

## Dirty Rice with Collards and Leeks

2 cups vegetable broth  
1 cup long grain brown basmati rice  
1 bay leaf  
1 bunch collards stems removed and discarded  
2 tablespoons olive oil  
1 leek, about 1 ½ cups, halved lengthwise and thinly sliced crosswise into half-moons  
1 garlic clove minced  
1/2 cup toasted pumpkin seeds coarsely chopped  
1 tbsp tamari soy sauce  
1/8 tsp cayenne pepper  
2 tbsp nutritional yeast optional  
¼ tsp fine sea salt  
Freshly ground black pepper

Using the vegetable broth, follow the package instructions for preparing rice.

Meanwhile wash and dry collards, stack and roll the leaves, and thinly slice.

Heat the oil, sauté the leeks until tender and then stir in the garlic. Add a cup of water or vegetable broth to the leeks and add the collards to the pan. Season with salt, cover and simmer for 15 minutes until collards are tender. Strain collards in a colander, move to a cutting board. Chop to 1" pieces and then mix into the prepared rice along with the remaining ingredients.

Season to taste.

Adapted from: [lettyskitchen.com](http://lettyskitchen.com)

### Fall Squash

Cut in half lengthwise, scoop out the seeds that can be cleaned and roasted and used in recipes that call for pumpkin seeds.

Place cut side down on a baking sheet. Roast at 350 for about an hour. When pierced with a fork it should be very tender. Turn and serve or add some butter and brown sugar or butter, salt, and pepper.

### Easy Potato Leek Soup

Saute chopped leeks in butter

Add about two pounds of diced potatoes and a quart of chicken or vegetable broth and simmer for about 20 minutes until the potatoes are tender.

We recommend adding fresh herbs, salt or pepper, maybe even hot sauce to elevate the flavors.

Mix in a blender until smooth, serve with crusty bread (now available in our farm store) and enjoy!

### 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

As you know, I am working weekends and holidays in the new pavillion. If you have not had a chance to visit, please do. It is really a beautiful structure that has added so much to the farm shopping experience. I believe that our guests are finding it a very pleasant shopping atmosphere.

Did I tell you that during the week I am helping out with school tours? Quite naturally, as a teacher, I am usually in one of the classrooms. It is eye opening! So many of these children come from the city where they rarely see anything green and growing. They are more than impressed. The kids are generally pretty quiet, but the teachers who are experiencing a hay wagon ride for the first time are just amazed at the view, the green, the growing, and how it takes over all of your senses.

This was the perfect weekend: a full moon paired with Harvest Moon Hayrides. Along with three beautiful fall days and perfect weather, our guests were definitely in the spirit. What could be better? We all have our own way of taking notice of the changing seasons. For me it is when the harvesting of sweet corn comes to an end. It happened over this past weekend and I was not the only one who took notice. It is always a sad day for me. In the shares we have not had corn for a while and now most of us will not have tomatoes either. With all of that being said, we will have fall squash and potatoes, and quite a few leafy greens to add to our menus. Keep in mind that recipes for kale and collards can be interchanged. If you are using spinach in place of tougher greens you will need to adjust cooking times.

We continue to have apples in the shares. Gala apples are the number one apple in the country and they are quite plentiful here at the farm as well. The new apple in the shares will be Sun Crisp, a true New Jersey apple, as it was developed at Rutgers University and released in 1994. It is a cross between three apples: the Golden Delicious, Cox's Orange Pippin, and Cortland. They are great for snacks, eating out of hand, cooking, and some updated sites say baking and pies. With Golden Delicious and Cortland as parents, that should be true.

~food for thought~

Until next week, enjoy the freshness!

*Jenn Borealo*

Alstede Farms' Culinary and Education Specialist



fresh discoveries *every day*

# CSA Week 25 ~ Oct 15th - 17th, 2019

~discover the perfect fit for you~

## Freshly Inspired Box Contents

### This Week's Full Share

- Suncrisp and Gala Apples - Sustainable
- Arugula - Certified Organic
- Beans - Sustainable
- Broccoli - Sustainable
- Collards - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Leeks - Sustainable
- Peppers - Sustainable
- Potatoes - Sustainable
- Spinach - Certified Organic
- Butternut Squash - Sustainable
- Bok Choy - Sustainable
- Kohlrabi - Sustainable
- Beets - Sustainable
- Cherry Tomatoes - Sustainable
- Radishes - Certified Organic

### This Week's Half Share

- Suncrisp and Gala Apples - Sustainable
- Arugula - Certified Organic
- Beans - Sustainable
- Broccoli - Sustainable
- Collards - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Leeks - Sustainable
- Peppers - Sustainable
- Potatoes - Sustainable
- Spinach - Certified Organic
- Butternut Squash - Sustainable

### This Week's Personal Share

- Suncrisp and Gala Apples - Sustainable
- Arugula - Certified Organic
- Beans - Sustainable
- Broccoli - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Leeks - Sustainable
- Peppers - Sustainable
- Potatoes - Sustainable
- Spinach - Certified Organic
- Butternut Squash - Sustainable

fresh discovery time savers | fresh, delicious and fast

## Storage Tips

### Broccoli Stalks

You can compost however you might want to try to:  
Peel and cut into strips and use for dip  
Shred and sauté and use for omelets or Frittata  
Chop and add to the florets for Broccoli and Cavatelli  
Peel and steam or peel and chop raw broccoli and add some lemon or lime, cucumber, avocado, red onion, herbs, and olive oil. Salt and pepper to taste for a salad  
Prepare thin slices. Preheat the oven to 450. Slice, drizzle with olive oil, sprinkle with salt and pepper, and roast in a single layer. 15 – 20 minutes.

### Kohlrabi

Remove the leaves before storing, save to prepare as you would kale or collards  
Peel and slice, sprinkle with a little salt and serve  
Grate into a slaw with an apple

### 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

## Spicy Pickled Broccoli

1 bunch broccoli (about 1 1/5 pounds), florets and peeled, sliced stems  
3 stems chopped green garlic (include plenty of the green since it's just for flavor!) or 2 tbsp 'regular' chopped garlic  
1 tbsp dill seeds  
1 tbsp coarsely grated (or chopped) ginger  
1 tbsp yellow mustard seeds  
1 tbsp vegetable oil  
2 1/2 cups white wine vinegar  
2 1/2 cups water  
1 tsp pickling or other uniodized salt (often called sea or kosher too, I think)  
In a large bowl, toss the broccoli with the next 5 ingredients.  
Pack the mixture into a 2-quart jar.  
Combine the vinegar with water and dissolve the salt in the liquid mixture.  
Pour the liquid over the broccoli. Cap the jar.  
Store the jars in the refrigerator for at least a week before eating.  
It should keep in the fridge for at least several weeks.  
Yields 2 quarts  
Adapted from The Joy of Pickling

## All Month Long!

When you sign up and pay in full in October, you can enjoy FREE admission for Harvest Moon Hayride, taking place October 18, 19, 25, 26th, 6-10pm (last admission at 9pm, best to arrive before 8pm to experience everything)

Enjoy exploring our farm at night including our corn maze, camp fire, hay wagon rides, unlimited hot and cold cider, live music and more.

Maggie will be there every night and would love to see you!

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

**Enjoy Free  
Admission for  
Harvest Moon!**



fresh discoveries every day