

One Pan Sausage, Squash, and Apples

- 1 large squash peeled and diced
- 2 medium apples diced
- 12 oz kielbasa all natural (no sugar added)
- 1 medium yellow onion
- 4-5 tablespoons olive oil
- 2 tablespoons fresh thyme
- 1 tablespoon rosemary
- 1 tsp salt
- 1/2 tsp pepper

Preheat oven to 400°F and set out a large baking pan.

Peel and chop the squash and add it to the baking pan. Next, chop the onions and dice the apples and add it to the pan. Slice the sausage and add it to the pan.

In a small bowl, combine the olive oil, thyme, rosemary, salt and pepper. Pour over squash, apples, onions and sausage. Bake in preheated oven for 40-50 minutes, stirring halfway through.

From: whatmollymade.com

Muesli Cookies

Makes 16 cookies

- 1/2 cup natural nut or seed butter (no salt or sugar added)
- 1/3 cup honey
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 1 large egg
- 1 3/4 cups unsweetened muesli
- 1/2 cup whole wheat flour
- 1/2 teaspoon baking powder

Preheat the oven to 350°F and line a baking sheet with parchment paper. In a medium pot over medium heat, melt together the nut butter and honey until smooth. Remove from heat and use a wooden spoon to stir in the cinnamon, salt and vanilla. Once the mixture has cooled a little, quickly beat in the egg. Add the muesli, flour and baking powder to the pot and stir together until combined. Take about 2 heaped tablespoons of dough, roll into a ball and flatten slightly onto the baking sheet. Repeat with the rest of the dough, spacing the flattened balls about 1 inch apart. (They barely spread when baked.) Bake until golden brown underneath, 6 to 8 minutes. Transfer the cookies to a wire rack to cool completely, then store in an airtight container for up to 5 days. Recipe Notes: If you don't have any muesli on hand, replace with 1 cup of rolled oats plus 1/2 cup of dried fruit and 1/4 cup of chopped nuts and seeds. From: theKitchn



Alstede Farms Freshly Inspired CSA

The farm this holiday season continues to be busy. It seems that there is always something new going on. This week I gave a class that was a part of the activity. We had a Fresh Discoveries Event where we were making decorative swags. We mixed all of the beautiful varieties of greens and made a collection so that the swag was lush and then we gave everyone a lesson on how to make a bow. Each participant with a little guidance chose individual decorations. CSA member and Chapter host Laurie Trezza came to class and posted her swag on Facebook. I hope that you had a chance to see it, it was one of my favorites! Fresh Discoveries Club meets once a month. The classes are free for members and it is always a great time. Mark your calendars for Wednesday, January 9th. We are going to do a Taste of the Market, where we will try some of what there is to offer other than fresh produce. I think it will be fun, it always is. Keep an eye on the web-site and your e-mail for updates, you will need to make a reservation, space is limited!

It is time to be thinking about next year. I hope you have signed up to be with us in 2019. If not, there are some incentives that are still available for December and then others that will become available in January. The January shares involve some classes that I will be offering. It will be a spring activity on the farm that might interest some of you. Maybe you are thinking that you can ask for the CSA as a gift or is there someone who would appreciate the gift from you. I spent a little time with a friend last week. Her grown children who live on their own in different parts of the country have requested CSA's for Christmas gifts. She is researching the farms local to them. What a great gift. Years ago, I loved the story about the boyfriend/ girlfriend. He purchased a share for her. She was a nutrition student and they would go to our Sunday, Morristown market. It is a gift that keeps on giving. Maybe someone is asking you what you want for Christmas, maybe you know someone you could treat or maybe you have a friend or coworker who would like to join us. Tell them about the options or have them give us a call.

You will find honey in the share this week. I know that this is a favored item with most of our members. We usually have it early in the year and many of you order it later in the season. This is a treat. Local Honey can help to control allergies. Honey contains plant chemicals that can contribute antioxidants. Honey has antibacterial and antifungal properties and immune boosting benefits. I can tell you first hand that it is soothing my throat and has been in my tea this weekend as I am nursing a cold and sore throat. The only health warning with honey is that it should not be given to infants, children under 12 months old.

Lettuce, tomato, pepper, arugula and basil. Is it really December? Again, the greenhouse and the high tunnel come through with some additions to the share. We will continue with a week where we will have salad. I am planning to use apples in my sandwich and for a sheet pan dinner and I am sharing those recipes with you. I will put aside my bottled dressing for at least one salad and I will add honey to a homemade dressing as well. Just one more week to go, so until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Holiday Harvest Week 3 ~ Dec 18th

~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 Granny Smith Apples - Sustainable
- Freshly Harvested Arugula - Sustainable
- Freshly Harvested Basil - Sustainable
- Freshly Harvested Lettuce - Sustainable
- Aromatic Onions - Sustainable
- A Greenhouse Grown Pepper - Sustainable
- Jersey Favorite Popcorn - Sustainable
- Vine Fresh Sweet Dumpling Squash - Sustainable
- Greenhouse Grown Tomatoes - Sustainable
- Alstede Fresh Honey

This Week's Half Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Fuji Apples - Sustainable
- Tree Ripened Granny Smith Apples - Sustainable
- Freshly Harvested Arugula - Sustainable
- Freshly Harvested Basil - Sustainable
- Freshly Harvested Lettuce - Sustainable
- Aromatic Onions - Sustainable
- A Greenhouse Grown Pepper - Sustainable
- Jersey Favorite Popcorn - Sustainable
- Vine Fresh Sweet Dumpling Squash - Sustainable
- Greenhouse Grown Tomatoes - Sustainable
- Alstede Fresh Honey

This Week's Personal Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Fuji Apples - Sustainable
- Tree Ripened Granny Smith Apples - Sustainable
- Freshly Harvested Arugula - Sustainable
- Freshly Harvested Basil - Sustainable
- Freshly Harvested Lettuce - Sustainable
- Aromatic Onions - Sustainable
- A Greenhouse Grown Pepper - Sustainable
- Jersey Favorite Popcorn - Sustainable
- Vine Fresh Sweet Dumpling Squash - Sustainable
- Greenhouse Grown Tomatoes - Sustainable
- Alstede Fresh Honey

fresh discovery time savers | fresh, delicious and fast

Honey Gouda Apple Toast

2 slices of thick cut bread lightly toasted

1 T butter

½ cup shredded gouda

4-6 slices thick cut bacon cooked

1 apple from the share thinly sliced

2 sprigs of fresh thyme

Honey for drizzling

Flakey sea salt

Pre heat broiler to high. Spread bread with butter and cheese

Add the bacon and then the apple slices

Place on a baking sheets and slide under the broiler 1-2 minutes until cheese has melted

Watch closely you do not want black toast

Remove from the oven, sprinkle with thyme, drizzle with honey and sprinkle with salt to taste.

Serve From :halfbakedharvest.com

Tips

Arugula and Young Greens

Remove rubber bands, cut off the roots. Rinse in cool water, drain and completely dry
Wrap in paper towel and store in a plastic bag or container.

Refrigerate for up to 5 days

Honey

Honey kept in a glass bottle with a tight -fitting lid should last forever.

It is one of the few foods that does not have an expiration date.

Spray or brush the measuring cup with oil or butter before you measure honey.

When using honey in place of sugar use ½ to 2/3 cup for every cup of sugar

Reduce the other liquid from the recipe by ¼ cup

Add ¼ t baking soda for every cup of honey to balance the acidity and allow rising

Honey caramelizes faster, lower the oven temperature by 25 degrees

Lemon Basil Salad Dressing

about 1/3 cup fresh basil leaves
2 tablespoons plus 1 teaspoon fresh lemon juice, Salt and lots of freshly ground black pepper

2 to 3 teaspoons mild honey (to taste)
6 tablespoons extra virgin olive oil

Place the basil in the bowl of a mini food processor and pulse until finely chopped. Scrape down the sides of the bowl. Add lemon juice, salt, pepper and honey, and pulse several times until combined. Scrape down the sides of the bowl, then add the olive oil and process until emulsified. Taste and adjust honey and salt.

Serve right away to preserve the color

\$25 Box of Apples

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 12/17/18 and 12/23/18 Must be presented in person



fresh discoveries every day