

# fresh discovery **time savors** | discover a new favorite taste

## Cauliflower or Broccoli Steaks with Spinach Gratin and Green Beans

- 1 head Cauliflower, washed, cut in 1/2, cut into 2" thick slices
- 3 oz of Share Spinach washed and trimmed and finely chopped
- 2 cloves Garlic, minced
- 6 oz Green Beans , cleaned and trimmed, cut in 1/2
- 2 Tbsp Butter
- 2 Tbsp All-Purpose Flour
- 1 cup Milk , warmed
- 2 oz sharp Cheddar Cheese
- 1/4 cup Panko Breadcrumbs
- Olive oil
- 1 Lemon, seeded, cut in 1/2 and juiced, slice the other 1/2 of lemon
- 1 Tbsp Dijon Mustard
- 1/4 cup Slivered Almonds

Preheat oven to 475°F.

Place the cauliflower steaks on a parchment lined baking sheet. Drizzle with olive oil. Sprinkle with a little salt and pepper and roast for 10 minutes, turn, season and continue to roast until fork tender. About 20 minutes total. The edges of the cauliflower will be browned.

Lower the temperature to 300 and toast the almonds. About 5 minutes. Checking to be sure to watch as they will burn easily.

Heat a medium pot of salted water to boiling on high. Cook the green beans until tender. Drop them into ice water to stop the cooking

Prepare the sauce: In a saucepan melt the butter and add the flour. Mix to a paste and add the warm milk. Sauce should thicken quickly stir constantly. Remove the sauce from the heat and add the cheese. Stir to melt. Stir in the chopped spinach and salt and pepper.

Toss breadcrumbs with a little olive oil just until moist

Top the cauliflower steaks with the spinach cheese sauce and sprinkle with the panko breadcrumbs.

Return to the oven @ 400 for a few minutes until the steaks and sauce are completely heated through

Meanwhile complete the beans mixing them with the lemon juice, mustard and almonds and 1 T olive oil.

Plate the cauliflower steak, top to the side with the green bean salad and garnish with a lemon slice.

Adapted from: Blueapron.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.

### Storing Apple Cider

Fresh apple cider can be stored for up to a week in the refrigerator. We recommend drinking it as soon as possible.

When freezing apple cider, leave a two inches of room at the top of the bottle to leave room for the frozen cider to expand. Freezing cider in ice cube trays and storing cubes is an easy way to store and quickly grab to use in smoothies and recipes.

### 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

Is it that time of year already? Our "Heart of the Season" members will be leaving us this week and I am hoping that they will think about extending their memberships, and of course we are thinking about next season as well. Some of you are thinking about staying with us for the four weeks of our Holiday Share. I hope you will. Some of you had questions about what to expect in the shares. I can tell you that no two years have ever been the same. There are potatoes, squash, apples, and cider of course. Peppers and tomatoes are growing already in our greenhouses. I have seen years with lettuce, greens, basil, broccoli, cabbage, and Brussel sprouts so it just depends on the weather and what this season will bring.

I read a post from Megan Brown about peppers. So many of you came to her rescue. Great ideas. Stuffed peppers, pepper steak, and sausage and peppers, where peppers become a main dish that uses up quite a bit of the abundance. I love peppers and potatoes for a frittata, and I often slice peppers for steak or chicken fajitas or quesadillas. Chop a pepper into tomato sauce, or chicken cacciatore, or hunters stew. Serving vegetables raw is always a good idea. Many of you suggested slicing peppers for a dip or hummus, and just chopping raw peppers into salad is another option. Freezing peppers that have been sliced or chopped in small batches will keep them for winter recipes. They do not need to be blanched. Keep in mind that frozen peppers will not be crisp. You will want to plan to use them in sauces, stews, chili, and recipes where they will be cooked, not served raw.

The apples this week will be Winesap, also known as Stayman, or Stayman Winesap. These are an old-time apple and, in some circles, considered to be heirloom. They are a beloved apple for a few reasons. Of course, eating out of hand is the first reason, especially just after harvest. They are good "keepers" and they will stay fresh and crisp for quite a while in the refrigerator. They are an apple that many customers look for to bake pies.

It is past the middle of October and we have been through a couple of frost scares. We have to be thankful that our shares are still full of fabulous produce.

Until next week, enjoy the freshness!

*Jenn Borealo*

Alstede Farms' Culinary and Education Specialist



fresh discoveries *every day*

~food for thought~

# CSA Week 26 ~ Oct 22nd - 24th, 2019

~discover the perfect fit for you~

## Freshly Inspired Box Contents

### This Week's Full Share

- Apple Cider - Sustainable
- Winesap Apples - Sustainable
- Acorn Squash - Sustainable
- Arugula - Certified Organic
- Beans - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Kale - Sustainable
- Leeks - Sustainable
- Lettuce - Certified Organic
- Napa Cabbage - Sustainable
- Onions - Sustainable
- Potatoes - Sustainable
- Peppers - Sustainable
- Radishes - Sustainable
- Spinach - Certified Organic

### This Week's Half Share

- Apple Cider - Sustainable
- Winesap Apples - Sustainable
- Acorn Squash - Sustainable
- Arugula - Certified Organic
- Beans - Sustainable
- Broccoli - Sustainable
- Kale - Sustainable
- Leeks - Sustainable
- Lettuce - Certified Organic
- Onions - Sustainable
- Potatoes - Sustainable
- Peppers - Sustainable
- Spinach - Certified Organic

### This Week's Personal Share

- Apple Cider - Sustainable
- Winesap Apples - Sustainable
- Acorn Squash - Sustainable
- Arugula - Certified Organic
- Beans - Sustainable
- Broccoli - Sustainable
- Leeks - Sustainable
- Lettuce - Certified Organic
- Potatoes - Sustainable
- Peppers - Sustainable
- Spinach - Certified Organic

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  
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.

### Freezing Peppers

Freeze peppers, chop or slice, according to recipes that you plan to prepare.  
Store in bags or small containers.

### Steam and Refrigerate

Steam beans, broccoli, cauliflower, sliced leeks, maybe even potatoes, and roast beets, so that they are ready for your recipes and dinner prep or a Buddha bowl for lunch. All of the mealtime prep will take less time.

### 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 to store

## Alstede Farms Fall Buddha Bowl

I never leave the house without eating breakfast and if I am going to work, I always have lunch with me. I think that the leftovers from the vegetables in these shares will make the perfect Buddha bowls and we can all design our own. If we are following the plan of eating all the colors, this will be the perfect meal for lunch dinner.

Alstede Farms Fall Buddha Bowl

Find a bowl or container:

The starch choice is yours, quinoa or brown rice prepared according to the package directions. Measure  $\frac{1}{2}$ - $\frac{3}{4}$  cup and line the bottom of the bowl or container

Top with:

A sliced roasted beet or sliced raw radishes

$\frac{1}{2}$  cup of steamed green beans

Add some steamed broccoli and cauliflower

A spoonful of winter squash

Slice in some radishes

Add a little sautéed kale, collards, spinach or broccoli leaves, and beet or radish greens

Some plant-based protein such as lentils that have been simmered with onion, garlic, shallot, chopped celery and carrot, or a little hummus (purchased or homemade), or chickpeas, drained and rinsed, or hard cooked eggs for the vegetarian, not vegan.

Sprinkle with roasted squash seeds for some texture

Top with a little chopped parsley

Drizzle some dressing: whisk together  $\frac{1}{4}$  cup Tahini, 3 tbsp honey

Drizzle in  $\frac{1}{4}$  cup sesame, olive or grapeseed oil

Add 3-4 tbsp lemon juice

Add 1 tbsp water at a time to thin the dressing as needed

A little salt to taste

## 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