

Shrimp Salad with Potatoes and Green Beans

1 lemon wedge plus 2 Tbs. fresh lemon juice
4 green onions, white and light green portions finely chopped, trimmings reserved
3 Tbs. minced fresh dill, stems reserved
3/4 lb. boiling potatoes cut into 1-inch pieces
3/4 lb. green beans cut into 1 1/2-inch pieces
1 tsp. whole-grain Dijon mustard
3 Tbs. extra-virgin olive oil
1 Tbs. course kosher salt, plus more, to taste
3/4 lb. large shrimp peeled and deveined
Freshly ground pepper, to taste

Fill a small saucepan three-fourths full of water. Add the lemon wedge, green onion trimmings and dill stems and bring to a boil over high heat. Cover and reduce the heat to low and simmer to blend the flavors while you cook the vegetables.

In a steamer over boiling water, steam the potatoes until just tender, about 15 minutes. Transfer the potatoes to a colander, drain briefly and then transfer to a large bowl. Using a rubber spatula, gently stir in 1 Tbs. of the lemon juice.

Add the green beans to the steamer and steam until just crisp-tender, about 6 minutes. Transfer the beans to a colander, drain briefly and then add to the bowl with the potatoes.

In a small bowl, combine the mustard and the remaining 1 Tbs. lemon juice. Gradually whisk in the olive oil. Add to the potatoes and green beans. Add the chopped green onions and the minced dill and stir gently to combine.

Increase the heat under the seasoned water to high and bring to a boil. Add the 1 Tbs. salt and the shrimp. Return the water to a boil, then reduce the heat and simmer until the shrimp are just cooked through, about 2 minutes. Drain well.

Cut the shrimp into 3/4-inch pieces and add to the salad. Toss to combine. Season the salad with salt and pepper and serve immediately. Serves 2.

Quick tips: This recipe doubles easily and can be made 1 day ahead of time. If you are cooking for 2, consider doubling the recipe and serving it again for an extra-quick dinner the next night. For a sustainable product, look for wild American shrimp. For even faster prep purchase cooked shrimp that has already been peeled. From : WilliamSonoma.com

Acorn Squash

You can prepare acorn squash to be sweet or savory.

Apple Butter

5 1/2 pounds apples - peeled, cored and finely chopped, 4 cups white sugar, 2 teaspoons ground cinnamon, 1/4 teaspoon ground cloves, 1/4 teaspoon salt

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Place the apples in a slow cooker. In a medium bowl, mix the sugar, cinnamon, cloves and salt. Pour the mixture over the apples in the slow cooker and mix well.

Cover and cook on high 1 hour.

Reduce heat to low and cook 9 to 11 hours, stirring occasionally, until the mixture is thickened and dark brown.

Uncover and continue cooking on low 1 hour. Stir with a whisk, if desired, to increase smoothness.

Spoon the mixture into sterile containers, cover and refrigerate or freeze.

Brussels Sprouts

Remove the sprouts from the stalk.

Snap them off with your fingers

Place them in a plastic bag in the refrigerator

Use them within 1-2 days for the best sweet fresh taste.

The longer they are kept the stronger the cabbage flavor will develop.

They are decorative on the stalk but they will deteriorate quickly if left out on the counter



Alstede Farms Freshly Inspired CSA

We have arrived at the time of year where we see temperatures that will bring a frost overnight which means that we may have to cover crops for protection or clean pick the crop and bring in the harvest completely. We at times will reap the benefits from that task. This week all of the peppers were picked completing their season. Peppers from our fields will be in shares for the last time this week. We may however have peppers from the greenhouses as the season progresses.

The apple this week is the Winesap. This is an old variety of apple that dates back to the 1700's with later development in the 1800's. The skin is firm, the flesh is a creamy yellow and very juicy. The flavor is sweet tart and they of course get their name from the spicy wine like flavor. They are one of the late apples of the season. These apples are one of the most versatile as they will work in salads, stuffing, pies, cakes, sauces. A juicy apple can guarantee that we will use some of this variety for cider. You may remember that these are also one of the best apples for keeping. They can last into the spring at the right temperature. If you are thinking about saving apples for holiday baking, this may be one that you will keep. The favored Macoun will also be included this week.

Russet potatoes will be the choice this week. I always roast a few extra and keep them in my refrigerator for home fries or soups or stew. They will work well this week in the Collard Green and Potato Hash recipe. Leafy greens return. Lettuce, collards, some of you will have Bok Choy and we are just starting to harvest Brussel Sprouts.

I love the idea from Holiday Corner posted by Cathie Hall. The "Thankful Pumpkin" is a great new family tradition idea. Cathie also posted helpful pictures of all the winter squash varieties. Christal Lynn posted a recipe using green beans, potatoes and shrimp. A main dish salad that I could not resist printing this week for any of you who are not on Facebook. It looks delicious. I am thinking that maybe in the cold weather it could be prepared as a hot dish as well.

As you may know I have been working at the farm store for the fall season. I am finding in the last week or so that the emphasis has changed. At first it was all about the pumpkin for decoration. Now our guests are looking forward to the best pumpkin or squash for cooking and baking. We here at the farm will be using pumpkin in our pancake batter next Sunday morning. Maybe you can plan to join us? Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 26 ~ Oct 23rd - Oct 25th 2018

~discover the perfect fit for you~

Classic and Necessities Box Contents

This Week's Full Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Macoun Apples - Sustainable
- Tree Ripened Winesap Apples - Sustainable
- Hand Picked Beans - Sustainable
- Freshly Harvested Bok Choy - Sustainable
- Field Grown Brussels Sprouts - Sustainable
- Freshly Harvested Collards - Sustainable
- Freshly Harvested Lettuce - Sustainable
- Aromatic Onion - Sustainable
- Field Grown Peppers - Sustainable
- Freshly Dug Russet Potatoes - Sustainable
- *Bonus* Vine Fresh Delicata Squash - Sustainable
- Vine Fresh Acorn Squash - Sustainable

This Week's Half Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Macoun Apples - Sustainable
- Tree Ripened Winesap Apples - Sustainable
- Hand Picked Beans - Sustainable
- Freshly Harvested Collards - Sustainable
- Freshly Harvested Lettuce - Sustainable
- Field Grown Peppers - Sustainable
- Freshly Dug Russet Potatoes - Sustainable
- *Bonus* Vine Fresh Delicata Squash - Sustainable
- Vine Fresh Acorn Squash - Sustainable

This Week's Personal Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Macoun Apples - Sustainable
- Tree Ripened Winesap Apples - Sustainable
- Hand Picked Beans - Sustainable
- Freshly Harvested Collards - Sustainable
- Freshly Harvested Lettuce - Sustainable
- Field Grown Peppers - Sustainable
- Freshly Dug Russet Potatoes - Sustainable
- *Bonus* Vine Fresh Delicata Squash - Sustainable
- Vine Fresh Acorn Squash - Sustainable

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

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Potato and Collard Green Hash

1 large bunch collard greens, about 1 1/2 pounds, stemmed and washed in 2 changes of water

Salt to taste

3 tablespoons extra virgin olive oil

1 onion, sliced very thin in half-moons

2 to 4 garlic cloves, green shoots removed, sliced thin

1/4 to 1/2 teaspoon crushed red pepper flakes (optional)

3/4 pound potatoes in the share

Bring a large pot of water to a boil. Fill a bowl with ice water. When the water comes to a boil, salt generously and add the collard greens. Blanch for four minutes, and transfer to the ice water with a slotted spoon or skimmer. Drain and squeeze out extra water. Chop coarsely. Set aside the cooking water.

Heat 2 tablespoons of the oil over medium heat in a wide, lidded skillet or Dutch oven, and add the onion. Cook, stirring often, until it begins to soften, about three minutes. Add a generous pinch of salt, the garlic and crushed red pepper flakes. Continue to cook, stirring often, until the onion is tender, about five minutes. Stir in the collard greens. Mix together for a few minutes, and then add 1 cup of the cooking water and salt to taste. Bring to a simmer, cover partially, and simmer over low heat for 45 minutes to 1 hour, stirring often and adding more cooking water from time to time, so that the greens are always simmering in a small amount of liquid.

While the greens are cooking, scrub the potatoes and add to the pot with the cooking water. Bring back to a boil, lower the heat and simmer until the potatoes are tender, about 25 minutes. Remove the potatoes from the cooking water, and allow to cool slightly so that you can peel them if you wish. Cut them into large chunks.

Uncover the greens, and add the potatoes. Using a fork or the back of a wooden spoon, crush the potatoes and stir into the greens. Add a tablespoon of olive oil and salt and pepper to taste, and stir over low heat until the greens and potatoes are well combined. The potatoes should not be like mashed potatoes, just crushed and intermingled with the greens, like hash. Taste, adjust seasonings and serve. Adapted from: NYT Cooking

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.

Leafy Greens

Tender greens should be used first
Clean the lettuce and dry, roll in paper towel and place in a plastic bag

Use within a few days

Use Collards within the first 4 days

Roasted Squash Seeds

Yield 1 cup

1 cup winter squash seeds
1 tablespoon olive oil
1/2 teaspoon salt, or to taste

Preheat the oven to 275 degrees F. Line a baking sheet with parchment paper or aluminum foil.
After removing the seeds from the squash, rinse with water, and remove any strings and bits of squash. Pat dry, and place in a small bowl. Stir the olive oil and salt into the seeds until evenly coated. Spread out in an even layer on the prepared baking sheet. Bake for 15 minutes, or until seeds start to pop. Remove from oven and cool on the baking sheet before serving.
Roast some extra russet potatoes for use later in the week. They make the best home fries and they can be added to soups and stews as well



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