

CRUSHED, MUSHY, AND CRISPY SWEET POTATO

3 small to medium sweet potatoes

Olive oil for drizzling

Flake sea salt and black pepper

Herbs

Clean potatoes with a scrubbing brush or a terry cloth. Place the potatoes into a saucepan or Dutch Oven and cover with water. Bring the water to a boil. Cover the pan, reduce the heat and allow the potatoes to simmer about 15 minutes. They should be fork tender. Do not overcook.

Drain the potatoes and plunge into cold water until they are cool enough to work with.

Preheat oven to 350

Remove the ends of the potatoes and cut the potato in half. Place the potato on a tray lined with parchment and coated with olive oil. Crush the potatoes with a fork.

Season with salt and pepper to taste. Drizzle with olive oil and Bake for 35- 40 minutes

Potatoes will be soft on the inside, caramelized and crisp on the outside.

Adapted from: Goodeating.com

Quick Holiday Recipe Idea:

1pt + 1qt Alstede Farms pumpkin ice cream

1 graham cracker crust

Bake the crust for about 10 minutes, cool

Allow the ice cream to soften a little

Fill the crust with ice cream, Freeze. Remove from freezer

about 20 minutes before serving.

Serve with whipped cream

Brussel Sprouts

Blanch Brussel sprouts for 2 minutes, then shock in ice water and drain.

Roast with chopped garlic and some olive oil, add some chopped cooked bacon for extra favor. Roast

15-20 minutes 425.

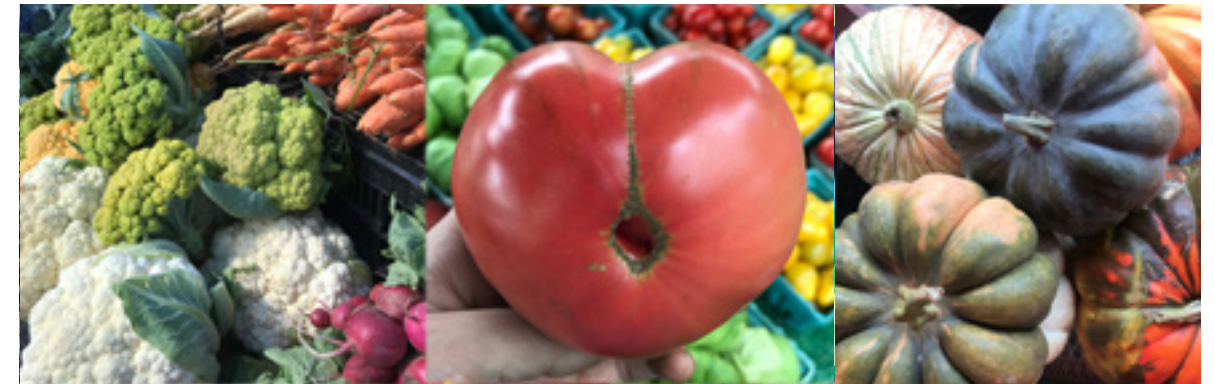
Root Vegetables

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



I don't have to prepare the entire Thanksgiving dinner, I am a guest, bringing some of the sides and a dessert. It is however one of those weeks where I will probably find that I have a lot of cooking to do every day. To feel festive, I will want to roast my own turkey and do some baking too. For years I prepared dinner with my students. The only green they would agree to would be the famous green bean casserole, not exactly what I was looking for. Every once in a while, a student would suggest broccoli, imagine how happy I was. They would have a chance to choose the menu, it rarely varied. Most of them did not see Thanksgiving as a time to prepare and serve a fresh harvest of fall vegetables, quite the contrary here with all of us this week, we're enjoying the colorful array of fall vegetables being harvested.

We have broccoli and Brussel sprouts for traditional greens this week, broccoli stems for those who want to try something a little different and a change in temperature. By now I am thinking that you have prepared cranberries for the red jewel tone that cannot be missed. Cranberries not only change the color, but it is often the one dish that will change the temperature, texture and nutrients as well. By now I am thinking that you have a plan that includes, orange and green and white and red. Lots of flavors that will blend together and colors that will glow.

While we are picking up our shares and planning and preparing for the holiday, the production team is continuing to put the fields to bed for the winter and making plans for next season. Garlic has been planted, a new field of strawberries transplanted, some old farmland has been cleared and fences are going up, and seeds have been ordered. There is never a dull moment. The greenhouses are already producing, and we will reap the benefit with tomatoes and basil this week as well.

We always hope that as we get to this week that you are planning to join us again next season. Some of you have already signed up. I hope more of you are making that plan and maybe you know someone who would love to come along for the journey of 2020. It has been a great season and we are happy that we had the chance to share it with all of you. Some of you are leaving us this week. Some of you will pick up Holiday Shares, and it is not too late to sign up!

We, all of us, here at the farm, wish you a very Happy Thanksgiving. I am hoping that you will have time to relax and enjoy friends and family. December will bring holidays to celebrate as well and then the New Year 2020 and new beginnings. We are available all year long, if you have any questions, ideas, or maybe you will find a great recipe that you would like to share. Please send them to me, jenn@alstedefarms.com. Until we meet again in April.

Until next week, enjoy the freshness!

Jenn Borealo

Alstede Farms' Culinary and Education Specialist



fresh discoveries *every day*

CSA Week 31 ~ Nov. 25th & 26th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Granny Smith, Pink Lady & Winesap Apples
- Fresh Pressed Apple Cider
- Beets - Sustainable
- Greenhouse Grown Tomatoes
- Broccoli - Sustainable
- Lettuce - Sustainable
- Brussels Sprouts - Sustainable
- Butternut Squash - Sustainable
- White Potatoes - Sustainable
- Carrots - Sustainable
- Basil - Sustainable
- Parsnips - Sustainable
- Sweet Potatoes - Sustainable
- Kale - Sustainable
- Popcorn - Sustainable

This Week's Half Share

- Granny Smith, Pink Lady & Winesap Apples
- Fresh Pressed Apple Cider
- Greenhouse Grown Tomatoes
- Broccoli - Sustainable
- Lettuce - Sustainable
- Brussels Sprouts - Sustainable
- Butternut Squash - Sustainable
- White Potatoes - Sustainable
- Carrots - Sustainable
- Basil - Sustainable
- Parsnips - Sustainable
- Sweet Potatoes - Sustainable
- Popcorn - Sustainable

This Week's Personal Share

- Granny Smith, Pink Lady & Winesap Apples
- Fresh Pressed Apple Cider
- Carrots - Sustainable
- Lettuce - Sustainable
- Brussels Sprouts - Sustainable
- Butternut Squash - Sustainable
- White Potatoes - Sustainable
- Sweet Potatoes - Sustainable
- Popcorn - Sustainable

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

Skillet Carrots with Onions & Thyme

Olive oil

1 yellow onion, halved and sliced from root to stem

Kosher Salt

2 large garlic cloves, thinly sliced

2 lb. carrots, sliced into 1/4-inch-thick rounds

4 to 5 fresh thyme sprigs

1/2 tsp. red wine vinegar, or to taste

Warm a large heavy skillet (that has a tight-fitting lid) over medium-high heat. Coat the pan with olive oil and add the onions. Stir the onions to coat all sides. Sprinkle with some salt. Continue to cook and stir occasionally until the onions are softened. Add the garlic and reduce the heat to medium and cook for a few more minutes. Add the carrots, thyme, and another sprinkle or two of salt to taste, mix the carrots into the pan with the onions and garlic. You may need to add a little more olive oil at this point. Cover the pan and continue to cook over low-medium heat, stir occasionally until the carrots are fork tender and the onions are very soft. 1-15 minutes. Remove the pan from the heat and remove the thyme sprigs and discard. Sprinkle the vinegar over the carrots and stir through. Carrot flavor and color should brighten. Add more vinegar, as needed, and salt to taste. Adapted from: [orangette.net](http://www.orangette.net)

Broccoli Stem Slaw

4-5 broccoli stems peeled and julienned
1 c Brussel sprouts shredded
3 carrots, peeled and grated
Julienne on a mandolin or with a food processor attachment
2 stalks of celery, thin slices
1 small to medium red onion, slivered
Mix all vegetables together in a large bowl. Whisk together the following dressing ingredients and pour over the vegetables. Allow coleslaw to chill for at least an hour or more before serving.
1 cup mayonnaise
2 T Dijon mustard
3 T cup cider vinegar
1 T lemon juice
1/2 t celery seed or to taste
2 t sugar
Salt and pepper to taste

Basil

Time to make pesto and freeze. To keep basil fresh on the counter. Place the root in some water in a vase and then place a plastic bag over the leafy stems to create a sort of greenhouse. Basil should last for up to a week. Change the water every day or so.

Butternut Squash Alfredo

Leftover, 2 c roasted butternut squash, pureed, pour into a saucepan with a little broth and some heavy cream and parmesan heat on medium, stirring every few minutes. Serve sauce over your favorite pasta. Or prepare stuffed shells: roasted butternut squash stuffed shells from the food network

Homegrown Popcorn!

Place popcorn into a paper lunch bag fold the bag closed. Set the bag into the microwave. Set cook time for 2-3 minutes. When popping starts to slow stop the microwave. You may need to add a few extra seconds. Do not leave the room. Stay close to the oven. Add salt and oil or melted butter or flavors of your choice

Time is running out!

This Friday is the last day to sign up for the holiday harvest shares! There are a few spots still available so call us today!

(908) 879-7189



fresh discoveries *every day*