

Basil and Potato Latkes

- 2 pounds potatoes
- 1 medium onions
- 4 cloves garlic minced
- 3/4 cup basil, fresh leaves, packed *
- 1 large egg yolk
- 2 large egg whites
- 1/2 cup Parmesan cheese
- 2 tablespoons olive oil, extra-virgin
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Preheat the oven to 350°F.

Coat a 12-cup muffin pan with cooking spray.

Peel the potatoes and grate them into a colander. Squeeze them over the sink to remove as much excess moisture as possible. Dry with paper towels and place in a large bowl.

Grate the onion into the bowl along with the potatoes.

Add the eggs, garlic, basil, parmesan cheese, oil, salt and pepper and mix well.

Place a good 1/2 cup of the mixture into each muffin cup and pack down firmly.

Bake until lightly browned and firm about 45 minutes or longer for extra crispyness.

Cool in the pan on a wire rack for 10 minutes before removing from the muffin pan.

Serve with a dab of sour cream or Pear Cranberry sauce (see recipe on this site).

From: Recipelands.com

Kale Chips

- 1 medium bunch kale
- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt, more or less to taste

Directions:

Preheat oven to 300 degrees Fahrenheit.

Wash kale leaves and dry very well.

Using a paring knife or kitchen scissors, trim out the ribs and discard. Cut the remaining kale into approximately two-inch pieces.

Place kale in a large bowl and toss gently but thoroughly, making sure that every last bit of kale leave is coated with olive oil.

Line a large baking sheet with parchment paper or a silicone baking mat. Lay kale in a single layer on the baking sheet and sprinkle with salt. (If you have more kale than baking sheet, you may need to cook them in batches).

Bake for 8 - 12 minutes, just until crisp. Start checking at 8 minutes - don't overcook or they'll burn. Remove from oven and let cool for a minute or two, then serve.

From: Kitchentreaty.com

Cider Glazed Carrots

- 1 tablespoon butter
- 1 lb carrot, peeled and sliced
- 1 cup apple cider
- 1 teaspoon brown sugar
- 1/2 teaspoon tarragon
- 1/4 teaspoon salt
- pepper, to taste

Melt butter in large saucepan over medium-high heat.

Add carrots and sauté until carrots begin to brown slightly, about 5 minutes.

Add apple cider, brown sugar, and tarragon and bring to boil.

Reduce the heat and simmer until carrots are tender and liquid is reduced to glaze, stirring occasionally, about 12 minutes.

Add salt and pepper to taste.



Alstede Farms Freshly Inspired CSA

Have you responded to your invitation to visit with us at the farm next weekend? If not please take a moment to do so. The team will be there to greet you and of course we are looking forward to spending some time together. We will have some refreshments, the cider mill will be open, and Hannes will be on hand to give you a tour. Craig will be in the green house that is planted with goodies to be included in the shares when they are ready. They may harvest some greenhouse crops before Thanksgiving and some will go into the shares afterward in December. Remember that our last share this year is the week after Thanksgiving. Some of you have signed up for the Holiday extension, I hope you more of you will come along as well. Already, this week in some of the shares we will have basil that has been grown in the greenhouses.

We continue with two new apples this week. The Pink Lady has become a favorite late fall apple with many of us here at the farm. It seems that we have more trees producing so we finally feel as though we are getting enough of them. They live up to their name, they are a deep beautiful pink with a little yellowish-green generally near the stem. The Golden delicious prevails once again as parent to this apple along with Lady Williams apple varieties. They are a fairly new apple coming onto the scene in the 1990's by comparison to others that date back into the 18th to 19th centuries. They resist browning when cut so they are great for salads and cheese platters. They are fabulous for eating out of hand and they can be a great addition to pies. You can be sure that some of them will make their way to the cider mill.

This year I have heard that the Granny Smith apples do not look quite like Granny Smith. We have a red, (not just a blush!) Granny apple. We know this apple to be a late harvested fruit and we think that the cold has influenced the color. You may have been waiting for these tart apples that are great for baking and perfect in pies.

The squash this week will be sweet dumpling. You can use this or if you still have the delicata squash you may want to try the lentil soup that was prepared by Miriam Falcone. Judy Terembes Levine posted a recipe for squash from Cooks Illustrated roasting the squash slices. Beverly Hansen sent some recipes using squash as well. She has been making great use of her instant pot with a squash risotto and she has also prepared a soup with shrimp and rice noodles. I will include one recipe in the tips and print one in the next week or so.

It looks as though you are starting to think about Thanksgiving. Some "turkey talk" on Facebook. I am sure we can compare notes next week when we are all together. Continue to inspire and continue to keep in touch. We love hearing from you! Until next week, enjoy the freshness.

~food for thought~



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CSA Week 28 ~ Nov 6th - Nov 11th 2018

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Classic and Necessities Box Contents

This Week's Full Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Granny Smith Apples - Sustainable
- Tree Ripened Macoun Apples - Sustainable
- Tree Ripened Pink Lady Apples - Sustainable
- Greenhouse Grown Basil - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Kale - Sustainable
- Aromatic Onion - Sustainable
- Jersey Favorite Popcorn - Sustainable
- Hand Picked Radishes - Certified Organic
- Freshly Dug White Potatoes - Sustainable
- Vine Fresh Sweet Dumpling Squash - Sustainable

This Week's Half Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Granny Smith Apples - Sustainable
- Tree Ripened Macoun Apples - Sustainable
- Tree Ripened Pink Lady Apples - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Kale - Sustainable
- Jersey Favorite Popcorn - Sustainable
- Freshly Dug White Potatoes - Sustainable
- Vine Fresh Sweet Dumpling Squash - Sustainable

This Week's Personal Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Granny Smith Apples - Sustainable
- Tree Ripened Macoun Apples - Sustainable
- Tree Ripened Pink Lady Apples - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Kale - Sustainable
- Jersey Favorite Popcorn - Sustainable
- Freshly Dug White Potatoes - Sustainable
- Vine Fresh Sweet Dumpling Squash - Sustainable

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Roasted Carrots and Kale

1/2 lb. carrots, sliced lengthwise, then cut on diagonal

5 ounces kale, washed, thick stems removed

1 tablespoon olive oil

1/2 yellow or white onion (this would be great with a vidalia or sweet onion)

4 cloves garlic, crushed or minced

Salt and (optional) parmesan cheese to taste

1. Preheat oven to 400 degrees.
2. Chop kale finely. I do this by running my knife through it in one direction, then turn the cutting board 90 degrees and cut again perpendicularly. Chop the onion.
3. Combine kale, carrots, onion, garlic and olive oil in a large bowl and use your hands to mix it well. Make sure all the kale gets massaged with oil.
4. Spread in a 13 x 9 baking dish and cook 20-25 minutes, stirring once halfway through. (The carrots should be tender and the kale wilted and brown in spots.) Sprinkle lightly with salt and parmesan if using, and enjoy.

Tips

Sweet Dumpling Squash

This is an excellent variety for stuffed squash recipes. Simply scoop out the seeds and you are ready to use this squash in many recipes.

Carrot Top and Potato Soup

Ingredients:

1 pint vegetarian stock

1/2 onion, peeled, chopped

2 garlic cloves, peeled, chopped

1 bunch green carrot tops, chopped

1 star anise

1/2 potato, peeled, chopped

salt and freshly ground black pepper

1 tsp Dijon mustard (optional)

Preparation method:

Pour the stock into a medium saucepan, bring to a boil and add the onion, garlic, carrot tops, star anise and potato. Season to taste, with salt and freshly ground black pepper.

Reduce the heat until the mixture is simmering and simmer for 8-10 minutes, or until the potato is tender. Remove the star anise. Roughly blend the remaining mixture with a blender.

Top with a tsp of Dijon mustard, if desired.

www.melskitchencafe.com/butternut-squash-and-coconut-curry-soup-with-shrimp-and-rice-noodles.

From: Beverly Hansen

Radish Tops

Wash, rinse and rough chop radish leaves. I leave some stem on. Chop one red onion, two cloves garlic. Saute in olive oil with crushed red pepper and salt. After onions turn slightly brown, add in radish leaves/stem and saute until wilted.

Stuff in pita with yogurt dressing.

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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