

Pumpkin Praline Torte

- ¾ c brown sugar
- 1/3 c butter
- 3 T heavy whipping cream
- ¾ c pecans

In a heavy saucepan combine the first three ingredients. Cook and stir over low heat until sugar is dissolved. Pour into 2 well-greased 9" pans. Sprinkle with pecans

- 4 large eggs
- 1 2/3 c sugar
- 1 c canola oil
- 2 c canned pumpkin or 1 cup canned and one cup fresh puree
- ¼ t vanilla
- 2 c flour
- 2 t baking powder
- 2 t pumpkin pie spice
- 1 t baking soda
- 1 t salt

Beat the eggs add the sugar, oil and pumpkin. Mix together the dry ingredients in a separate bowl. Mix create a well and add the liquid mixture into the dry. Mix until blended. Pour over the praline Bake 350 for 30 – 35 minutes. Allow to cool for 5 minutes and then invert to remove from the pan.

Topping

- 1 1/3 c heavy cream
- ¼ c confectioner's sugar
- ¼ t vanilla

Beat the cream until soft peaks form and then add the sugar and vanilla. Beat to stiff peaks.

Place cake praline side up on a platter, spread 2/3 of the cream onto the cake. Top with the second layer. Spread remaining topping. Sprinkle with additional pecans if desired.

From Tasteofhome.com

Beet Greens

This recipes will also work for Kale and Collards

- ½ pound beet greens
- 1 strip of thick cut bacon, chopped (or a tablespoon of bacon fat)
- 2 T cup chopped onion
- 1 large garlic clove, minced
- 1/4 cup of water
- 1 t. granulated sugar
- Pinch crushed red pepper flakes
- 1-2 T cup of cider vinegar

Wash the greens in a sink filled with cold water. Drain greens and wash a second time. Drain greens and cut away any coarse, heavy stems. Cut leaves into bite-sized pieces. Set aside. In a large skillet or 3-qt saucepan, cook bacon until lightly browned on medium heat (or heat 1-2 Tbsp. of olive oil).

Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper. Bring mixture to a boil.

Add the beet greens, gently toss in the onion mixture so the greens are well coated. Reduce heat to low, cover and simmer for 5-15 minutes until the greens are tender. Stir in vinegar. (For kale or collard greens continue cooking additional 20 to 25 minutes or until desired tenderness.)

Roasted Sugar Pumpkins

- 1 (3-4-pound) sugar baby pumpkin cut in half and seeds removed

Heat the oven to 375°F and arrange a rack in the middle. Place on a baking sheet, cut side up, and roast until fragrant, tender when pierced with a fork, and golden brown, about 70 minutes. Remove from the oven and let sit on the baking sheet until cool enough to handle, about 20 minutes. Pour off any liquid that may have accumulated. Using a large spoon, scoop out the flesh, place it in a medium bowl to mash or add to a processor bowl and puree.



Alstede Farms Freshly Inspired CSA

So nice to see some of you at the "meet and greet" today. It is always fun when we can share ideas in person. I hope that you enjoyed the tours of the cider mill and the green houses. We had some members sign up for next year and we also had members add the Holiday Share. Let us know if you are planning to be with us through December.

It seems that so much is happening at one time. I just completed fall farm camp. As I said, we had our meet and greet today, and we are looking forward to Fresh Discoveries Club this coming week. As a group I am sure that you are all thinking about Thanksgiving. November is here and the holiday that honors the harvest is racing toward us. The farmers of course try to work with us as much as possible. This week we will have a sugar pumpkin in the shares. They are a smaller pumpkin with a higher ratio of seeds. Sugar pumpkins have a good texture when roasted and pureed to be used in Thanksgiving recipes. I will use some to make pumpkin breads and I have used this pumpkin in my pies. Soup is another option and of course a stew or stuffing can be prepared in the pumpkin as well. If you have always purchased canned pumpkin and that is what your family is familiar with you may want to use ½ fresh and ½ canned in your recipes. Keep in mind that you can freeze pumpkin puree. It is a good idea to freeze containers in sizes that you may need for your favorite recipes. I used the pumpkin puree today in my Praline Pumpkin Cake. I will print the recipe for you this week.

You know that I save apples for the holidays. Cameo might be one that I will use in all day apple butter. I am thinking about bringing that for gifts at Thanksgiving. Both apple this week are great for snacking and eating out of hand. You may have some late Fuji apples as well. These apples come into season in late October. They are again to work best if you plan to use them for snacks and eating out of hand.

Adding color to your palate this week will be beets and don't forget the greens. Remove the tops when you get home. Store in separate bags and prepare the leaves within a few days, they are tender. I like to roast the beets the night I get home so that I will just slice them onto my salads within a day or two. They are a treat coming to us a little earlier than expected due to frost/freeze. It is that time of year.

For the first time this year in the shares we will have Brussel Sprouts. Some are small some are larger. I like to cut the larger sprouts in ½ so that they all cook in about the same time. In recent years the trend has moved away from steaming or boiling Brussel sprouts to roasting and sautéing. These methods of preparation has made this vegetable become one of the most popular.

Keep in mind everyone that we are picking up a share after Thanksgiving this year. Something just a little different. I will be working part of the time on wreaths, so I may have a chance to see some of you, how nice! The Farm store will change over to holiday after Thanksgiving so prepare to feel festive! Until next week, enjoy the freshness.

~food for thought~



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CSA Week 29 ~ Nov 13th - Nov 18th 2018

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Classic and Necessities Box Contents

This Week's Full Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Cameo Apples - Sustainable
- Tree Ripened Fuji Apples - Sustainable
- Greenhouse Grown Basil - Sustainable
- Hand Picked Beets - Sustainable
- Freshly Harvested Brussels Sprouts - Sustainable
- Freshly Harvested Celery Root - Sustainable
- Greenhouse Grown Long Hot Peppers - Sustainable
- Aromatic Onion - Sustainable
- Hand Picked Parsnips - Sustainable
- Jersey Favorite Popcorn - Sustainable
- Freshly Dug Russet and Yukon Gold Potatoes - Sustainable
- Vine Fresh Sugar Pumpkins - Sustainable
- Greenhouse Grown Swiss Chard - Sustainable

This Week's Half Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Cameo Apples - Sustainable
- Tree Ripened Fuji Apples - Sustainable
- Greenhouse Grown Basil - Sustainable
- Hand Picked Beets - Sustainable
- Freshly Harvested Brussels Sprouts - Sustainable
- Freshly Harvested Celery Root - Sustainable
- Jersey Favorite Popcorn - Sustainable
- Freshly Dug Russet and Yukon Gold Potatoes - Sustainable
- Vine Fresh Sugar Pumpkin - Sustainable

This Week's Personal Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Cameo Apples - Sustainable
- Tree Ripened Fuji Apples - Sustainable
- Hand Picked Beets - Sustainable
- Freshly Harvested Brussels Sprouts - Sustainable
- Freshly Harvested Celery Root - Sustainable
- Jersey Favorite Popcorn - Sustainable
- Freshly Dug Russet and Yukon Gold Potatoes - Sustainable
- Vine Fresh Sugar Pumpkin - 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 11/12/18 and 11/18/18 Must be presented in person

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Roasted Pumpkin Soup

- 1 (4-pound) sugar baby pumpkin cut in half and seeds removed
- 1 tablespoon olive oil
- Salt
- Freshly ground black pepper
- 1/2 cup small-dice bacon (about 3 slices)
- 1/2 cup small-dice shallots (about 2 medium)
- 1/4 cup dry (fino) sherry
- 2 cups low-sodium chicken broth
- 2 cups water
- 1 1/2 teaspoons finely chopped fresh thyme leaves
- 1/4 cup heavy cream
- Parsley Croutons, for garnish (optional)

Heat the oven to 375°F and arrange a rack in the middle. Rub the cut halves of the pumpkin with 1 tablespoon of the oil, and season generously with salt and pepper. Place on a baking sheet, cut side up, and roast until fragrant, tender when pierced with a fork, and golden brown, about 70 minutes. Remove from the oven and let sit on the baking sheet until cool enough to handle, about 20 minutes.

Using a large spoon, scoop out the flesh, place it in a medium bowl (you should have about 3 cups), and set it aside. Place the bacon in a large, heavy-bottomed saucepan or Dutch oven over medium heat and cook until crispy and the fat is rendered, about 10 minutes. Remove with a slotted spoon to a small paper-towel-lined plate; reserve for garnish.

Add shallots to the bacon fat, season with salt and pepper, and sauté until softened, about 4 minutes. Add sherry and cook until reduced by half, about 2 minutes. Add chicken broth, water, thyme, and reserved pumpkin and season with salt and pepper. Stir to combine, then bring to a simmer.

Reduce heat to low and simmer until flavors have melded, about 10 minutes. Using a blender, purée the soup in batches until smooth, removing the small cap from the blender lid (the pour lid) and covering the space with a kitchen towel (this allows steam from the hot soup to escape and prevents the blender lid from popping off). Place the blended soup in a clean saucepan. Stir in the cream and season with salt and pepper as needed. Serve garnished with the reserved bacon and croutons, if using.

From: Chow.com

Tips

Pumpkin Puree

1. Preheat oven to 325 degrees F (165 degrees C).
2. Cut the pumpkin in half, stem to base. Remove seeds and pulp. Cover each half with foil.
3. Bake in the preheated oven, foil side up, 1 hour, or until tender.
4. Scrape pumpkin meat from shell halves and puree in a blender. Strain to remove any remaining stringy pieces. Store in the freezer in freezer safe bags.

Parsley Croutons for Soup

- 3 ounces ciabatta or other country-style bread, small dice (about 3 cups)
- 1/4 cup minced fresh Italian parsley
- 2 tablespoons unsalted butter (1/4 stick)
- 1 tablespoon olive oil
- Kosher salt

Heat oven to 350°F and arrange a rack in the middle. Toss bread cubes and parsley in a heatproof bowl to combine.

Heat butter and olive oil in a small saucepan over medium-low heat until butter is melted. Pour butter mixture over bread cubes and toss well to coat. Season well with salt.

Spread bread cubes in an even layer on a baking sheet. Bake until golden brown and crispy, about 10 to 15 minutes. Let cool and store at room temperature in an airtight container for up to 3 days.

From: Chowhound.com



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