

### Apple Pie Egg Rolls

3 cups apples, peeled and diced (approx. 3 apples)

4 tablespoons sugar

4 teaspoons flour

3/4 teaspoon cinnamon

1 teaspoon lemon juice

Other

12 Egg Roll Wrappers

Oil for Frying

Combine all filling ingredients and mix well.

Place 2 T filling onto the center of each wrapper

Fold in the sides and roll the wrapper tightly. Use a dab of water to secure the tip of the wrapper

Preheat the oil to 350, fry until golden brown and crispy on all sides.

Sprinkle with powdered sugar and serve warm.

You can pan fry in 3/4" of oil in a frying pan.

Bake in an oven at 375 on an oiled pan for 15 minutes. Tamar followed the directions on the wrapper

You can also use wonton wrappers

### Slow Cooker Mashed Potatoes

Cooking spray, for slow cooker  
4 lb. Yukon gold potatoes, peeled and cut into 1-inch pieces  
8 sprigs fresh thyme  
1 bay leaf  
1 clove garlic, smashed  
1 1/2 c. whole milk  
1/4 c. unsalted butter (1/2 stick), cut into pieces  
Kosher salt and pepper

Spray a 5- to 6-quart slow cooker generously with cooking spray, then add potatoes. Tie thyme and bay leaf together and add to slow cooker along with garlic, 1 1/2 teaspoon salt, and 1/2 teaspoon pepper. Mix in 3/4 cup milk.

Cover and cook until potatoes are very tender, 4 to 4 1/2 hours on high.

Discard thyme and bay leaf, then mash potatoes directly in slow cooker. Heat butter and remaining 3/4 cup milk until butter melts, then fold into potatoes

Bev used russet and Yukon Gold. White potatoes are all-purpose so they will work as well. She used 2% milk. She removed the potatoes with a slotted spoon and put them through a ricer. She added butter to the liquid in the crock pot and returned the potatoes.

### Mashed Potato Dumplings

1 cup cold mashed potatoes  
1/2 cup all-purpose flour  
1 egg  
salt and pepper (to taste)

In a bowl, mix all the ingredients; until it forms a stiff dough. Roll out dough on a floured board (as thick or as thin as you like). Cut into about 2-inch squares or use a biscuit cutter. They're that simple.

To cook these dumplings you have a couple of choices: 1: Drop them into boiling salted water. Cover and simmer for about 10 minutes. Drain and serve with your favorite sauce as a main course.

2: Drop them into boiling stew or soup (approximately 2 quarts of stew or soup). Cover and simmer for 10 minutes.



## Alstede Farms Freshly Inspired CSA

Here we are again. It is the week of Thanksgiving with one difference, this isn't the last week of the season. Don't forget you have a share to pick up next week. Some of you will be with us through December. It is not too late to join us for the Holiday Shares. Either way we all have a busy week ahead of us. I am not preparing dinner, but I am preparing a couple of dishes and a dessert platter, so I have my work cut out for me.

I heard from a couple of CSA members this week. Tamar Bacon was in touch with a recipe for Apple Egg Rolls. I believe that I have posted a recipe like this one in the past, but it is so delicious and fun to do so I think it is worth a repeat. She baked the egg rolls she did not fry. I have done both with equal results. I told her about making them with my classes for years. They were always a hit. With everyone home for the weekend, it might be a fun family project. The apples in the share this week are the perfect pairing for the egg rolls, pies and crisps, all your baking and cooking. We all know that Granny Smith is the tart apple that all cooks wait for each season for pies and if you like to add a little sweet then the Jonagold will fit in perfectly. I have a crockpot with all day apple butter going with some of these apples and I am so happy that my house has this fabulous aroma. It is making me feel so festive

Bev Hansen was in touch with a recipe for Crock Pot Mashed Potatoes that might interest any or all of you who are the cook in charge of the Thanksgiving dinner. She used the russet and Yukon Gold Potatoes. She sent some of her helpful hints that I will include with the recipe.

This share lends itself perfectly to a sheet pan of roasted root vegetables, you can even add potatoes to the mix. Cranberries of course add that fabulous jeweled color to the plate and Brussel Sprouts bring in the green and can be served either hot or cold. Celery, onions and shallots will add flavor and aroma to any recipe. Even with the early snow, I continue to have parsley, sage, and thyme in my herb pots, boxes, and garden. I don't think I could prepare Thanksgiving dishes without those herbs.

It is Thanksgiving and I will once again this season be thankful that our farm team has worked against all odds. This week they will harvest root vegetables that are now under snow. I am thankful for all of you who are strong advocates of the farm and such a positive part of our lives. I think that we are all thankful that the weather looks like it might cooperate for Thanksgiving Day. From all of us here at the farm, best wishes for a happy holiday. We hope that you have time to celebrate and relax with family and friends. Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

# CSA Week 30 ~ Nov 19th - Nov 24th 2018

~discover the perfect fit for you~

## Classic and Necessities Box Contents

### This Week's Full Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Granny Smith Apples - Sustainable
- Tree Ripened Jonagold Apples - Sustainable
- Jersey Fresh Cranberries
- Hand Picked Beets - Sustainable
- Freshly Harvested Brussels Sprouts - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Celery - Sustainable
- Freshly Harvested Kale - Sustainable
- Aromatic Onions - Sustainable
- Hand Picked Radishes - Sustainable
- Aromatic Shallots - Sustainable
- Vine Fresh Butternut Squash - Sustainable
- Jersey Fresh Sweet Potatoes
- Freshly Dug White Potatoes - Sustainable

### This Week's Half Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Granny Smith Apples - Sustainable
- Tree Ripened Jonagold Apples - Sustainable
- Jersey Fresh Cranberries
- Hand Picked Beets - Sustainable
- Freshly Harvested Brussels Sprouts - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Kale - Sustainable
- Aromatic Onion - Sustainable
- Hand Picked Radishes - Sustainable
- Vine Fresh Butternut Squash - Sustainable
- Jersey Fresh Sweet Potatoes
- Freshly Dug White Potatoes - Sustainable

### This Week's Personal Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Granny Smith Apples - Sustainable
- Tree Ripened Jonagold Apples - Sustainable
- Jersey Fresh Cranberries
- Hand Picked Beets - Sustainable
- Freshly Harvested Brussels Sprouts - Sustainable
- Hand Picked Carrots - Sustainable
- Hand Picked Radishes - Sustainable
- Vine Fresh Butternut Squash - Sustainable
- Jersey Fresh Sweet Potatoes
- Freshly Dug White Potatoes - 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 11/19/18 and 11/25/18 Must be presented in person

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### Shredded Brussels Sprout Salad

½ - ¾ pound Brussels sprouts, stems removed

and shredded (about 3 cups)

3 cups mixed greens

1/2 cup dried cranberries

Optional: 1/4 cup grated parmesan cheese or 1/4 cup pumpkin seeds or squash seeds

For the Dressing:

1/2 tablespoon Dijon mustard

1 tablespoon apple cider vinegar

1/2 teaspoon pure maple syrup

3 Tablespoons extra virgin olive oil

Salt and freshly ground black pepper, to taste.

In a small bowl whisk together mustard, vinegar, maple syrup, and oil until uniform consistency forms. add salt and pepper to taste. Set aside.

To assemble the salad: Combine shredded Brussels sprouts, mixed greens and cranberries.

Toss in half of the dressing, and toss the salad, taste. Add more dressing as needed. Sprinkle with cheese and seeds. Allow the salad to sit for about 15 minutes prior to serving.

### Tips

#### Remove Tops

Remove: Carrot tops, radish tops and beet greens before storing roots

Store separately

#### Sweet Potatoes

I have always found that sweet potatoes did not have a long shelf life

A tradition at most Thanksgiving tables so I am thinking that you will use them this week

However, if you want to keep them longer:

Store individually wrapped in brown paper or newspaper

Store in a cool dry place away from any strong heat sources, the basement is recommended

Remove from storage gently to avoid bruising, they will store 6-8 months

They can also be cooked and stored up to 8 months.

#### Pureed Sweet Potatoes

Bake 3-4 Sweet potatoes until fork tender.

Peel 3 carrots, Place in a sauce pan with 2 T Butter.

Just cover with water and cook until all the water is evaporated, carrots are tender.

Place potatoes and carrots in a food processor. Add 1-2 T Plain Yogurt or Sour Cream

Process until smooth, serve or place in a casserole, heat and serve

Can be made a day or two ahead



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