

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

Rice Stuffed Acorn Squash- Instant Pot

Before you cook the squash, prepare the rice

1 cup white basmati rice

1/2 teaspoon dried sage

1/4 teaspoon kosher salt, divided, plus more for sprinkling

1 c water

Mix together the rice, sage, salt and water.

Prepare the rice in the Insta Pot on high pressure for 3 minutes.

Natural release- 10 minutes. Set a timer. Then use venting to release any remaining steam.

(Optional)

Filling is enough to for 8 quarters

Remove 3 links of sausage from casing and break into pieces

Brown in a frying pan until cooked through. Remove the sausage from the pan.

Drain on paper towels, set aside.

Toast the pecans in an oven preheated to 350 for about 5 minutes or 3 minutes in a frying pan

Heat some olive oil in the frying pan. Then add a small chopped onion, and 2 chopped stalks of celery, sauté until translucent. Add 2 cloves of minced garlic and a pinch of thyme and oregano. Sauté a few more minutes. Stir in the rice. Add sausage if using and pecans. Season to taste

Spoon hot rice mixture into the plated squash and sprinkle with a little Feta or Goat Cheese. Serve.

Adapted from: acouplecooks.com

Cranberry Sauce

Wash cranberries and pick through, discard anything that is soft. Boil 1/2 cup cider and 1/2 cup honey. Add the container of cranberries and zest from 1/2 an orange. Boil until cranberries start to pop. Reduce to a simmer. Mixture will start to thicken. Remove from the heat. Chill and serve.

Quick cider note: If you want to freeze cider. Pour off a little from the container to allow for expansion or pour cider into serving size containers. Freeze and when defrosting, strain before serving.

Brussel Sprouts

Wash the Brussel sprouts, cut the large sprouts in 1/2 and steam them for a few minutes before roasting.

Coat with olive oil and sprinkle with some kosher salt and some garlic. A slice or two of cooked bacon

Adds another layer of flavor when roasting @ 425 – 15 - 20 minutes, checking and tossing to 1/2 way through the time.

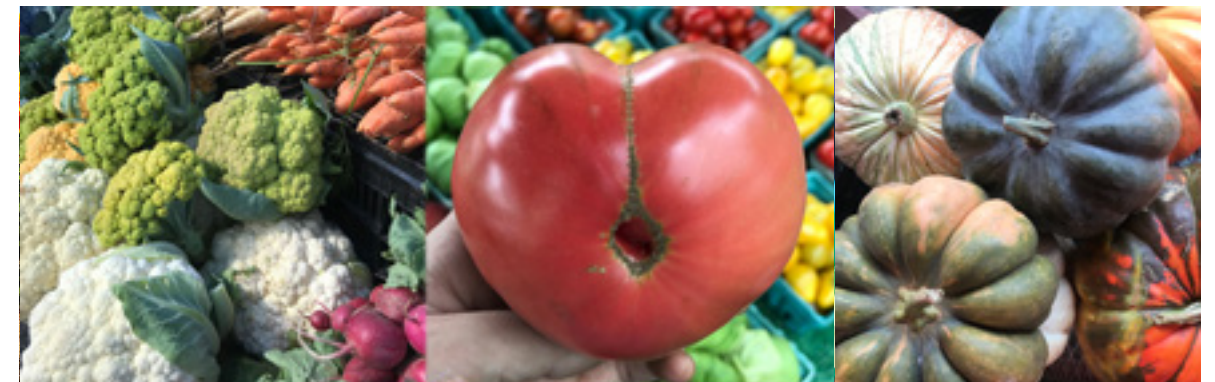
Root Vegetables

Remove greens from beets, carrots, radishes before storing. Parsnips will come to you without greens. Parsnip Greens can be toxic.

Store greens and roots separately.

Roast beets to have them ready for salads. Try roasted radishes in place of a starch and carrots grated or sliced to salads for extra color. Parsnips are good in soups, stews, and I always add them to pot pies.

Alstede Farms Freshly Inspired CSA



~food for thought~

Thanksgiving is a week later than usual, and I am not ready, not even close. I am trying to prepare for that holiday and everywhere I go the stores are decorated in Red and Green and everyone is shopping early. It is a little confusing to say the least. With all the crazy busy that this time of year brings I think that I should remind you that you will pick up on your regular days this week, and next week it changes so pay attention! You don't want to miss out on a share that will bring all that fresh from the field produce to your table. Everything that is still in the fields is covered up and protected from the freezing weather.

Another new apple this week. This is the apple that we grow here at the farm that is the most like Golden Delicious. It is called Gold Rush. It is a product of Perdue, Rutgers and Illinois University. Golden delicious is one of the seed parents and we know that there was a cross with Winesap and Rome apples. The name is said to come from the old gold color and the rush of great taste. The parents lead me to believe that the apple will be good for sauce, baking and certainly pies. It will be one that I will mix in with my Granny's for Apple Pie next week.

I noticed on Facebook that you were looking for a little more winter squash. Here is Acorn Squash in the shares this week and the recipe will show you how to prepare in the Instant Pot or it will work with the traditional method as well. It seems that more and more of you are trying this pressure method of cooking so the recipe may fit. The broccoli will be cooked in ten minutes as well, there will be very little waste and there is no special equipment needed. I am going to add a little chopped sautéed garlic and some steamed cubed red potatoes that will be in the shares as well.

Cider is a staple in my refrigerator all season. I love it cold and I think that there is nothing more relaxing than heated with mulling spices. Use it to start your apple sauce recipes, apple butter, apple pie, or instead of water in pumpkin bread. There is a recipe for Onion apple soup where you use some cider in place of broth. You can freeze it and the directions are in the tips.

Brussel Sprouts will be with us again for the next two weeks. They are gorgeous this year. Bigger than in the past two years. I wonder how many young CSA members are crazy about them. Did you see Jennifer Rosensweig's post, Josey is eating all the Brussel sprouts. I am thinking she will need some extra for Thanksgiving! Order what you need now. Turkeys, pies, and think about joining us through to the end of the year and then again in the Spring!

Until next week, enjoy the freshness!

Jenn Borealo

Alstede Farms' Culinary and Education Specialist



fresh discoveries *every day*

Freshly Inspired Box Contents

This Week's Full Share

- Gold Rush Apples - Sustainable
- Fresh Pressed Apple Cider
- Beets - Sustainable
- Broccoli - Sustainable
- Lettuce - Sustainable
- Brussels Sprouts - Sustainable
- Acorn Squash - Sustainable
- Red Potatoes - Sustainable
- Cranberries - Sustainable
- Cauliflower - Sustainable
- Kale - Sustainable
- Basil - Greenhouse Grown
- Beets - Sustainable
- Popcorn - Sustainable
- Radishes - Sustainable

This Week's Half Share

- Gold Rush Apples - Sustainable
- Fresh Pressed Apple Cider
- Beets - Sustainable
- Broccoli - Sustainable
- Lettuce - Sustainable
- Brussels Sprouts - Sustainable
- Acorn Squash - Sustainable
- Red Potatoes - Sustainable
- Cranberries - Sustainable
- Basil - Greenhouse Grown

This Week's Personal Share

- Gold Rush Apples - Sustainable
- Fresh Pressed Apple Cider
- Broccoli - Sustainable
- Lettuce - Sustainable
- Brussels Sprouts - Sustainable
- Acorn Squash - Sustainable
- Red Potatoes - Sustainable
- Cranberries - Sustainable

Easy 10 Minute Pan-Seared Broccoli

2 Tbsp olive oil

2 full heads broccoli (stems too, not just the crown)

½-1 tsp salt

¼-1/2 tsp pepper

Clean the broccoli and cut the head in ½ creating a flat surface. Place the cut side down on a cutting board and slice through each stem from the floret so that you have a 3" stem attached.

Heat oil in a very heavy pan or cast iron skillet. Add the broccoli to the pan. In one layer. Place pieces close together. Season with salt and pepper. Cook 5 minutes over medium heat without moving the broccoli.

Turn all of the broccoli so that the cooked side is up. Season, again with salt and pepper.

Cover with a lid. Allow to cook 3 minutes longer.

Adapted from: Don'twastethecrumbs

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.

Potatoes

Boil red potatoes when you get them. Place in a container and they will be ready when you need them to slice and add some cheese for au gratin, cut and add some butter and parsley or add to broccoli with garlic for broccoli and potatoes.

Acorn Squash

To prepare Winter Squash in the Instant Pot: cut the squash in half starting at the stem end. Scoop out the seeds and set aside to roast later. Cut the squash into 4 wedges. Pour 1 c water into the pot, add the basket. Rub the squash quarters with olive oil, sprinkle with salt. Stack as needed. Cook at High Pressure for 6 minutes and then use a quick release.

At this point you can just serve or add a little butter and brown sugar or you can stuff using the recipe in the packet or one of your favorites.

To Roast Winter Squash:

Cut in ½ from the stem to the bottom. Scoop out the seeds and save for roasting later. Place the squash cut side down on a baking sheet and roast at 350 for about an hour. Squash should be fork tender. Turn and serve or add a little brown sugar and butter or a stuffing like the one in the packet.

Don't Miss the Deadline!

The deadline to order your holiday turkeys is fast-approaching! Call today to reserve your turkeys, pies, and any other holiday items you may need! We can deliver them along with your share before the Thanksgiving holiday!

