poach Eggs:** Fill a small pot 2/3 full with water. Add 1 tablespoon vinegar and bring to a boil. Crack an egg into a small bowl (or measuring cup) with a handle. When the water comes to a boil, reduce the heat to a low simmer (not boiling). Use the back of a wooden spoon to vigorously stir the water in the center of the pan into a circle. The water will form a vortex. Slide the egg into the center of the vortex and let it simmer for 3 1/2 minutes. Use a slotted spoon or spider to scoop out the egg. Transfer the egg to a paper towel lined dish and continue to poach the rest of the eggs. You can poach the eggs a day in advance and rewarm them the next day. To do this, cook the eggs for 3 minutes each. Transfer them to a storage container and refrigerate. The next day bring a skillet of water to a simmer and slide the eggs into the water. Let them warm for 30-40 seconds, then scoop them out, lightly pat them dry and continue with the recipe. **Assemble the Dish:** Spoon the hash onto a plate. Make a well in the center of the hash and add the poached eggs. Garnish with a sprinkle of cheese and cilantro and a pinch of smoked paprika if desired. From: www.garlicandzest.com

Cider Smoothie

Make a cider smoothie, cider, chopped apple, a little Greek yogurt, a sprinkle of cinnamon, a handful of ice and a tablespoon or two of honey or pure maple syrup.

Use cider instead of water when working with apples to start a recipe such as applesauce or apple butter.

Keep Apples from Turning Brown

Apples that are recommended for salads and serving fresh are often the varieties that will not turn brown quickly. Some lemon, lime juice or orange juice, in your dressing will keep the apples from turning brown. Vinegar will not keep the apples from turning brown and it will change the flavor of the apple.

A little salt 1/2 t and 1c water. Soak for 5 minutes, rinse and the apples should not turn brown.

Mix apples with other fruits, citrus, pineapple, kiwi are all known to help keep apples from turning brown.

Apple Cider Sauce

- 2 tablespoons butter
- 1 cup packed light brown sugar
- 2 tablespoons all-purpose flour
- 1 cup apple cider - 1/4 cup raisins
- dash nutmeg

Steps to Make It

Melt butter in a saucepan over medium-low heat. In a bowl combine the brown sugar and flour, blending well. Gradually stir the brown sugar mixture into the butter.

Add the cider to the saucepan. Cook, stirring constantly, until thickened. Add the raisins and nutmeg. Serve warm with bread pudding, pound cake, or other dessert



Alstede Farms Freshly Inspired CSA

I was at the farm yesterday in the early evening and it was beginning to look like fall. The magic was happening. Rows of mums and lots of tables and benches waiting for the arrival of pumpkins in all shapes and sizes and colors. This can be such a beautiful time of the year. If we can only get the weather to cooperate so that we may welcome our guests over the next few weeks and of course weekends. It is really so much fun to see all the kids come out from city schools for a tour and of course people come from far and wide, sometimes just a couple or a small family and sometimes huge groups of friends and family who have made Alstede farms a tradition at harvest to meet and enjoy a day at the farm.

Christine Lynn posted a recipe for Slow Cooker Apple Cider, I am going to hold onto this recipe for a bit since we have just received our first home pressed cider in our shares last week. With the eggplant in this week's share, you might want to try Greg Rowland's Eggplant that is prepared in layers with sautéed ground beef and parmesan cheese, perfect with this share would be his pear and apple crisp. CSA member Gina Bosco sent me the link for the plum torte she had made. I ate quite a few of my plums so I was happy to see them in the shares again this week. This fall I am working in our produce tent at the farm store in order to help people maximize their culinary experience with our produce. I was lucky enough to see CSA members Kim Di Maria and Beverly Hanson at the farm on Saturday. Kim spoke of the challenges of school starting, back to school night, just that busy time of year. Bev prepared plum butter in the Crock Pot on low for 20 hours. That reminds me of all day apple butter, she promises to send that link.

I have not heard too much about potatoes. Finally this morning I noticed that Tricia Seath had prepared skillet potatoes with onions, breakfast for dinner. I love the concept. Maureen Conti is adding a pepper and that Spanish tortilla will be complete. Sometimes I forget about the egg shares and just how versatile they can be. I have enjoyed having potatoes in the shares a little earlier this season. They complete so many meals. Potatoes have taken a bad rap for a long time. Recently however they have come back into favor. Nutrition values increase with yellow and purple potatoes, Yukon gold is the potato this week. It is a favored choice when making mashed potatoes and the flavor can be so rich you really don't have to add butter.

..We have all been complaining about rain for one reason or another. Everything is damp, dreary, a bad hair day, just tired of being wet and missing the sun and the beautiful days. I don't think that we can comprehend how difficult and how much of a challenge it has been farming during this season. In spite of it all we have had fabulous shares. I am so grateful to see beautiful weather for the weekend. We work all season for this time of the year and the fall harvest. We are grateful that all of you have come along in this journey with us. Continue to think good thoughts and be hopeful that the weather will cooperate. Collectively I believe we have the power to bring on the sun! Until next week, enjoy the freshness!

~food for thought~



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fresh discoveries *every day*

CSA Week 21 ~ Sep 18th - Sep 23rd 2018

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Classic and Necessities Box Contents

This Week's Full Share

- Fresh Pressed Apple Cider - Sustainable
- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Gala and Honeycrisp Apples
- Tree Ripened Peaches - Sustainable
- Tree Ripened Plums - Sustainable
- Freshly Harvested Arugula - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Cilantro - Sustainable
- Field Grown Eggplant - Sustainable
- Aromatic Onions - Sustainable
- Freshly Dug Yukon Gold Potatoes - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable
- Season's Best Husk Cherries - Sustainable

This Week's Half Share

- Fresh Pressed Apple Cider - Sustainable
- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Gala and Honeycrisp Apples - Sustainable
- Tree Ripened Peaches - Sustainable
- Tree Ripened Plums - Sustainable
- Freshly Harvested Arugula - Sustainable
- Freshly Harvested Cilantro - Sustainable
- Field Grown Eggplant - Sustainable
- Aromatic Onion - Sustainable
- Freshly Dug Yukon Gold Potatoes - Sustainable
- Vine Ripened Plum Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

This Week's Personal Share

- Fresh Pressed Apple Cider - Sustainable
- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Gala and Honeycrisp Apples - Sustainable
- Tree Ripened Peaches - Sustainable
- Tree Ripened Plums - Sustainable
- Freshly Harvested Cilantro - Sustainable
- Field Grown Eggplant - Sustainable
- Aromatic Onion - Sustainable
- Freshly Dug Yukon Gold Potatoes - Sustainable
- Vine Ripened Plum Tomatoes - Sustainable

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Purple Plum Torte

Many thanks to Gina Bosco who sent me the link this week for this recipe so that I could share with all of you!

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- Large pinch of salt
- 1 cup sugar, plus 1 tablespoon, or more or less, depending on the tartness of the plums
- 8 tablespoons (1 stick) unsalted butter, softened
- 2 large eggs
- 12 purple plums, halved and pitted
- 2 teaspoons fresh lemon juice, or more or less, depending on the tartness of the plums
- 1 teaspoon ground cinnamon

Heat the oven to 350°F (176°C). Sift the flour with the baking powder and salt. Cream 1 cup sugar and the butter in a large bowl with a hand mixer (or in a mixer) until light in color. Add the dry ingredients and then the eggs.

Spoon the batter into an ungreased 9-inch springform pan. Cover the top of the batter with the plum halves, skin side up. Sprinkle with the remaining tablespoon of sugar and the lemon juice, adjusting to the tartness of the fruit. Sprinkle with the cinnamon.

Bake the plum torte until the cake is golden and the plums are bubbly, 45 to 50 minutes. Cool on a rack, then unmold. From: leitesculinaria.com

Tips

Husk Cherries - Goldies

Used on their own or mixed with berries, husk cherries add a wonderful sweetness to desserts. They're great in cakes, pies and tarts.

Storing Apples and Pears

In the crisper drawer of the refrigerator. In a plastic bag or not. Apples can stay fresh for up to 2 months. Most early varieties do not store as well as later fruits. Be sure to check fruits in the drawer before adding more apples/pears each week.

Asian Pears

Asian Pears are ready when you get them in the shares. Try slicing Asian Pears into salads with leafy greens, red onions, blue cheese and walnuts.

Tomatoes

Ripe tomatoes can be stored on the counter for 2-3 days. Refrigerate the extra tomatoes in the warmest part of your refrigerator. Bring tomatoes back to room temperature Before serving for the best flavor.

Eat Your Potatoes!

A medium potato is only 110 calories. They can have more potassium than a banana or broccoli. They provide 35% of the daily value of vitamin C. They have 10% of the daily value of B6. Potatoes are fat, sodium and cholesterol free. Potatoes are a good source of fiber. And they are gluten free! When possible, eat the whole potato, including the skin.

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