

Butternut Squash with Apples and Walnuts

1 small butternut squash peeled and cut into small cubes

1 T coconut oil

½ t salt

1 large pink lady apple cut into cubes

½ cup shelled walnuts

3- 4 cups salad greens

¼ c olive oil

2 t fresh squeezed lemon juice

1 t fresh squeezed lime juice

2 tsp orange juice

Optional add a little maple syrup to sweeten the dressing.

Pre-heat the oven to 425

Melt the coconut oil and mix with the squash

Sprinkle with salt and toss again.

Arrange the cubes in a single layer on a parchment lined sheet. Roast for 30 minutes. Flip and stir after 15 minutes. Squash should be fork tender and crisp on the outside. Cool. Arrange salad greens, chop apple and walnuts. Whisk together the dressing ingredients. Add the cooled butternut squash. Toss and serve. Serve From: paleorunningmomma.com

Ideas for Mizuna

Salad. Wash and chop the salad into bite size pieces. Mix with lettuce or any greens for salad. Try spinach and arugula, or even by itself.

Salad dressings in all shares will pair nicely with Mizuna

Pasta. Even Asian greens can be tossed with pasta and fresh parmesan. Boil noodles of your choice al dente. While the noodles are cooking sauté chopped mizuna in olive oil with garlic. When the noodles are ready, drain and reserve 1 cup of the pasta water. Toss the noodles, Parmesan, and a bit of the pasta water together in a skillet over low heat. Add more pasta water if the mixture looks dry. Serve with crushed red pepper and extra cheese!

Risotto. Another Italian inspired use for mizuna! Stir chopped and cleaned mizuna into a batch of risotto at the end of cooking. It will wilt perfectly. Try pairing with mushrooms for an earthy dish.

Stir-fry. Asian greens are of course perfect for stir-fry! Pair with any vegetables in your share, lots of garlic and ginger, and your protein of choice. Here's a recipe to get you started.

Soup. We love greens in miso soup, but feel free to toss them into any vegetable soup at the end of cooking. Mizuna would also pair well chicken noodle or lightly creamy soups.

Grain Salads. This Mizuna Quinoa Salad with Lemon Scallion Vinaigrette is sure to be a crowd pleaser! Toss raw mizuna with farro, quinoa, rice, barley, or any grain for fresh salad perfect for picnics and potlucks.

Sauté. The simplest is last! Wash mizuna and then toss in a pan with garlic and olive oil. Leave whole like in this side to local pork chops or chop into bite-size pieces.

Chop bitter greens roughly and toss them with boiled new potatoes, olive oil, salt and pepper. It really mellows out spicy greens but still allows their flavor to come through.



Alstede Farms Freshly Inspired CSA

I believe that when you receive the share this week you will join me in being thankful for the production team having the skills that we need to grow in the green houses so that they can harvest for our benefit through December. We will have tomatoes, peppers, and leafy greens including Basil, Mizuna and Feldsalat. Everything that we receive is a product of our farm. Whenever I read about fresh fruits and vegetables and good health, I continue to see articles about eating local. In this part of the country, we know that means more root vegetables and potatoes, winter squash, and apples. Pink Lady apples will be in the share and I have managed each day since October to find one for an afternoon snack.

Mizuna is often found in a salad mix unless you are at a farm market where it might be offered on its own. It is a bitter green that looks like an overgrown parsley leaf and it is identified as an Asian Mustard Green. Mizuna is related to many of the vegetables that we eat throughout the year. Mizuna is a member of the Brassica family so it is closely related to broccoli, cauliflower, cabbage, and turnip. You can mix the mizuna with other greens. You can boil potatoes or pasta and add chopped mizuna. Toss with some salad dressing and serve at room temperature or cold. You may want to prepare a salad with some chopped pepper and tomato and the feldsalat greens along with the salad dressing in the share this week.

We know that bitter greens are beneficial. They are high in antioxidants, they can improve your immune health while fighting against some major diseases, and like many dark green leafy vegetables they can help blood clotting and they are beneficial to eye health. There is a story behind the feldsalat in your shares that started in Germany last winter. I went to Germany with Kurt, Barbara, and Craig in February 2018. We were out to dinner our first evening when Kurt was introducing us to many of the dishes on the menu. He suggested the salad. We loved it and Barbara and I purchased some in the next days to have in our house where we were staying. In that same supermarket I purchased 3 pouches of seeds so that we could grow this salad back here. We declared the seeds when we were in international arrivals in Newark and they were so sadly taken away. So, the seeds used for this planting were later ordered from a more local vendor. You may have had Mache, corn salad, or lamb lettuce which are all common names for the same greens. I purchased a packet of seeds in Virginia while visiting Monticello a few weeks ago. Thomas Jefferson who was a "foody" in his day, grew feldsalat there in the early 1800's. This leafy green will have many of the same benefits of the mizuna however this green has a somewhat nutty flavor and a very soft texture.

Amazing, in this very difficult year of farm production we will have a fresh from the farm share once again. Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Holiday Harvest Week 2 ~ Dec 11th

~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
- Hand Picked Carrots - Sustainable
- Greenhouse Grown Cheese Peppers - Sustainable
- Greenhouse Grown Long Hot Peppers - Sustainable
- Freshly Harvested Mizuna - Sustainable
- Vine Fresh Butternut Squash - Sustainable
- Greenhouse Grown Tomatoes - Sustainable
- Freshly Harvested Feldsalat - Sustainable
- Jersey Favorite Popcorn - Sustainable
- Alstede Fresh Salad Dressing

This Week's Half 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
- Hand Picked Carrots - Sustainable
- Greenhouse Grown Cheese Peppers - Sustainable
- Greenhouse Grown Long Hot Peppers - Sustainable
- Freshly Harvested Mizuna - Sustainable
- Vine Fresh Butternut Squash - Sustainable
- Greenhouse Grown Tomatoes - Sustainable
- Freshly Harvested Feldsalat - Sustainable
- Alstede Fresh Salad Dressing

This Week's Personal Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Fuji Apples - Sustainable
- Tree Ripened Pink Lady Apples - Sustainable
- Freshly Harvested Basil - Sustainable
- Hand Picked Carrots - Sustainable
- Greenhouse Grown Cheese Peppers - Sustainable
- Freshly Harvested Mizuna - Sustainable
- Vine Fresh Butternut Squash - Sustainable
- Greenhouse Grown Tomatoes - Sustainable
- Freshly Harvested Feldsalat - Sustainable
- Alstede Fresh Salad Dressing

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Pepper and Tomato Bruschetta

- 1 ½ cups tomatoes (3-4) seeded and diced
- 1 cup orange, red, or yellow pepper, diced
- 1/2 cup onion, diced
- 1 clove garlic, minced or put through a press
- 1/3 cup basil, chopped
- 1/3 cup feta
- 1/2 tsp coarse salt
- 1/4 tsp ground pepper
- 1 tsp to 1 tbsp of olive oil for the toasts
- baguette or tortilla chips
- olive oil for brushing
- garlic spices such as 'garlic plus'
- balsamic vinegar reduction

Instructions

Cut up the tomatoes in quarters and then take out the seeds. Dice the tomatoes and place them in a bowl. Heat a small skillet on medium-low heat and add a tsp or so of olive oil.

Next dice up your peppers and onions and then mince your garlic. Add the onions and garlic to the skillet and cook for about 2 mins. Just to take the edge off the bite, but not cooked through. You still want your onions to have a bit of a crunch. Then add the peppers and saute for another min (no more) and remove the mixture from the skillet and into a separate bowl so it doesn't cook any more.

While the onion mixture cools add the chopped basil and crumbled feta to the bowl.

When the onion mixture has cooled (this shouldn't take long and you can put it in the fridge for a min to speed up the process if you like), add it to the bowl with the tomatoes. Add the salt, pepper and drizzle the oil on top. Mix them all together well. Make sure to taste it to get the seasoning right. Set aside for a min.

Turn your oven on to broil.

Slice up the baguette, place them on a baking tray, brush some olive oil on them and dust them with garlic spices or garlic powder or Italian seasonings. Broil them in the oven for a few mins on each side and place them on a serving tray when they are done, OR put some tortilla chips in a bowl for serving. Serve with some balsamic reduction to drizzle over top if you like or just serve it as it

is. From: Cookswithcocktails.com

Tips

Remove Tops

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

Store separately

Salad Dressing

An addition this week from our farm store is our own Salad Dressing. Dressings are shelf stable and can be stored for when you need them. Once open please refrigerate. The team has chosen 7 different flavors. Of course, you can use the dressing for your green salad or a potato or pasta salad.

Some of the creamier dressings can double as a dip for fresh vegetables. Some are great to spread on bread or wraps instead of mayo. I have used the balsamic dressing to marinate chicken or meats or to mix with vegetables before roasting. Use your greens, spiralize a carrot and beets and toss with the dressing in your share.

Extra Zip

Add a little hot pepper to the Bruschetta or prepare a tomato sauce with some hot peppers.

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 12/10/18 and 12/16/18 Must be presented in person



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