

Spinach and Potato Gnocchi

- 1 pound potatoes
- 4 1/2 ounces of spinach, weigh after any stems have been removed
- 1 egg
- 1 cup all-purpose flour
- 1 dash nutmeg
- salt and pepper
- 1/4 cup parmesan

2 tablespoons of cream cheese (optional)

Peel the potatoes and cut into cubes. Boil in salted water until tender. Drain the potatoes, saving the water. Add the spinach to the potato water and allow the spinach to wilt, drain, press out as much water as possible. Roll spinach in some paper towel to be sure all the water is removed. Chop.

On a flat surface, mash the potatoes and mix in the chopped spinach. The mixture should be at room temperature. If you are using the cream cheese, cut it into small pieces and blend it into the potato mixture.

Mix in the egg, followed by the flour, nutmeg, salt, and pepper.

The mixture should be a soft dough that you can handle. If it is too sticky, add a little more flour one tablespoon at a time. Mix very gently.

Lightly flour your hands and a board. Cut dough into 3 pieces. Roll each piece with your hands into a log shape. Cut into portions and roll into a ball or use a floured fork to make an indentation.

Bring a shallow pan of water to boil. Add salt and 1/3 of the gnocchi at a time keeping the water at a boil. Allow the gnocchi to rise to the top, boil a minute or two longer and remove with a slotted spoon. Repeat until all the gnocchi is cooked. As you remove cooked gnocchi mix, toss with a little butter or olive oil to keep them moist.

Serve with your favorite tomato sauce, alfredo sauce, butter and cheese, or some pesto.

Adapted from:Caroline'scooking.com

Cauliflower

Cauliflower will keep up to a week in the refrigerator.

Cauliflower can be white, green, orange, or purple.

Steamed cauliflower can be mashed instead of potatoes. Use the leftovers for the appetizer recipe in this newsletter.

Riced cauliflower - cut cauliflower into large pieces and grate on the large holes of a box grater or cut into smaller pieces and grate using the food processor attachment.

Cauliflower should be cooked shortly after ricing. It can then be stored up to 4 days.

Sauté cauliflower in a little olive oil. Add a 1/4 cup liquid (vegetable broth) and allow the cauliflower to steam for 6-8 minutes.

Optional, add some chopped herbs or allow some chopped fresh spinach to wilt into the rice for color. Use leftover riced cauliflower for a frittata or a pizza crust. Consider adding some other chopped veggies for another side dish.

I like to steam broccoli and cauliflower for a minute or two before I roast it, or I roast them together. Drain, dry, and mix with olive oil, chopped garlic. Lay out on a baking sheet and sprinkle with parmesan cheese and some breadcrumbs before roasting.

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

I am writing to you today, Sunday, on a very rainy gray day and I am finding it to be such a sad way to end the season. I know though that I really cannot complain. The weather has cooperated and has been so beautiful all through September and October. We have had perfect autumn weekends making it feel like true harvest weather. It has been so great for all of our guests this season and it has been so much better for farming. The abundance of homegrown produce this late in October is incredible. Believe it or not, they are still picking peppers over the weekend. I am sure that most of you saw the Facebook post with Farmer Kurt and Rebekah Alstede. They were holding tomatoes that they picked in the field as well.

The beloved, long awaited, late season, Pink Lady apple is going to be in shares this week. Its parents are the Golden Delicious and Lady Williams apples. Lady Williams apples are not well known in North America. Lady Williams apples lend their beautiful color and tart taste to the Pink Lady apple. Pink Ladies are best known for snacking and eating out of hand. The Pink Lady is also recommended for apple sauce. A while back, Trish baked a delicious apple crisp using Pink Lady apples.

I was so happy to see that last week's cider brought so much joy. It is always a treat to have cider in the shares. As we harvest late season apples, I find that the flavor of our home-made cider just keeps getting better and better. I hope you are all enjoying the first fresh taste of fall in your apple cider. Cider has been flying off the shelves every weekend here at the farm store and in our new produce pavilion. You will see more bottles in your shares throughout the remainder of the season.

I have to thank Jennifer Rosenzweig who reached out to the "Heart of the Harvest" members to extend their membership through the end of the season. Most of you would agree that Thanksgiving would not be the same without home grown goodness.

With Thanksgiving and the holiday season swiftly approaching, take the time now to give yourself the gift of another year of farm fresh CSA shares. Thursday, October 31st, is the deadline to enjoy our biggest discounts and convenient 8-month payment plan. Maggie is available to answer all of your questions and help you sign you up when you are ready.

Until next week, enjoy the freshness!

Jenn Borealo

Alstede Farms' Culinary and Education Specialist



fresh discoveries *every day*

~food for thought~

CSA Week 27 ~ Oct 29th - 31st, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Pink Lady Apples - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Bok Choy - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Chili Pepper Plant - Sustainable
- Cilantro - Certified Organic
- Eggplant - Sustainable
- Kale - Sustainable
- Leeks - Sustainable
- Lettuce - Certified Organic
- Parsnips - Sustainable
- Peppers - Sustainable
- Potatoes - Sustainable
- Radishes - Sustainable
- Spinach - Sustainable

This Week's Half Share

- Pink Lady Apples - Sustainable
- Beans - Sustainable
- Bok Choy - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Chili Pepper Plant - Sustainable
- Cilantro - Certified Organic
- Kale - Sustainable
- Lettuce - Certified Organic
- Parsnips - Sustainable
- Peppers - Sustainable
- Potatoes - Sustainable
- Spinach - Sustainable

This Week's Personal Share

- Pink Lady Apples - Sustainable
- Beans - Sustainable
- Bok Choy - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Chili Pepper Plant - Sustainable
- Lettuce - Certified Organic
- Parsnips - Sustainable
- Peppers - Sustainable
- Potatoes - Sustainable

fresh discovery time savers | fresh, delicious and fast

Storage Tips

Chili Pepper Plant

Use gloves when working with hot spicy peppers or wash hands before touching eyes, face, etc.
Use peppers fresh off the plant for hot spicy dishes.
If you want to dry the peppers you can remove the leaves from the plant and hang it in a dry place.
You can string the peppers under the stem Or you can dry in a rack.
They can be dried in the oven, on a low temperature, with the oven door open. I like to make a swag layered with herbs from my garden and tied with a few different colors of raffia.
When the peppers are dried, I just pull one off when I am serving pasta or pizza and crumble it over the top.

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.

Parsnips

Parsnips should come to you without tops. If the tops are attached, discard them they can be toxic if eaten. Parsnips can be mashed on their own or they can be steamed or boiled and added to mashed potatoes. Or slice into thin strips, coat with olive oil, sprinkle with salt. Roast for 10 minutes, turn and continue roasting for another 10 minutes for crispy sticks.

Cauliflower Appetizer

Ingredients:

2 cups of cauliflower mash

1 egg

½ cup of shredded cheese

Salt and pepper

8 slices of bacon, cut in half

Optional: sour cream with chives to use as a dip

Preheat the oven to 375.

Mix together the first 4 ingredients.

Using a heaping tablespoon, roll the mixture into a ball. Wrap a slice of bacon around each portion, you should have about 16 appetizers. Use a toothpick to keep the bacon in place.

Bake on a parchment lined sheet that is topped with a baking rack to allow the bacon fat to drip through.

Bake 25 – 30 minutes, bacon must be cooked through. Prepare dip while baking. Transfer to paper towels and serve with dip.

Adapted from: simpletastyrecipes.com

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