

### Sweet Dumpling Squash

#### Soup

The sweet and delicate flavor of sweet dumpling squash makes it especially good for soup. Dice a peeled sweet dumpling and simmer it in vegetable or chicken broth, then puree it with an immersion blender. Flavor your soup with minced fresh ginger, maple syrup, cumin or a pinch of saffron. Make it richer by adding cream just before serving. Garnish the soup with toasted pumpkin or squash seeds, walnuts or pecans, a slice of roasted apple or a sprinkling of caramelized onions.

#### Steamed or Boiled

Once peeled, sweet dumpling has a relatively soft flesh and is easier to cut than many other squashes. You can dice it with minimal effort and simmer the pieces like any other side vegetable. You can serve the colorful pieces intact or mash them with a small amount of cream or butter and a pinch of nutmeg. Alternatively, you can steam diced or sliced sweet dumpling. This minimizes nutrient loss and preserves the pure, sweet flavor of the squash itself.

#### Sautéed

Sautéing sweet dumpling squash, like roasting it, caramelizes its naturally occurring sugars. This gives it a richer, deeper flavor that goes well with autumnal dishes such as pot roast, beef stew or roasted turkey. Dice or slice a peeled sweet dumpling and sauté the pieces over moderate heat until they are tender and becoming soft at the edges. Turn up the heat and shake the pan frequently to prevent the squash from sticking. Continue to cook the squash pieces until they are well browned and serve as a side dish with your meal.

From: Livestrong.com

#### Remove Beet Greens

Remove beet greens from roots before storing. Store separately  
Use beet greens within a couple of days

#### Apple Chips

2 apples  
cinnamon

Preheat oven to 225 degrees F. Line 2 large baking sheets with parchment paper.

Using a very sharp knife, slice the apples as thinly as possible. Gently remove the seeds with a small paring knife.

Arrange the apple slices in a single layer on the baking sheets. Sprinkle with 1/2 teaspoon cinnamon.

Bake 1 hour. Flip to the other side, sprinkle with more cinnamon, and bake 1 more hour.

Check to see if the apple slices are crisp. If they're still a bit soft, flip again and bake 30 more minutes, or until crisp.

Transfer to a cooling rack and allow to cool for 30 minutes before serving

#### Wrap Lettuce in Foil

Try the aluminum foil trick for lettuce

Wrap the head of lettuce in aluminum foil.

Be sure it is completely covered

Wash lettuce as needed

Lettuce can last up to a month



## Alstede Farms Freshly Inspired CSA

It is Saturday morning and all I can think is rain, rain, go away, and I am not really thinking come back another day. We all know that the rain has caused so many problems with planting and timing and crop loss. We really don't want rain when it is harvest and the days that should be our busiest of the year. We need the weekends so as a collective group we have to work our magic and think and pray for sun! The cooler weather is certainly welcome. I think that it makes us start nesting. Decorating for holidays and cooking and baking and filling our homes with the most fabulous aromas.

One of the items in the box that I love to roast and fill with apples is the squash. It is a true sign of the season and it can brighten any plate with color and flavor. This week's squash is the cutest of all the varieties in my opinion, the sweet dumpling squash. The pretty white with green lines and specks will add to a fall centerpiece with gorgeous contrast to everything else and then of course it will add great flavor to your menu when you are ready.

Green beans, again? I had a little boy in the farm store the other day singing the "eat your beans" song. Not sure they are the beans that cause the digestive issues we can laugh about, it was adorable! I am including a recipe with green beans pasta and potatoes. I have had green beans with each starch and at times when I was young I would actually have pasta and potatoes in the same dish. Only when my father would win the argument. My tiny, health conscious mother would argue that 2 starches should not be served together. To this day at 92 she maintains the same philosophy on the subject. The choice is yours. I just hope you still have a bit of basil in your garden or you have some frozen pesto from the late summer.

We have waited a while and finally lettuce is back in the shares. The weather this season once again did effect this crop a few times. Some of the heat during the late spring and early summer where the daytime and night temperatures were higher than usual caused the lettuce to bolt. The wet fields were constantly an issue when they could not run tractors and planters when seedlings were ready to get into the ground. Somehow they found a window of opportunity and we will now reap the benefit.

You should not have any trouble identifying the apples in the share this week. You will be able to tell them apart. The Mutsu, it is one of the largest apples with yellow green skin. The other is the Empire, a smaller apple that has a deep, rich, rich red skin. One of the parents of the Mutsu is the golden delicious and a parent of the Empire is the red delicious. Both apples are known for great fresh eating out of hand. Empire has always been recommended for adding to the lunch bag because of its perfect size. It does not turn brown after cutting so it is often used in salads.

Another box bursting with fresh homegrown produce. Until next week, enjoy the freshness!

~food for thought~



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# CSA Week 25 ~ Oct 16th - Oct 21th 2018

~discover the perfect fit for you~

## Classic and Necessities Box Contents

### This Week's Full Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Empire Apples - Sustainable
- Tree Ripened Mutsu Apples - Sustainable
- Tree Ripened Mutsu Apples - Sustainable
- Hand Picked Beans - Sustainable
- Hand Picked Beets - Sustainable
- Freshly Harvested Lettuce - Sustainable
- Aromatic Onion - Sustainable
- Field Grown Peppers - Sustainable
- Freshly Dug White Potatoes - Sustainable
- Field Grown Lunchbox Peppers - Certified Organic
- Vine Fresh Sweet Dumpling Squash - Sustainable

### This Week's Half Share

- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Empire Apples - Sustainable
- Tree Ripened Mutsu Apples - Sustainable
- Hand Picked Beans - Sustainable
- Freshly Harvested Lettuce - Sustainable
- Aromatic Onion - Sustainable
- Field Grown Lunchbox Peppers - Certified Organic
- Freshly Dug White Potatoes - Sustainable
- Vine Fresh Sweet Dumpling Squash - Sustainable

### This Week's Personal Share

- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Empire Apples - Sustainable
- Tree Ripened Mutsu Apples - Sustainable
- Hand Picked Beans - Sustainable
- Freshly Harvested Lettuce - Sustainable
- Aromatic Onion - Sustainable
- Field Grown Lunchbox Peppers - Certified Organic
- Freshly Dug White Potatoes - Sustainable
- Vine Fresh Sweet Dumpling Squash - Sustainable

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### Pasta with Pesto, Beans, and Potatoes

1 lb. box of spaghetti or other pasta

1 cups fresh pesto, recipe here

8 oz. fresh, young green beans

3 small, new potatoes

Boil the potatoes with their skins on until they can be pierced easily with a knife. Peel off the skins with a knife and thinly slice.

Wash and trim the green beans and cook in boiling salted water until just tender. Drain and set aside.

Boil the pasta in salted water until al dente, firm to the bite. Drain, reserving some of the cooking water.

Toss pasta with the pesto sauce until thoroughly combined adding a few spoons of reserved cooking water so it is the desired consistency.

Gently toss in potatoes and green beans.

Serve immediately.

From: foodtasia.com

### Tips

#### Roasted Green Beans

Preheat oven to 425°. Toss green beans with olive oil and season with salt and pepper. Spread beans into an even layer on a large baking sheet and roast until golden and tender, 12 to 15 minutes.

#### 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.

### 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 10/15/18 and 10/21/18 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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