

## Green Bean Pasta Skillet

1-2 tablespoon olive oil  
1 medium onion, chopped  
4 large cloves garlic, minced  
12 ounces fresh green beans, trimmed and halved  
8 ounces uncooked whole wheat penne pasta  
3 ½ cups low sodium vegetable broth  
½ teaspoon salt  
¼ teaspoon pepper  
½ cup unsweetened plain almond milk (or milk/cream of choice)  
zest of 1 large lemon  
3 cups chopped arugula or chopped spinach  
chopped fresh basil  
Chopped parsley and sliced almonds or roughly chopped pistachios, for serving

Pour olive oil to a large deep nonstick skillet set over medium heat. Add in the onion and cook for about 2 minutes, stir in the garlic and cook until fragrant. Do not allow garlic to brown.

Add the vegetable broth and bring it to a boil. Add in the green beans, and season with salt and pepper. Stir and cover, reduce the heat to medium. You should have a fairly vigorous simmer for about 12- 14 minutes. Checking/gently stirring every few minutes. Beans should be fork tender and pasta should be al dente. Pasta will continue to absorb liquid as the recipe progresses

Add in the milk of choice and the lemon zest. Continue to cook uncovered for about 2 minutes, stirring occasionally. Add the greens and cook 1-2 minutes longer until they are wilted and a little more of the liquid has absorbed. Remove the pan from the heat. Mix in fresh basil. Allow the pasta to stand for 5 to 10 minutes (it will absorb liquid as it sits). Season with additional salt/pepper to taste. Sprinkle with the chopped nuts and parsley, just before serving!  
Adapted from: [cooknourishbliss.com](http://cooknourishbliss.com)

### Apple Cider

Cider can be served hot or cold.  
Blend with a little grated apple, some lemon juice, some ginger and cayenne pepper.  
It is something like the cleanse drinks from the health food stores.  
Pour a little cider out of the bottle to allow for expansion to freeze the whole container  
Or pour cider into smaller, serving size containers to freeze

### Beans

Steam green beans when you receive them. They will be ready to make into a salad or you can add to olive oil and garlic, or sautéed red onion, or some burst tomatoes.  
Or try this recipe from CSA member Michele Zanzonico Cotter. I used two full bags of beans from the share. Boil or steam until desired tenderness. 2 cups packed cilantro, 1 1/2 tablespoons lemon juice, 3 gloves garlic, ½ c slivered almonds (I used pecans that I roasted first), 1/2 C olive oil (I didn't measure, I just added until it got to the consistency I wanted), 1/2 tsp. salt, 1/4 tsp. pepper and 1/4 tsp crushed red pepper flakes (I didn't add). Blend all in the food processor - it was so good!!

### Brussel Sprouts

Brussel Sprouts will come to you off the stalk. Store for a couple of days in a plastic bag or container.  
If you leave them for too long a stronger cabbage-like taste will develop.  
You may need to trim the stems. Any single leaves can be fried or roasted to a crisp or added to salads.  
Cut an x at the stem for more even cooking or cut the large sprouts in ½.



## Alstede Farms Freshly Inspired CSA

It was 70 degrees on Halloween, and we could not even enjoy it due to rain. Now we are staring out at temperatures in the 30's and there are still tomatoes, peppers, and beans being brought into the packing house. The differences between this season and last year continue to be beyond compare. As we continue to harvest the end of summer, we are also working with the cole crop, members of the brassica family, that historically started with wild cabbage. They are all grown in cooler weather and are often called "cold crops." So once again, as I have said a few times this fall the shares are a little bit summer and a little bit fall/winter. I am not sure that I have even written about tomatoes from the fields and Brussel sprouts in the same packet ever!

So, tomatoes, cherry tomatoes that continue to be a favorite. They are so sweet and juicy and will always be my go-to, for salad, for snacks, or for the burst tomato recipe that we printed a while ago. Then you will also find that you have green tomatoes that are a "once a year treat." They are always due to a change in temperature. They come from plants that are still productive when we see a hard frost or freeze in the forecast and we don't want them to be wasted.

Then here comes one of the most beloved fall vegetables, the Brussel sprouts. We have printed quite a few recipes for them in the past. Years ago, when I was growing up it was all about steaming and boiling. They were never a favorite. Now we cook them with dryer heat. Stir fry, roasting, and even raw in salads. They are sweeter and so much more loved. We are using them in a salad this week at the FDC Club event and we will print that recipe next week for you. I hope that we will have them more than once before the end of the season. They have become a staple at my Thanksgiving dinner.

Michelle Zanzonico Cotter posted a recipe for green beans with cilantro pesto that will work with some shares again this week. Jennifer Niederhoffer prepared No-dye green pancakes that slips some veggies into breakfast. Thankfully we can all relax and munch on the apples in the share, (this week will be suncrisp), like Jennifer Rosenzweig. She posted a recall of apples, from Michigan, in eight states due to possible listeria, no worries here.

I was happy to see some posts about renewals for next year. It is always a good feeling to know that you will be with us again. We have a few weeks to go and we have the Holiday shares coming up too! You know as well as I do that Thanksgiving will be upon us quickly so sign up and order that Turkey!

Until next week, enjoy the freshness!

*Jenn Borealo*

Alstede Farms' Culinary and Education Specialist



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# CSA Week 28 ~ Nov. 5th - 7th, 2019

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## Freshly Inspired Box Contents

### This Week's Full Share

- Apple Cider - Sustainable
- Suncrisp Apples - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Brussels Sprouts - Sustainable
- Cauliflower - Sustainable
- Cherry Tomatoes - Sustainable
- Cilantro - Sustainable
- Green Tomatoes - Sustainable
- Lettuce - Sustainable
- Lunch Box Peppers - Sustainable
- Napa Cabbage - Sustainable
- Parsnips - Sustainable
- Peppers - Sustainable
- Spinach - Sustainable

### This Week's Half Share

- Apple Cider - Sustainable
- Suncrisp Apples - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Brussels Sprouts - Sustainable
- Cauliflower - Sustainable
- Cherry Tomatoes - Sustainable
- Green Tomatoes - Sustainable
- Lettuce - Sustainable
- Peppers - Sustainable
- Spinach - Sustainable

### This Week's Personal Share

- Apple Cider - Sustainable
- Suncrisp Apples - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Brussels Sprouts - Sustainable
- Cauliflower - Sustainable
- Green Tomatoes - Sustainable
- Lettuce - Sustainable
- Peppers - Sustainable

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## Stir-Fried Brussels Sprouts

- ½ cup walnuts
- 2 lb. brussels sprouts
- 8 tbsp. extra-virgin olive oil
- Kosher salt, freshly ground pepper
- ½ lemon
- 1 tbsp. walnut oil or 1½ tsp. sesame oil

Preheat the oven to 350 degrees. Roast Walnuts in one layer on a baking sheet with sides that is lined with parchment paper. After 4- 5 minutes, toss them and allow to cook another 4 minutes, watching closely to be sure they do not get over done. Allow the walnuts to cool completely and then coarsely chop. Shred lemon zest, being careful not to include the pith. Squeeze the juice. Set all ingredients aside in separate bowls until you are ready to use them.

Remove cores from brussels sprouts at the stem ends. Peel off leaves, continue to peel until you reach the center.

Stir fry a little at a time. Heat the olive oil in a large skillet over medium-high. Add about a quarter of the brussels sprout leaves. Stir fry, moving the leaves around once or twice. Leaves will become bright green and they will also be charred in spots. It will take about 4 minutes for each batch. Sprinkle with salt and pepper and then transfer to a plate or bowl while you repeat. Stir fry the remaining 3 batches with olive oil.

Drizzle with lemon juice and walnut or sesame oil. Sprinkle with zest and walnuts.

Pepper to taste

Brussel Sprout leaves can be separated 2-3 days ahead of time. Wrap in damp paper towels and store in resealable plastic bags; chill.

Recipe adapted from Recipe by Molly Baz @ bonappetite.com

### Green Tomatoes

Green tomatoes can be pan fried or deep fried.  
Beat an egg in a small bowl  
On a plate, mix a cup of flour with a pinch of salt and pepper  
Optional-on a second plate seasoned bread crumbs  
Dip tomato slices in egg wash, then flour, repeat egg wash and then flour again or bread crumbs  
Heat a frying pan with oil  
Brown on each side- about 3 minutes  
Drain on paper towel  
Serve as a side or on a BLT, or layer with cheeses and tomato sauce as you would for eggplant Parmesan

### 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.

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