

Simple Butternut Squash Recipes

Spicy Cinnamon Squash

Cut squash into wedges, removing pulp. Drizzle with olive oil. Sprinkle with cinnamon and cayenne. Roast until tender.

Squash "Baked Potato Skins"

Cut butternut squash into large even-sized rounds or wedges. Lightly spray with oil. Roast until tender. Top with grated sharp cheddar cheese and sliced green onions. Continue roasting until cheese melts. Serve dolloped with low-fat sour cream.

Tarragon-Squash Bisque

Chop a butternut squash into small chunks. Coarsely chop a couple of shallots. Place both in a pot. Cover with chicken or vegetable broth. Bring to a boil. Reduce heat and simmer until squash is tender. Purée until smooth. Thin with more broth, if needed. Taste and season with fresh chopped tarragon, salt and pepper.

Squash Potato Salad

Steam cubes of squash. Let cool completely. Whisk plain yogurt with smoked paprika, salt and pepper. Toss with squash along with some thinly sliced green onion and chopped parsley.

Quinoa-Stuffed Acorn Squash

Cut acorn squash in half. Scoop out pulpy centres. Roast until almost tender. Fill with cooked quinoa that's been tossed with low-fat vinaigrette, feta, tomatoes and chopped herbs. Cover with foil and continue roasting until filling is warm and squash is tender.

Squash Fries

Cut butternut squash into French-fry sized pieces. Lightly toss in oil. Sprinkle with cumin and chili powder. Roast until tender. Serve alongside roast chicken.

Spiced Squash "Pumpkin" Pie

Roast butternut squash cubes until tender. Purée in a food processor until very smooth. Use in place of canned pumpkin in a pumpkin pie recipe for a fresh alternative. Bake as directed in recipe.

Warm Spinach and Squash Chevre Salad

Roast lightly-oiled cubes of squash. When tender, toss with spinach allowing it to wilt. (Spinach is at its healthiest when wilted.) Drizzle with low-fat vinaigrette and sprinkle with toasted almonds and crumbled goat cheese.

Fusilli with Creamy Butternut Squash Sauce and Mushrooms

Cook butternut squash cubes in a mixture of water and chicken broth until tender. Purée, then thin with a little milk. Stir in freshly grated Parmigiano Reggiano, choppe

Freeze Hash Brown Potatoes

21-24 russet potatoes or gold potatoes
Scrub the potatoes, poke them a few times with a fork. Place all potatoes on a baking sheet and bake them at 350F degrees for 1 hour or just until fork tender.

Allow potatoes to completely cool and then transfer them to the refrigerator for a few hours or overnight.

Doing this will make grating much easier.

Shred the cold baked potatoes with a box grater, food processor, or Kitchen Aid attachment. The peel should slip off easily as you grate and those pieces can be discarded.

Spread the shredded potatoes on the same cookie sheet about 3/4" thickness. Cover with a piece of parchment paper and spread another layer of shredded potatoes.

Continue with the remaining potatoes, making sure to keep the layers at 3/4" thickness with parchment paper in between.

Pop the sheets in the freezer until completely frozen
Once frozen break apart and place in a zip lock bag or freezer save container

To Use: If using in a casserole, thaw first, if frying hash browns, frozen is fine

Fried Green Tomatoes

3 cups buttermilk

1/2 tablespoon kosher salt, plus more for seasoning

1/4 tablespoon cracked pepper, plus more for seasoning

1 egg

3 cups all-purpose flour

1/2 tablespoon Creole seasoning

1/4 tablespoon garlic powder

1 quart vegetable oil

3 green tomato sliced into 3 thick slices

Dredge the green tomato slices in the flour mix, then the egg wash, and then the flour mix again and set aside. Once the oil is at the correct temperature, slowly place the green tomato slices in the oil. (Make sure the oil is no higher than half way up your pan.) Cook until golden brown, about 3 minutes on each side. Once golden on both sides, lift the tomatoes out and place on a plate that has been lined with a paper towel. Season with salt and pepper.



Alstede Farms Freshly Inspired CSA

I just finished working at the last pancake breakfast of the season. The pumpkin pancakes are one of my favorites and with the home-made apple sauce on the side, what could be better. It is my plan to make this with my students this week. Last year they were skeptical, then they tasted them. It seemed that we could not make enough to satisfy them. Butternut squash puree would work as an alternate for the pumpkin. Sugar pumpkins may be in shares in the next week or so. In time to prepare for Thanksgiving.

Cameo apples are in the shares this week. The Cameo apple was discovered in 1987 by chance in a Dryden Washington orchard owned by the Claude family. The parentage is not definite. The orchard where this apple was found had both red and golden delicious fruit growing. The shape and the coloring of the apple certainly resemble both apples mentioned. We will also have the Jonagold and Jonaprince apples once again. One of my favorites. Another apple with a golden delicious parent. I like to pair this apple with butternut squash when I can. Just cube both the squash and the peeled apple, add a splash of cider, a little brown sugar, and dot with butter. Cover with foil and bake until fork tender. We will also have Rome apples were are another excellent cooking apple.

Christina Lynn has inspired me to add a tip for all of you with directions for freezing hash brown potatoes. The end of the season will be here before we know it. If you are feeling potato over-load, then this may be a good idea! You can use these when you want that farm fresh taste in January. This week at our Fresh Discoveries Class Bev Hansen mentioned that she was looking for herb mix recipes. I have included one in the packet this week. Let us know if you have any ideas. Ashleigh White has prepared some gorgeous deviled eggs. I noticed that some of you were having trouble peeling the farm eggs. I had a friend years ago tell me that if I added a little vinegar to the water when preparing hard cooked eggs, they would peel more easily. I have found that the steaming idea is even better. The peel comes off so easily and if you time it correctly you will never get the green ring around the yolk. I think that the Collard Green Croquettes prepared by Batsheva Polatsek Kanter look like a great recipe that might even be kid friendly! Try them with this week's collard greens!

Fresh Discoveries Club met this week. We went out to pick apples and came back to taste some apple dishes. I am including a recipe for apple, onion and potato soup that I prepared for that event.

Halloween is in sight this week as we pick up our shares. Thanksgiving is in the planning stages I am sure for all of you. I am sure that you will all be sharing on the Facebook page. If you have not yet joined send your ideas to jenn@alstedefarms.com. Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 27 ~ Oct 30th - Nov 4th 2018

~discover the perfect fit for you~

Classic and Necessities Box Contents

This Week's Full Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Cameo Apples
- Tree Ripened Jonaprince/ Jonagold
- Tree Ripened Rome Apples - Sustainable
- Hand Picked Beans - Sustainable
- Hand Picked Beets - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Collards - Sustainable
- Aromatic Onion - Sustainable
- Freshly Dug Yukon Gold Potatoes - Sustainable
- Vine Fresh Butternut Squash - Sustainable
- Vine Ripened Green Tomatoes - Sustainable
- Jersey Favorite Popcorn - Sustainable

This Week's Half Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Cameo Apples - Sustainable
- Tree Ripened Jonaprince/ Jonagold Apples - Sustainable
- Tree Ripened Rome Apples - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Collards - Sustainable
- Aromatic Onions - Sustainable
- Freshly Dug Yukon Gold Potatoes - Sustainable
- Vine Fresh Butternut Squash - Sustainable
- Vine Ripened Green Tomato - Sustainable

This Week's Personal Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Cameo Apples - Sustainable
- Tree Ripened Jonaprince/ Jonagold Apples - Sustainable
- Tree Ripened Rome Apples - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Collards - Sustainable
- Aromatic Onion - Sustainable
- Freshly Dug Yukon Gold Potatoes - Sustainable
- Vine Fresh Butternut Squash - Sustainable

fresh discovery time savers | fresh, delicious and fast

Onion, Apple, and Potato Soup

2 T butter
1 T Olive Oil
4 onions peeled quartered, and sliced thin
Caramelize onions slowly cooking over low to medium heat in the butter and olive oil
add
2 apples peeled and cubed
1-2 large potatoes peeled and cubed
Pour in 1 cup of apple cider
And 3 cups of vegetable or chicken broth.
2 t of salt or to taste
Simmer for 30 minutes or until the apple and potato are tender
Serve

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

Italian Seasoning

Italian Seasoning

2 T dried oregano

1 T dried basil

1 T dried rosemary

1 T dried thyme

1 T dried sage

Mix herbs together to use with all your favorite recipes

Steam Your Eggs

Steam, don't boil those hard cooked eggs

I learned this tip from a foodie friend of mine. She heard about steaming eggs rather than boiling them to make them easier to peel.

I experimented with steaming them also and will never go back to boiling eggs.

Just steam the eggs in a vegetable steamer set over boiling water for 12 minutes. I cooled and peeled mine right away, my friend took hers off the heat and let them set for an additional 10 minutes before peeling. Both ways worked.

I took one egg out of the steamer after 5 minutes and had the perfect soft boiled <steamed> egg. I found that if I cooled and peeled the eggs right away, rather than waiting the additional 10 minutes they didn't develop grey around the yolk.

Using Cider

It can be used for more than just a tasty drink. Try using cider in your next smoothie, use it when you make apple sauce, use it as a liquid in a soup. The possibilities are endless!

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 10/29/18 and 11/4/18 Must be presented in person



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