

### Oven Fries with Spicy Pesto Aioli

#### OVEN FRIES

5 pounds Russet potatoes, peeled and cut into 6-8 wedges each or any in the share  
1/2 cup olive oil (approximately)  
1 tablespoon onion powder  
1 tablespoon garlic powder  
salt and freshly ground black pepper, to taste

#### AIOLI

4 cups fresh basil leaves  
2 jalapeno peppers, seeded if desired  
1 1/2 cups mayonnaise  
3/4 cup freshly grated Parmesan cheese  
1/2 cup pine nuts, lightly toasted  
5 cloves garlic, coarsely chopped  
1 large lemon, juiced  
salt, to taste

OVEN FRIES: Preheat oven to 375 degrees. Toss potatoes with olive oil, onion powder, garlic powder and salt and black pepper to taste. Spread the potatoes out onto 2 nonstick baking sheets (alternately, use nonstick aluminum foil), leaving some space between them. Arrange the potatoes so that one flat cut side of the potato is face down on the baking sheet.

Bake for 45 to 50 minutes, flipping the potatoes once, or until golden brown and tender.

Meanwhile prepare the aioli. Combine the ingredients in a food processor. Process until smooth

Serve with potatoes

### Apple Cider Ice Cream

Shared by Anne Buggy

You need to boil down the apple cider for two reasons – to reduce the liquid which results in less ice crystals when freezing and to give it a stronger cider flavor because as the liquid reduces, the flavor becomes more concentrated. It's a little extra prep to boil down the cider, but it's a step you don't want to skip.

1 cup apple cider  
1/4 cup granulated sugar  
1 cup whole milk  
1 cup heavy whipping cream  
1/4 teaspoon cinnamon  
3 egg yolks

In a large saucepan, bring the cider and sugar to a boil. Cook, stirring occasionally until reduced to 3 ounces, roughly 25 minutes (pour into a heatproof measuring cup to check). Remove from the heat and whisk in the milk, cream, and cinnamon.

In a small bowl, whisk together the egg yolks. Slowly whisk in some of the hot cider mixture to temper the eggs. Pour the egg mixture back into the pan.

Return to the saucepan and bring back to a boil, whisking often. Cook until it thickens and coats the back of a spoon.

Strain the mixture into a heatproof bowl. Place the bowl in an ice bath and cool to room temperature. Remove from the ice bath and chill in the refrigerator until cold.

Follow the directions on your ice cream maker to freeze. If you are freezing by hand, place the mixture in a covered bowl in the freezer. Whisk the mixture every 30-45 minutes to break up the ice crystals for a few hours until the mixture is frozen solid.



## Alstede Farms Freshly Inspired CSA

It is the week after Thanksgiving, and this is the first time in the history of our CSA program that we are all together to collect a share. I had a chance to see some of the Thanksgiving preparation and even some leftovers being prepared on Facebook. It looked as though some of you were baking and doing some cooking over the long weekend as well. Christine Dunne prepared her cranberry sauce starting with apple cider and she added some chopped apples. Everyone is using up apples in pies and crisps. Anne Buggy prepared apple cider ice cream and I had to check out the gluten free overnight herb rolls that I think many of you would like to try. Anne made use of herbs from her CSA garden. I have noticed that there is a growing trend among us to eliminate gluten so check out that recipe! Anne continued cooking and was preparing soup with the share carrots and onions using the turkey carcass. Crystal Lynn was roasting the rainbow. She had all the Alstede colors on the tray. Ashleigh White added some nutrition and "shine" to her mac and cheese with some eggs. Jennifer Rosenzweig touched my heart when she wrote about her grandmother who would say you cannot cook angry, you must cook with love and caring in your heart so that the food will taste that much better. She continues and expands her grandmother's sentiment by saying "the food from the farm is grown with love and caring." The team works hard, and the love and care start from planting the seed, to harvest, to packing the boxes each week. I believe that all of you know that we love what we do and we are most happy to share with all of you.

For those of you who are ready for something a little lighter and refreshing. After all the holiday dining I think you might want to try the salad posted by Michelle Amin. We may not have Granny Smith apples in the share but I think that any of the late season apples would work with this salad.

This is always the most difficult letter to write. It is when our time together comes to an end each year. Thankfully we know that many of you have already signed up to join us for the Holiday Harvest starting next week. We are also heartened to see many of you joining us next year and we hope that all of you are all planning to be along for the 2019 journey. Maybe you have some friends who would like to come along as well. Have them give us a call. It is only fifteen or sixteen weeks that we are apart and there are so many of you who plan. I know you have well stocked freezers. Keep in mind that we are here through the winter and we love when you stop in to say hello. We will continue to have apples and potatoes and winter squash. We will harvest tomatoes and peppers along with some leafy greens from the greenhouses through December. Keep an eye on the web site, we will let you know when we are hosting a special event.

We here at the farm all wish you and your families a very Merry Holiday Season and a Happy and Healthy New Year. Keep in touch when you can, and we will watch when you continue to inspire on Facebook. Until next time, enjoy the freshness.

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

# CSA Week 31 ~ Nov 27th - Nov 29th 2018

~discover the perfect fit for you~

## Classic and Necessities Box Contents

### This Week's Full Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Fuji Apples - Sustainable
- Tree Ripened Pink Lady Apples - Sustainable
- Freshly Harvested Basil - Sustainable
- Hand Picked Beets - Sustainable
- Freshly Harvested Broccoli - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Kale - Sustainable
- Greenhouse Grown Hot Peppers - Sustainable
- Greenhouse Grown Peppers - Sustainable
- Freshly Dug Potatoes - Sustainable
- Hand Picked Radishes - Sustainable
- Aromatic Shallots - Sustainable
- Vine Fresh Acorn Squash - Sustainable
- Greenhouse Grown Tomatoes - Sustainable

### This Week's Half Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Fuji Apples - Sustainable
- Tree Ripened Pink Lady Apples - Sustainable
- Hand Picked Beets - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Kale - Sustainable
- Greenhouse Grown Hot Peppers - Sustainable
- A Greenhouse Grown Pepper - Sustainable
- Freshly Dug Potatoes - Sustainable
- Vine Fresh Acorn Squash - Sustainable
- A Greenhouse Grown Tomato - Sustainable

### This Week's Personal Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Fuji Apples - Sustainable
- Tree Ripened Pink Lady Apples - Sustainable
- Hand Picked Beets - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Kale - Sustainable
- Greenhouse Grown Hot Peppers - Sustainable
- A Greenhouse Grown Pepper - Sustainable
- Freshly Dug Potatoes - Sustainable
- Vine Fresh Acorn Squash - Sustainable
- A Greenhouse Grown Tomato - Sustainable

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### Sauteed Beets with Carrots

- 1 large beet, peeled and julienned
  - 1 -2 carrot, scrubbed and cut in slices
  - 1 tablespoon plum, sauce
  - 1 tablespoon soy sauce
  - 1 slice candied ginger, diced
  - 1 tablespoon teriyaki sauce
  - 1 tablespoon orange juice
  - 1 pinch ground ginger
  - 1 pinch cinnamon
- Blanche the beets and carrots for a few minutes until tender crisp.
- Drain and pat dry.
- Whisk together remaining ingredients in a ramekin.
- Heat half of the sauce and the beets in a pan, sauté for about 2-3 minutes.
- Remove beets from pan and keep warm.
- Heat carrots and remaining sauce in pan, sauté for 2-3 minutes.
- Add beets, stir-fry until heated through.

From: [geniuskitchen.com](http://geniuskitchen.com)

### Tips

#### Remove Tops

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

Store separately

#### Storing Apples Long Term

Store in a cool place, an ideal environment is between 30-32 degrees with 90% humidity

Consider storing in a box or a basket and wrap each apple with newspaper to protect them and prevent one bad apple from spoiling others

Avoid storing them near potatoes or onions as they will absorb flavors and ripened prematurely

#### Potatoes

Check on your potatoes regularly. It only takes one bad one to turn all of the rest.

### 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 11/26/18 and 12/2/18 Must be presented in person



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