

### Sautéed Brussels Sprout Tops

8-9 cups of Brussel sprout leaves, rinsed thoroughly  
1 medium yellow onion, finely diced  
2 cloves of garlic, finely minced  
3 slices of bacon.  
Extra Virgin Olive Oil (1-1 ½ tablespoons)  
½ cup of Vegetable Stock  
Pinch of Red Pepper Flakes  
Lemon zest  
Juice of ½ lemon  
A splash of Red wine Vinegar (to taste)  
Salt and pepper to taste.

Heat the oven to 350 degrees and cook the bacon for 15 minutes on a rack. Cool and dice.

Add the olive oil to a pan and sauté the diced onion until slightly translucent.

Once the onions start to turn translucent, add the garlic and continue to cook until the onions are soft and the garlic is slightly browned.

Add the vegetable stock to the pan and bring it to a simmer.

Add the Brussel sprout leaves to the pan and cover the pan with a lid, allowing the leaves to be steamed.

Once the leaves have slightly wilted down, add the pinch of red pepper flakes and the lemon zest.

Continue to sauté the ingredients together, stirring occasionally until they reach the texture/consistency you desire (I prefer mine to be soft, with just a slight bit of crunch. I cook mine on low heat about 30 minutes.)

Remove from heat and stir in a small splash of red wine vinegar and lemon juice.

Season with salt and pepper. Stir in the diced bacon.

Serve hot. [Thegardeningcook.com](http://Thegardeningcook.com)

#### Herbs

Have you moved your perennial herbs out of the pots into the garden so that they will have a better chance to survive the winter?

#### Fall/Winter Squash

Store winter squash in a cool environment  
To roast: Cut in ½ from stem top to the bottom, lengthwise, using a very sharp knife. Scoop out the seeds. Keep seeds for roasting (optional)

Too hard to cut. Pierce the squash, microwave 3-5 minutes. Allow to cool and it should be easier to cut through. Proceed with the instructions above

Heat the oven to 400. Place squash cut side down on a baking pan on a foil or parchment lined baking pan. You may want to brush the squash with olive oil, honey and butter or add a little water to the pan and then roast.

Bake for 45 minutes - 1 hour or a little longer until fork tender

Turn and allow to sit for 10 minutes. Scoop squash for serving

Or turn and add some butter and brown sugar. Return to the oven for another 10 minutes

#### Harrow Sweet Pears

Leave at room temperature for a day or two.

Good for eating out of hand

Add to a green salad, a little crumbled blue cheese, some toasted walnuts and some dried cranberries for garnish. Dressing: whisk together, 2 T red wine vinegar, 1 tablespoon (1 small) shallot, minced,

1 teaspoon prepared mustard, 2 teaspoons honey, ¼ teaspoon salt, ¼ teaspoon pepper, 1/3 cup extra-virgin olive oil



## Alstede Farms Freshly Inspired CSA

Last weekend we started the Harvest Moon Hay wagon rides on Friday and Saturday night. Just in time for the fall, full moon, known as the Harvest Moon. It is named for the work that is going on in the fields. This moon delivers light to farmers so that they can see and work a little longer in the fields bringing in the last of summer and of course the fall crops.

I think we are looking at a sunny stretch of weather, finally. Let's hope that it will really materialize. We all read Farmer Kurt's message about the weather this year and during this past week the challenges. Imagine trying to plant, harvest, care for crops, and dare I say plan for our shares. I agree with Michelle Zanzonico, the shares have been "bursting and delicious" in spite of the weather!

Our team has become quite creative. For the first time we are going to have Brussel Sprout Leaves. This would probably never be sold in a supermarket. In order to have them, you have to grow Brussel sprouts. In past years these were probably a part of the compost pile. Maybe even in your house since we usually distribute Brussel sprouts on the stalk with the leaf attached to the top. The leaves have the texture and consistency of collard greens but they have a taste that is similar to kale.

By popular demand the production team listened to your request for celery. This time it was grown in the fields. Celery loves water so it was totally satisfied with the rain however it does not like too much heat. You will find that the outer stalks are a bit bitter and tough, save them for soup. The inner stalks can be used for other recipes. Take a look at the "tips" this week for a simple preparation moisture.

The new apple this week is Macintosh. It was the favored apple for years, it dates back to the early 1800's. This was the apple of my childhood years. The one apple that seemed to always be available. We used this apple for everything. I have friends who continue to use Macintosh apples for their apple pies even though there are so many varieties that are more highly recommended. They cook down and leave the pie crust standing high, but hollow. Apple sauce is the recommended use for this apple and of course snacking and eating out of hand.

I am loving the fall recipes on Facebook. The chill in the air just makes me want to cook more. Becky Ellis stuffed the Butternut squash and Rhonda Sutaria stuffed burritos. We will have squash again this week, probably most weeks until the end of the season so you will have a chance to try some of these recipes and ideas along the way.

I am off to work at the farm store again today. It is that busy time of year when everyone wants to be at the farm. So many of our guests are discovering something new during their visit. Goldies or husk cherries, the eggplant varieties, and so many apples that are unknown to most are a new taste experience. Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

# CSA Week 23 ~ Oct 1st - Oct 7th 2018

~discover the perfect fit for you~

## Classic and Necessities Box Contents

### This Week's Full Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Harrow Sweet Pears - Sustainable
- Tree Ripened MacIntosh and Macoun Apples - Sustainable
- Freshly Harvested Brussels Sprout Tops - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Cilantro - Sustainable
- Freshly Harvested Celery - Sustainable
- Aromatic Onion - Sustainable
- Freshly Dug Yukon Gold Potatoes - Sustainable
- Field Grown Peppers - Sustainable
- Vine Fresh Acorn Squash - Sustainable
- Vine Fresh Sweet Dumpling Squash - Sustainable

### This Week's Half Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Harrow Sweet Pears - Sustainable
- Tree Ripened MacIntosh and Macoun Apples - Sustainable
- Freshly Harvested Brussels Sprout Tops - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Cilantro - Sustainable
- Aromatic Onion - Sustainable
- Freshly Dug Yukon Gold Potatoes - Sustainable
- Field Grown Peppers - Sustainable
- Vine Fresh Acorn Squash - Sustainable

### This Week's Personal Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Harrow Sweet Pears - Sustainable
- Tree Ripened MacIntosh and Macoun Apples - Sustainable
- Freshly Harvested Brussels Sprout Tops - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Cilantro - Sustainable
- Aromatic Onion - Sustainable
- Freshly Dug Yukon Gold Potatoes - Sustainable
- Field Grown Peppers - Sustainable
- Vine Fresh Acorn Squash - Sustainable

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### Parsley Potato Carrot Hash

2 tablespoons olive oil

1 tablespoon butter

1 1/2 lbs. potatoes, cubed

1 large carrot, cubed

Salt and pepper

1/3 cup finely chopped shallot

1/2 cup coarsely chopped fresh parsley

Heat olive oil and butter in a skillet over medium flame.

Add potatoes and carrots and season generously with salt and pepper and toss well. Cook undisturbed 4-5

minutes to brown on one side, then toss and brown

again for 4-5 minutes. Lower heat, stir in shallots and

continue to cook, stirring occasionally, until tender. Stir

in parsley. From: GeniusKitchen.com

### Tips

#### Yukon Gold Potatoes

Yukon Gold Potatoes are the best for mashed.

Use very little or no butter at all due to the rich flavor of the potato

#### 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.

#### Simple Celery Prep

This morning I melted a little butter added some olive oil cut the celery

into 1" pieces and washed not draining completely so that I had some extra moisture.

Sauté for a minute or two and then cover and allow to steam until tender. Sprinkle with a little salt and pepper

### Bushel of Apples

\$25

### This Week Only

*If you are eager to make your own sauces and pies, now is a perfect time to stock up on apples. If you need recommendations for which varieties are best for each crop, reference the Apple Guide on our Facebook group.*

*Call 908-879-7189 to place your special order to go with your delivery.*

Valid this week only 10/1/18 and 10/7/18 Must be presented in person

### 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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