

Batter Dropped Cider Donuts

1 cup of cider, boiled down to 1/4 cup. Let cool.
 2 cups flour
 1/4 cup sugar
 3 teaspoons baking powder
 1/2 teaspoon salt
 1 teaspoon cinnamon
 1/2 teaspoon fresh ground nutmeg
 1/3 cup milk
 1 egg, slightly beaten
 1 teaspoon vanilla extract

 1/3 cup sugar
 1/2 teaspoon cinnamon
 3 cups of oil or enough to fill pan to 3 inches (Crisco will give a better taste, so use that if you dare.)
 Assemble ingredients.
 Lightly spoon flour into measuring cup; level off.
 In large bowl combine flour, 1/4 cup sugar, baking powder, salt, 1 teaspoon cinnamon and nutmeg; blend well. Add milk, apple cider that was concentrated, vanilla, and egg; stir with fork until thoroughly mixed, but do not over-mix.
 Drop by teaspoonfuls into hot oil 4-5 a time, keeping the temperature at 375 degrees. Fry doughnut balls 1 to 1-1/2 minutes on each side or until golden brown. Remove with slotted spoon. Drain on paper towels.
 In small bowl or plastic bag combine 1/3 cup sugar and 1/2 teaspoon cinnamon; roll or shake warm doughnuts in mixture. Enjoy while still warm.
 Credit: nhmagazine.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 1/2 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

Check Your Potatoes

One potato that goes bad can cause others to do the same.

Check potatoes each week and always use what you have first when possible

Keep varieties in different containers

Store separately from onions



Alstede Farms Freshly Inspired CSA

This week, I gave my students the chance to choose a recipe that they wanted to prepare this week. They chose apple cider donuts. I found a recipe that I am sharing with you. Making a drop donut at home is so much easier than the recipes that call for rolling and cutting out. They were a huge success. I only had the chance to taste one, they packed everything up. My plan is to make the donuts myself one day soon. Notice that the cider is reduced in the recipe. Be sure to use very low heat and stay close by as you are getting near the 1/4 cup measure. It doesn't take long to go from just above the quarter to a burnt pan. I have the pan to prove it. We prepared the batter one day, refrigerated it and fried the donuts on day two. We used teaspoons to drop the dough, larger would mean that the donut would be too dark on the outside before the inside was cooked through. Those of you who have the donut pans to bake in might want to try that method.

I have seen magazine covers and so many articles about sheet pan dinners. Use a sheet pan or use a 13x9 baking dish, the idea is about the same, the smaller the pan the more moisture in the final dish. These are the one pot dinners of today. Roast instead of simmer or stew or crock pot. This recipe should work well with our shares and our herb gardens. Note that there is a recipe for the herb packet that we really don't need to buy. I suggest changing the butter to olive oil and I like to sprinkle with a little lemon before serving. The choice is yours.

The apple this week is the Jonaprince. A fairly large apple that is delicious, so juicy, and such a pretty apple as well. This Jonaprince is a blend of the Jonathan and Golden Delicious apples and it is a cousin of the Jonagold apple. Both parents have been recommended for pie. Golden Delicious is also favored for sauce. The Jonaprince is recommended for sauce and pies on many sites. If baking is not going to be a part of your week a salad or just eating out of hand should work for you.

It seems that the Brussel Sprout tops made a hit with some of you. I think that it may be a one-time treat, something like garlic scapes. They have to be on the young side and when cut the energy will now go back into the plant and the Brussel Sprouts will be a little larger. We all had more than a single bunch in the shares so that could count up to over 3000 plants.

The squash this week will be buttercup, otherwise known as Kabocha. It has also been identified as Japanese pumpkin or squash. It is a pretty squash and a contrasting color to all the "orange" this time of year. Once again you can use it for decoration before serving. Remember that all of the recipes for winter squash are interchangeable.

I think this is the year of the green bean, they will be in the shares this week. So until next week, enjoy the freshness!

~food for thought~



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CSA Week 24 ~ Oct 8th - Oct 14th 2018

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Classic and Necessities Box Contents

This Week's Full Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Jonaprince and Red Delicious Apples - Sustainable
- Hand Picked Beans - Sustainable
- Hand Picked Beets - Sustainable
- Freshly Harvested Collards - Sustainable
- Freshly Harvested Chives - Certified Organic
- Aromatic Onion - Sustainable
- Hand Picked Parsnips - Sustainable
- Freshly Dug Red Potatoes - Sustainable
- Field Grown Lunchbox Peppers - Certified Organic
- Vine Fresh Buttercup (Kabocha) Squash - Sustainable

This Week's Half Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Jonaprince and Red Delicious Apples - Sustainable
- Hand Picked Beans - Sustainable
- Freshly Harvested Collards - Sustainable
- Freshly Harvested Chives - Certified Organic
- Aromatic Onion - Sustainable
- Freshly Dug Red Potatoes - Sustainable
- Vine Fresh Buttercup (Kabocha) Squash - Sustainable

This Week's Personal Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Jonaprince and Red Delicious Apples - Sustainable
- Hand Picked Beans - Sustainable
- Freshly Harvested Collards - Sustainable
- Freshly Harvested Chives - Certified Organic
- Aromatic Onion - Sustainable
- Freshly Dug Red Potatoes - Sustainable
- Vine Fresh Buttercup (Kabocha) Squash - Sustainable

One Pan Wonder - Green Beans and Potatoes

- 12 oz. green beans
- 1 lb. chicken breasts diced
- 1 lb. red potatoes chopped
- 1/2 cup butter {I use salted} (substitute 1/4 c olive oil)
- 1 0.6 oz. Zesty Italian seasoning packet
- Salt and pepper

Preheat oven to 350°F.

Layer your green beans, chicken, and potatoes in a 9x13 inch baking dish.

Cut your butter into 12-16 slices and spread evenly atop the veggies and chicken.

Sprinkle the Italian seasoning packet evenly over the beans, chicken, and potatoes and top with salt and pepper, to taste.

Bake, uncovered, for 1 hour, until chicken is no longer pink and potatoes are soft. {If your beans start to get too cooked at about the 45 minute mark, place foil over the pan.

From: highheelsandgrills.com

Tips

Replace Tortillas with Collards

Try using collard greens as a low calorie alternative to corn or flour tortillas.

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.

Freezing Beans

Blanch washed beans in boiling water for 3 minutes.

Plunge into an ice water bath to cool.

Drain and pat dry with clean dish towels.

Place in Ziploc bags. As you close the bag leave a little opening, enough to insert a straw so that you can draw the air out of the bag. Press the straw closed where inserted as you pull out the straw and complete closing the bag.

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.

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 10/8/18 and 10/14/18 Must be presented in person



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