

Thanksgiving Leftover Hand Pies

1/4 c Onion, minced
1/2 Pepper, diced fine (or any other color of sweet pepper) (optional)
1 tablespoon Butter melted or oil
2 cups Cooked Turkey or Chicken, diced
Leftover stuffing
Leftover mashed potato
Leftover Thanksgiving vegetables, we used steamed green beans
A few slices of cooked bacon crumbled
Pie Crust or Puff Pastry
Shredded Cheddar cheese,
1 Egg
Chopped thyme and parsley
Preheat oven to 400

Line a baking pan with parchment paper. Combine onion and pepper and butter in fry pan and sauté until translucent and soft. Remove from heat.

On each half piece of pastry, sprinkle a little cheddar cheese on the bottom portion of the dough.

Top with chopped turkey, dot with some stuffing and mashed potato and spoon over leftover vegetables. Pull the dough over to fold in half and seal first with your fingers, and then with a fork.

Cut slits in the top of you turkey turnover pastry so steam can escape.

Beat an egg with a little water. Brush egg wash onto the top of the dough. Bake in the oven (on parchment lined baking pan) for 6 minutes, lower the temperature to 350 and continue to bake until the turnovers are golden brown.

Allow the turnovers to sit for a few minutes before serving.

Makes 8 small or 4 larger turkey turnovers

Adapted from: Annesentitledlife.com

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.

Clean greens in cold water. Continue to change water until it is clear and no grit forms on the bottom of the pan.

Dry! Wrap in paper towels and place in plastic.

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 1/2.



Alstede Farms Freshly Inspired CSA

It has been quite the week. We had tours that had to reschedule because of rain in October. It just became progressively colder as the week went on. Friday being a little too cold for some of the tiniest 3-year-old visitors. They came to pick apples and pumpkins just in time. These children become a part of the harvest team. We had to get as many apples picked as possible before the hard frost/freeze on Friday night. The production team worked through the early evening using truck headlights to illuminate their way so that we could save as many apples as possible. I am thinking that they had us in mind, making sure that we will have apples in the shares until the end of the season and through the holiday shares.

We had a Fresh Discovery Event on Wednesday. I was so excited to have Johan Bjorken join me in the preparation and execution. Johan joined our team in the early fall and has worked tirelessly helping guests ever since. He is a graduate of Johnson and Wales in Rhode Island and he has worked as a chef in Boston for 6 years. He made the decision to change the scenery and come closer to home and family and of course joined us. It is so great to have him in the farm store. He can answer so many questions that our guests have about the preparation of our produce. The FDC event was highlighting Thanksgiving. I prepared a recipe that you might use for guests who arrive early, another using leftovers, and of course a dessert. Johan prepared a recipe and did a demonstration using Brussel sprouts and beets that will be included in the packet this week. Each part of his recipe can be prepared in advance, so it is a good one to plan on for a holiday meal.

Nice to hear what is happening and now you are wondering, what apple will be in the shares. Granny Smith apples were one of the most requested apples through the fall. It is a late harvest apple and it is sought after because it is great to use for baking, especially pies. This is an old apple variety discovered in Australia by Maria Ann Smith who had a chance seedling, the parentage is really still unknown. There may be some French Crab Apple since the seedling was growing where she would throw what sounds like cores and peels and natural food waste. It might be time to think about baking a pie or preparing and freezing a pie filling for Thanksgiving.

I hope that you have been busy signing up for the extended, holiday weeks to come so that we can be together just a little longer and I know that some of you are taking advantage of signing up early and choosing some of those incentives. Along with all of that, have you heard about Friendsgiving on Saturday the 23rd. A dinner where you can gather with friends you may not see over the Thanksgiving weekend. Just one more option to add to your calendar. Hope you can join us, call for details!

Until next week, enjoy the freshness!

Jenn Borealo

Alstede Farms' Culinary and Education Specialist



fresh discoveries *every day*

CSA Week 29 ~ Nov. 12th - 14th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Granny Smith Apples - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Brussels Sprouts - Sustainable
- Cauliflower - Sustainable
- Cherry Tomatoes - Sustainable
- Kohlrabi - Sustainable
- Tomatoes - Sustainable
- Lettuce - Sustainable
- Arugula - Certified Organic
- Kale - Sustainable
- Jalapenos - Sustainable
- Peppers - Sustainable
- Spinach - Sustainable

This Week's Half Share

- Granny Smith Apples - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Brussels Sprouts - Sustainable
- Cauliflower - Sustainable
- Tomatoes - Sustainable
- Lettuce - Sustainable
- Peppers - Sustainable
- Spinach - Sustainable

This Week's Personal Share

- Granny Smith Apples - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Brussels Sprouts - Sustainable
- Cauliflower - Sustainable
- Tomato - Sustainable
- Lettuce - Sustainable
- Broccoli - Sustainable
- Peppers - Sustainable

fresh discovery **time savers** | fresh, delicious and fast

Seasonal Brussel Sprout Salad

1 stalk or container of Brussel Sprouts
1 Bunch of Red Beet Roots (Roasted) Recipe follows
Pink Lady apples thinly sliced and cut slices in 1/2
½ c Ricotta Cheese
2 T Greek Yogurt
Pepitas toasted in a frying pan with olive oil or in the oven. Caution not to burn
Olive oil
Blanch the Brussel Sprouts in salted boiling water for 2 minutes and drain and plunge into an ice water bath to stop cooking. Allow to cool, dry, and move to a cutting board. Cut sprouts into quarters.

Toss the roasted beets with olive oil.

Place brussels on a platter. Toss the beets with olive oil and sprinkle with salt and pepper to taste. Arrange the beets over the brussels. Mix ricotta and yogurt together. Dollop ricotta/ yogurt on the beets and thinly slice the pink lady apples and arrange over beets and Brussels. Sprinkle toasted pepitas over the salad and serve

Roasted Beets

Olive oil
2t Coriander
2t Fennel Seed
1-2 Bay Leaf
½ Vegetable stock
½ c sherry vinegar

Cut the greens from the beet roots. Rinse beets under cold water. In a baking dish, add the beets and season with the remaining ingredients. Bake 425 until fork tender, about an hour. Let cool enough to handle. Peel beets with either a towel or peeler. Cut beets into 1/8ths and chill in the refrigerator while preparing the rest of the salad.

From: Johan Bjorken

Apples

Keep apples in the refrigerator until you are thinking about serving them.

For the best flavor bring them back to room temperature.

I always cook my apples a little and then cool them before adding to a pie shell. I melt butter about ¼ c and then add the sliced apples to a deep-frying pan, about 6 of them for a 9" pie, Add some brown sugar, about ½ cup and a little cider another 1/2 for moisture..

Sprinkle with cinnamon ¾ t and simmer until apple just begin to soften. Add a little flour 1 ½ T Or 1 T cornstarch, allow juices to thicken, chill and prepare crust or freeze in a pie pan and slip into crust when ready or top with crumb when ready.

Freezing Peppers

Freeze peppers, chop or slice, according to recipes that you plan to prepare.

Store in bags or small containers.

Storing Your Veggies

-Use Brussel sprouts as soon as possible after receiving to help keep that sweet flavor

-Store beans in plastic for a few days. Be sure that they are dry to prevent rust.

-Broccoli and cauliflower can be placed in plastic and are best used during the week.

-Cauliflower will last a little longer. If you get dark spots cut them out

If you want to prolong the shelf life of any of these vegetables, steam cool or shock and dry and store.

Don't forget!

Call today to order your holiday turkeys and pies! We also have special CSA renewal bonuses available this month only! Visit our website for more details!!

Prices and special bonus offer valid until 11/30/19



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