

## Radish Top Soup

5 sliced radishes

4 cups of radish greens

1 diced onion

2 tablespoons butter

2 sliced medium potatoes

4 cups chicken broth

1/3 cup heavy cream

5 radishes, sliced

In a large saucepan, melt butter and saute onion until tender.

Add radish greens, potatoes, and chicken broth.

Bring it to a boil, turn down the heat and let it simmer for a half hour.

Add the mixture to a blender and process until it is smooth.

Back on the stove, mix in heavy cream and serve with sliced radishes.

Adapted from allrecipes.com

## Share Greens

From CSA member Megan Brown

Bok choy sautéed with garlic,

a splash of soy sauce

those fresh chilies or hot peppers in the share

Beet and broccoli greens sautéed with olive oil, garlic, salt and pepper

Spinach or kale can be wilted into soups and stews just before serving

Arugula or spinach can be added to shrimp scampi or sausage and peppers and sautéed just until wilted.

Radish green – pesto

Add radish greens to salads

Spread some French bread with a little butter. Top with thin slices of radishes and sprinkle with chopped radish greens

Wilt the chopped radish greens into minestrone soup

## Storing Apples

Keep apples cool. Apples on the counter for a day or two are ok. For longer storage and to maintain a crisp texture place them in the refrigerator. For the best flavor bring them back to room temperature before serving.



## Alstede Farms Freshly Inspired CSA

When it was 90 degrees on Monday, I could not imagine that we would be preparing for the holiday harvest. Then on Friday night there was fear of frost and many of the crops needed to be covered. We deployed acres and acres of row cover to protect the precious harvest. When I saw the picture, it looked like snow had covered the fields. The next job for the production team was to remove all of the cover early Saturday morning so that the fields did not overheat and were ready for our guests.

What else is going on back there? The team has been preparing for the Holiday Harvest for a while now. Two of our greenhouses are filled with peppers and tomatoes. There are quite a few seedlings, I am not sure what they are, but I can imagine that there will be more to come from the greenhouse in the late fall harvest. Of course, the fields are still producing. It has been a great year; it would be nice to be together with you through the Holiday Season!

I missed out on Tuesday when CSA member Linda Mahoney dropped off a broccoli and gruyere quiche to the CSA team. I don't think Michael could have looked happier. It was a great treat! Quiche is a good way to use up some leftover steamed vegetables. In this case it was broccoli, but this week it could be spinach or arugula, and greens can be mixed of course. The recipe uses shallots, but you can use some onion as well, adjusting as the season progresses. You may be planning for guests over holiday weekends and Quiche is a great way to have breakfast ready with very little morning preparation. Prepare the crust and the filling the day before and just assemble when you are getting ready to serve. The recipe in the packet this week is one we have used before with some of Linda's influence as well.

The greens in the shares this week will be coming from the organic fields. On Facebook I noticed that Megan Brown posted some simple preparation ideas. I will share her recipes and a couple of mine own with you in the tips this week.

Red delicious is the apple of choice in our shares. It has in the past been the number one apple in the US, however it has been surpassed by the Gala and the Fuji in recent years. I am not a fan of the supermarket variety, however just out of the field they are an apple I can enjoy. They were developed in 1880 in Iowa and they do not have any known ancestors. Idared apples may be in the shares as well. This apple is a gorgeous red, sometimes almost pink, making you believe that it will be sweet, but it isn't. The white flesh sometimes has a slight pink tint to it. It is a good apple for both cooking and baking. It is a cross between two old-time apples, the Jonathan and the Wagener.

Until next week, enjoy the freshness!

*Jenn Borealo*

Alstede Farms' Culinary and Education Specialist



fresh discoveries *every day*

# CSA Week 24 ~ Oct 8th - 10th, 2019

~discover the perfect fit for you~

## Freshly Inspired Box Contents

### This Week's Full Share

- Ida Red and Red Delicious Apples - Sustainable
- Pears - Sustainable
- Arugula - Certified Organic
- Beans - Sustainable
- Beets - Sustainable
- Bok Choy - Sustainable
- Broccoli - Sustainable
- Chinese Eggplant - Sustainable
- Leeks - Sustainable
- Lunchbox Peppers - Certified Organic
- Onions - Sustainable
- Hot Peppers - Sustainable
- Peppers - Sustainable
- Radishes - Certified Organic
- Spinach - Certified Organic
- Swiss Chard - Sustainable
- Plum Tomatoes - Sustainable

### This Week's Half Share

- Ida Red and Red Delicious Apples - Sustainable
- Pears - Sustainable
- Arugula - Certified Organic
- Beans - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Chinese Eggplant - Sustainable
- Onions - Sustainable
- Hot Peppers - Sustainable
- Peppers - Sustainable
- Radishes - Certified Organic
- Spinach - Certified Organic
- Swiss Chard - Sustainable
- Plum Tomatoes - Sustainable

### This Week's Personal Share

- Ida Red and Red Delicious Apples - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Chinese Eggplant - Sustainable
- Onions - Sustainable
- Hot Peppers - Sustainable
- Peppers - Sustainable
- Radishes - Certified Organic
- Spinach - Certified Organic
- Swiss Chard - Sustainable
- Plum Tomatoes - Sustainable

fresh discovery time savers | fresh, delicious and fast

## Storage Tips

### Broccoli Stalks

Peel and grate the stem of the broccoli and use in a slaw or sauté and add to an omelet

Save some greens for a smoothie

### Broccoli Stalks

Leave pears on the counter for a day or two to completely ripen

### Freezing Leafy Greens

Rinse greens in cold water

Blanche them by submerging greens for 30 seconds in boiling water.

Shock them in ice water for 2 minutes.

Drain and squeeze out excess moisture.

Pack tightly in a freezer safe bag.

Consider a method we saw on Bon Appetit for freezing portion sized balls of the greens in a sealed bag.

### Steam and Refrigerate

If you don't need the broccoli or the beans in the first few days steam them and they will last longer in your refrigerator and they will be ready for many of your recipes during the week.

### Cleaning Leafy Greens

Clean leafy greens in cold water.

Continue to change the water until it is completely clean and clear.

Be sure greens are dry, wrap or layer with paper towel in a plastic bag or container

## Quiche Recipe

Inspired by CSA Member Linda Mahoney

1 C flour

1/2 butter

4 oz cream cheese

1/2 t salt

Cut the fat into the dry ingredients until the mixture resembles fine crumbs. Gather the dough into a ball. Flatten to a disc, wrap in plastic, and chill for 1 hour.

An alternate method: Pulse in a food processor until you have crumble. Do not over-process. Gather into a ball. Continue with directions above.

Roll or press the chilled pastry to cover the bottom and sides of a 9" pie pan or a 9 or 10" quiche pan.

While the dough chills, sauté 1/2 cup of onion or onion and shallots in a 2 T butter or olive oil until softened, translucent, not brown. Cool. Grate 1 - 1 1/2 cups of gruyere, swiss, cheddar, or your cheese of choice. Chop some cooked bacon or ham (optional)

Steam vegetables if you are not using leftovers, be sure to remove as much water as possible, roast a chopped tomato, sauté some zucchini or a leek and/or mushrooms.

Fill the bottom of the crust with the cooled onion, top with cheese, bacon or ham if using, and then vegetables.

Preheat the oven to 400

In a large bowl:

Whisk 4 eggs

Beat in: 1 1/2 -2 cups heavy cream or a mixture of heavy and light cream and whole milk

1/2 t salt

1/8 t cayenne pepper or 1/4 t white pepper

Pour the mixture over the ingredients in the pie shell.

Sprinkle with some parmesan cheese. Bake in the preheated oven for 15 minutes. Lower the temperature to 350 and continue baking for 20 minutes or until the quiche is lightly browned and a knife inserted into the center comes out clean. Allow the quiche to sit for 10

minutes before serving.

## All Month Long!

**Earn Rewards and  
Save by Renewing  
Your Membership**

Visit our website to renew your membership. Now offering our biggest discount of the season with special bonuses as well as an 8-month payment plan.

Prices and special bonus offer valid until 10/31/19



fresh discoveries every day