

### Pumpkin Butter Bars

#### Ingredients

- 2 cups old-fashioned rolled oats
- 1 cup raw pecan halves
- ¼ tsp Kosher salt
- 1 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1 teaspoon pumpkin spiced
- ½ cup brown sugar
- ¼ cup melted coconut oil
- 10 ounces pumpkin butter, homemade or store-bought

#### Instructions

Preheat the oven to 350

Line an 8" square pan with parchment paper

In a food processor with a steel blade process the oats, pecans, and spices until finely ground

Transfer to a mixing bowl and add brown sugar and coconut oil

Mix gently until mixture comes together

Set aside ¾ c for topping

Press the remaining mixture firmly into the prepared pan

Spoon pumpkin butter evenly over the crust in the pan.

Sprinkle the reserved topping over the pumpkin butter

Press down lightly

Bake in the oven for about 20-25 minutes or until brown on top. Cool, cut into squares or bars

From: citronlimette.com

### 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.

This is my favorite Sweet Potato Recipe. It will work with the share as it will include carrots.

#### 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



## Alstede Farms Freshly Inspired CSA

This is the Holiday Share season and I feel so lucky to be in the spirit. I think that with the early cold snap and the November snow many of our customers have come out just after Thanksgiving to buy trees and all kinds of decorations. My job has been decorating wreaths. We have all sizes from six inches to forty-eight, with beautiful bows and baubles. We are offering a wreath work shop on Friday, December 7th. I am hoping that you may be able to join us. Some of you helped with seasonal joy bringing your youngest family members to visit with Santa at brunch over the weekend. Maggie was delighted to see the Albano, Angelostro, Barich, Migliaccio, and Vartan families at brunch. Some kids love Santa, some are a little frightened, but all in all a good time these past two days! For the most part pick up for this Holiday Harvest Share is at the Farm Store, with some chapters participating. It is always so nice to see you. I am looking forward to it! If you have not signed up yet for next year, now might be the time. A Christmas tree is one of the incentives. What could be better?

I am still cooking almost constantly with potatoes, squash and apples. We prepared the onion, apple and potato soup for tasting in the farm store this weekend. We roasted quite a few butternut squashes for the brunch and served it on the plain side with just scooping from the skin. We helped to prepare apple sauce and apple crisp as well. The roasted potatoes, both white and purple were all home grown. It always feels so good to be able to say that.

I find it incredible that we can still harvest a few crops from the fields. The arugula, broccoli and kale made it through the coldest temperatures in years over Thanksgiving weekend. The crops were covered and then the cover had snow on top of it. Maybe that was just the insulation that they needed.

In recent years there has been a great new trend when preparing foods. Something that we may have been doing for years that did not have a defined name. A Buddha bowl could be something that you set out to prepare or it can be a group of leftovers that just work together as a sort of salad that is part raw and part cooked and includes a grain and a dressing. Use the recipe as a guide. It includes quite a few items from the share and from the herb garden. I hope yours is still looking as good as mine.

Finally, we are including something special from our farm store. This week it will be Pumpkin Butter. Give it a try. Pumpkin Butter is pumpkin mixed with sugar and all the spices you would use in pie. A little apple cider is added before cooking to add a little moisture. Fruit butters were originally used just like jam to spread on toast or breads. I love them added to a cheese board to add that little bit of sweet. Pumpkin or apple butter could often be one of the 7 sweets and 7sours in Pennsylvania Dutch traditional tables.

Until next week, enjoy the freshness!

~food for thought~



fresh discoveries every day



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# 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 Cameo Apples - Sustainable
- Tree Ripened Granny Smith Apples - Sustainable
- Freshly Harvested Arugula - Sustainable
- Freshly Harvested Basil - Sustainable
- Hand Picked Beets - Sustainable
- Freshly Harvested Broccoli - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Kale - Sustainable
- Jersey Fresh Sweet Potatoes - Sustainable
- Vine Fresh Butternut Squash - Sustainable
- Vine Fresh Sweet Dumpling Squash - Sustainable
- Alstede Fresh Pumpkin Butter

### This Week's Half Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Cameo Apples - Sustainable
- Tree Ripened Granny Smith Apples - Sustainable
- Freshly Harvested Arugula - Sustainable
- Freshly Harvested Basil - Sustainable
- Hand Picked Beets - Sustainable
- Freshly Harvested Broccoli - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Kale - Sustainable
- Jersey Fresh Sweet Potatoes - Sustainable
- Vine Fresh Sweet Dumpling Squash - Sustainable
- Alstede Fresh Pumpkin Butter

### This Week's Personal Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Cameo Apples - Sustainable
- Tree Ripened Granny Smith Apples - Sustainable
- Freshly Harvested Arugula - Sustainable
- Freshly Harvested Basil - Sustainable
- Hand Picked Beets - Sustainable
- Freshly Harvested Broccoli - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Harvested Kale - Sustainable
- Jersey Fresh Sweet Potatoes - Sustainable
- Vine Fresh Sweet Dumpling Squash - Sustainable
- Alstede Fresh Pumpkin Butter

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### No Bake Pumpkin Butter Pie

8 ounces cream cheese (room temperature)

1 jar pumpkin butter (9 to 12 ounces)

1/4 cup packed light brown sugar

1/2 teaspoon ground cinnamon

2 cups whipped topping (thawed, and more for serving)

1 prepared graham cracker crust

Beat cream cheese until light and fluffy. Add the pumpkin butter, brown sugar, and cinnamon and beat on medium speed of electric mixer until smooth and well blended, scraping the bowl occasionally.

Fold in the 2 cups of whipped topping.

Spoon into the prepared graham cracker crust and spread to smooth the top.

Refrigerate 3-4 hours before serving

### Tips

#### Remove Tops

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

Store separately

#### Broccoli

Grate the slaw into slaw or stir fry  
Save the stem and trunk for stock.

If you are preparing broccoli soup add the stems as well. Then puree.

Use the flowers and stems for broccoli and pasta

Save leftover steamed broccoli for frittatas or omelets

Cut pieces for your dog. It is a great treat for them to enjoy, chew. Limit the amounts if this is the first time.

If you are not going to cook with the stalk or the trunk add them to your

compost.

#### 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 12/2/18 and 12/9/18 Must be presented in person



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