

Egg and Cheese Breakfast Pizza

- 1 thin crust pizza dough
 - 1 can pizza sauce
 - 1 16 oz tub whole milk ricotta
 - 1 or 2 handful of fresh herbs
 - 2 or 3 eggs for each pizza
 - 1 or 2 pinches salt and pepper
 - 1 or 2 other toppings of your choice
- Prepare your dough as instructed on package.
- Heat your oven as high as it goes. 550°? Great.
- Put all your toppings on your crust (except eggs) and bake for 4 or 5 minutes.
- Crack your eggs into a cup and slip them onto the pizza.
- Add some salt and pepper, maybe some red pepper flakes.
- Bake for another 5 minutes or so until the yolks are set.
- Let cool and enjoy! From: tablespoon.com

Tomatoes and Peppers

Tomatoes are best kept at room temperature

Peppers, onions, leftover greens and tomatoes will make a great omelet. Add some cooked potatoes and you have a frittata.

Potatoes and Onions

Store onions separately from potatoes

Rotate stored potatoes. Use what you have first. Check previously received potatoes. It only takes one bad potato to turn the rest.

Eggs

Steam, don't boil your eggs.

Stem the eggs in a vegetable steamer for 12 minutes. Once cooled, they will peel much more easily.

You can take your eggs out after 5 minutes for a good soft boiled egg.

If cooled and peeled immediately rather than waiting an additional 10 minutes, it can help prevent the egg from developing gray around the yolk.



Alstede Farms Freshly Inspired CSA

It is Week Four or the last week of the Holiday Share and we are at the end of the journey for 2018. It is hard to believe it is here. Sometimes it feels as though time is dragging and then suddenly you look up and the end is racing toward you.

I hope that you have enjoyed the "market item" addition to the share these past few weeks in the Holiday Harvest. This week we will have eggs. Some of you have an egg share and some of you pick up eggs occasionally when shopping in the farm store. They are a part of my regular share and I have to say I am spoiled by them. If you are not familiar with the eggs take note at how fresh they are. The yolks stand higher. The whites are thicker and of course protective of the yolk. The flavor is different, especially that of the yolk. I know that we all follow different diets, but eggs fit into most of them and after many years of questionable nutrition facts they have become well accepted by most nutritionists. Eggs have so many functions. It was always so much fun to teach. Each function can be practiced in a lab. Eggs as a binder in meatballs and meat loaf, eggs as a coating on fish or chicken, holding onto bread crumbs, eggs as a leavening agent when separated and you beat the whites. Eggs add color, imagine a lemon filling in pie or lemon curd without the yolks. Without yolks, the final product would be somewhat thick but clear. The eggs help to thicken as well. Eggs as structure in cream puffs or Popovers. Eggs as a main dish at any meal or that up to date so called brinner, breakfast for dinner. They can even be an appetizer. The possibilities are endless.

The apples in the shares are late season good keepers so you may continue having an apple a day for a while. The greens are making me think of spring and salad. I am going to use the herbs in the breakfast pizza and I will dry anything that is left. The potatoes, cider and squash will be a part of my holiday table and breakfast and brunch guests are going to enjoy the eggs.

Many thanks to you from all of us here at the farm. It has been one of the most challenging years in recent memory. A cold April brought a late start to the season. Rain, and more rain, and more rain after that just did not allow for any of the freedom of farming that we need. We could not get into the fields to plant, care for, and produce the crops we all love. Most of you realize that we are busy all year. We are already looking toward 2019. We will all celebrate with our friends and families this coming week and we will celebrate the New Year as well. We hope that all of you will spend the time enjoying the company of friends and family. We have some events planned for the new year, please check your e-mail and the web site and join us if you can. We look forward to welcoming the new season with you in 2019. Enjoy the freshness as you celebrate the holiday and the New Year!

~food for thought~



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CSA Holiday Harvest Week 4 ~ Dec 23rd

~discover the perfect fit for you~

Classic and Necessities Box Contents

This Week's Full Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Gold Rush Apples - Sustainable
- Tree Ripened Winesap Apples - Sustainable
- Freshly Harvested Arugula - Sustainable
- Freshly Harvested Basil - Sustainable
- Freshly Harvested Dill - Sustainable
- Freshly Harvested Green Mix - Sustainable
- Freshly Harvested Mizuna - Sustainable
- Aromatic Onions - Sustainable
- A Greenhouse Grown Pepper - Sustainable
- Jersey Favorite Popcorn - Sustainable
- Vine Fresh Acorn Squash - Sustainable
- Greenhouse Grown Tomatoes - Sustainable
- Alstede Fresh Eggs

This Week's Half Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Gold Rush Apples - Sustainable
- Tree Ripened Winesap Apples - Sustainable
- Freshly Harvested Arugula - Sustainable
- Freshly Harvested Basil - Sustainable
- Freshly Harvested Dill - Sustainable
- Freshly Harvested Green Mix - Sustainable
- Freshly Harvested Mizuna - Sustainable
- Aromatic Onions - Sustainable
- A Greenhouse Grown Pepper - Sustainable
- Vine Fresh Acorn Squash - Sustainable
- Greenhouse Grown Tomatoes - Sustainable
- Alstede Fresh Eggs

This Week's Personal Share

- Our Own Apple Cider - Sustainable
- Tree Ripened Gold Rush Apples - Sustainable
- Tree Ripened Winesap Apples - Sustainable
- Freshly Harvested Arugula - Sustainable
- Freshly Harvested Basil - Sustainable
- Freshly Harvested Dill - Sustainable
- Freshly Harvested Green Mix - Sustainable
- Freshly Harvested Mizuna - Sustainable
- Aromatic Onion - Sustainable
- A Greenhouse Grown Pepper - Sustainable
- Vine Fresh Acorn Squash - Sustainable
- Greenhouse Grown Tomatoes - Sustainable
- Alstede Fresh Eggs

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Spring Greens with Ginger Tomato Dressing

- 1 large plum tomato, seeds squeezed out, roughly chopped (tomato in share)
- 1/4 cup chopped oil-packed sun-dried tomatoes
- 1 tablespoon minced fresh ginger
- 2 garlic cloves, peeled
- 1 to 2 tablespoons balsamic vinegar
- 1/2 cup water
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 6 cups washed mixed greens (any combination of romaine, red leaf, Bibb, Boston lettuce, mustard greens, spinach)

In a blender, combine tomato, sun-dried tomatoes, ginger, garlic, and vinegar. Process until finely chopped. Add water, salt, and pepper and puree until smooth. Divide greens evenly among 4 salad plates and spoon dressing over top. From: Thefoodnetwork.com

Tips

Sorrel

Sorrel will be in the shares. Considered an herb and used as a green. Very often found in a salad mix. It is a little tangy and sour. It should be mixed with other greens or ingredients so that the flavor does not overwhelm.

Mix it with the other greens to serve raw.

Add to butter sauce when preparing pasta or potatoes.

Chop into a cold potato salad with a vinaigrette

Lightly sauté in butter with shallots, deglaze with sherry, then mix all with goat cheese and use as an omelet filling.

Rice with sorrel and lemon served as a side dish

Chop with an onion garlic and mushrooms and add to a stuffing for chicken

Cleaning Greens

Remove roots and clean greens in cold water, completely drain and wrap or layer in paper towel and place in a plastic bag or container.

Storing Radishes

Remove the greens from the roots before storing radishes

Freezing Cider

Freeze cider in serving and cooking size containers for use in the winter months.

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