

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

Brussel Sprouts and Potatoes

1 medium onion, chopped
 2 tablespoons butter or 1T butter and 1 T olive oil
 1 large potato, peeled & cubed (about the size of hash browns)
 1 lb. Brussels sprouts
 1 bay leaf
 1 sweet red pepper, cut into 1/2-inch x 1-inch strips
 1/4 cup chicken or vegetable stock
 salt and pepper
 chopped parsley (for garnish)
 Cut an x on the stem end of the sprouts. Cut large sprouts in 1/2 so that they will all cook in about the same amount of time.
 Melt 1 T butter with 1 T oil in a skillet and over medium heat cook the onions. Remove from the pan and add the remaining butter and the potatoes with the bay leaf. Cook until almost tender. About 10 minutes. add the onion back to the pan along with the brussel sprouts and stock. Cover and simmer for about 5 minutes. Add in the pepper and continue to cook until sprouts and potatoes are tender and the pepper will be just a little crisp.
 Season to taste with salt and pepper and garnish with parsley.
 Be sure to remove the bay leaf before serving.

Adapted from: food.com

What to do with Mizuna

Prepare it as a side, Sauté in a pan with olive oil and garlic
 Similar to Arugula, you can add to salad a wrap;
 Wilt in soups just before serving
 Prepare Sausage and peppers and potatoes and then wilt into the dish
 Do the same with Shrimp Scampi
 Add the chopped Mizuna to Risotto at the end of preparation
 Chop into a quinoa salad

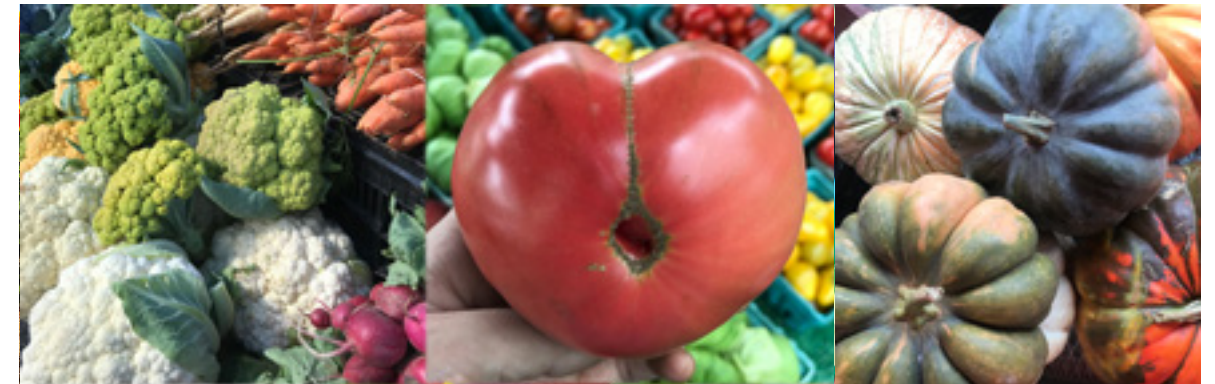
Brussel Sprouts

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 before storing. This helps keep everything as crisp and fresh for as long as possible.
 Store greens and roots separately.
 Roast beets to have them ready for salads. Try adding carrots grated or sliced to salads for extra color. Parsnips are good in soups, stews, and I always add them to pot pies. (Scott's favorite is mashed parsnips!)

Alstede Farms Freshly Inspired CSA



~food for thought~

It was so much fun reading your recent posts on Facebook. Your every kindness just made me smile. We love having you with us and it is our pleasure to grow, harvest, and deliver great shares to you every week. Your appreciation makes us feel that the hard work is worthwhile, and we are so happy that you have enjoyed the season as much as we have. Thank you, Jennifer Rosenzweig for all of your support. I am hoping that the Staten Island Chapter is in force for these last four shares. You did a great job recruiting. That along with the gifts that you that you make for Josie's teachers, giving of yourself and having her reflect on those who helped her along the way seem to be one of the true meanings of Thanksgiving. When you write about the feelings you have when you close the garage door for the last time. Wow, like anything that comes to an end. Time to reflect, I guess. I think about how grateful that we are for all of the Chapter Hosts and how each of you bring a unique experience to our members.

Lorie Ann Trezza shared a gorgeous picture from her Thanksgiving. The cousins looked beautiful! You are what you eat, and they have made a commitment to sustainable, fresh, locally grown food. We thank them for their continued support as CSA members and Chapter Hosts.

I love Willie Nelson and how can we ever forget how he has helped farmers with concerts for many years? This was a great year for us here at the farm and even in years where we had challenges, we can be thankful that we were not in need. There are so many places with more rain and flooding and drought and low market prices. He doesn't help just produce farmers. Dairy farmers who were in trouble this year were on his mind. The history of Willie and the concerts goes back to 1985.

So, as we continue the season. November has been a challenge. A little too cold for too long. The wind on Thanksgiving was so strong it took the row cover off of the strawberries. December 1st brings ice and snow to continue for a couple of days while we try to serve brunch with Santa. The challenges of farming continue. Thankfully we have high tunnels to protect the lettuce and the great planning of the production team means that the green houses have tomatoes and peppers and some other crops for us as well.

Thanksgiving has past, we have just a few weeks to the end of the year. Many of us will continue to do a lot of celebrating. Having shares with farm fresh produce will help us to balance our diets and eat right. We know that all of the produce is good for us but Mizuna may be one of the next super foods. At this time of the year most of us can use a boost to our immune system and it has arrived.

Until next week, enjoy the freshness!

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Jenn Borealo

Alstede Farms' Culinary and Education Specialist



fresh discoveries *every day*

Holiday Harvest Week 1 - December 3rd

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Fuji Apples - Sustainable
- Fresh Pressed Apple Cider
- Basil - Greenhouse Grown
- Broccoli - Sustainable
- Brussel Sprouts - Sustainable
- Carrots - Sustainable
- Thyme - Sustainable
- Lettuces - Sustainable
- Bell Peppers - Greenhouse Grown
- Potatoes - Sustainable
- Mizuna - Greenhouse Grown
- Butternut Squash - Sustainable
- Popcorn - Sustainable
- Beets - Sustainable

This Week's Half Share

- Fuji Apples - Sustainable
- Fresh Pressed Apple Cider
- Basil - Greenhouse Grown
- Broccoli - Sustainable
- Brussel Sprouts - Sustainable
- Carrots - Sustainable
- Thyme - Sustainable
- Lettuce - Sustainable
- Bell Peppers - Greenhouse Grown
- Potatoes - Sustainable
- Mizuna - Greenhouse Grown

This Week's Personal Share

- Fuji Apples - Sustainable
- Fresh Pressed Apple Cider
- Basil - Greenhouse Grown
- Broccoli - Sustainable
- Brussel Sprouts - Sustainable
- Carrots - Sustainable
- Thyme - Sustainable
- Lettuce - Sustainable
- Bell Pepper - Greenhouse Grown

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

Roasted Cabbage with Bacon

1 head of green or Savoy cabbage

Kosher Salt and black pepper

4 or more slices of thick sliced bacon

Preheat the oven to 450

Slice the cabbage into quarters through the core, cut again to have 8 wedges

Partially remove the core.

Line a baking sheet with parchment

Place cabbage onto the paper, top with a ½ slice of bacon

Roast for 15 minutes and flip the cabbage slices, continue roasting until the cabbage slices

have browned, continue to roast for 5-10 minutes longer. Serve immediately

adapted from: thekitchn

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.

Fresh Basil Pesto

2-3 cups fresh basil leaves, packed

1/3-1/2 cups pine nuts or walnuts or slivered almonds chopped (optional)

2-3 medium sized garlic cloves, minced

1/3- 1/2cup freshly grated Parmesan-Reggiano or Romano cheese

1/3-1/2 cup extra virgin olive oil, Salt and black pepper to taste

Combine the basil, nuts, and garlic in a food processor and pulse a few times. Drizzle in the olive oil while the processor is on. Stop and scrape down the sides of the bowl. Add the cheese and pulse. Add salt and pepper to taste. Refrigerate up to a week, freeze up to 6 months

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.

Our farm store has everything you'll need this holiday season... give us a call today to add pies, turkeys, and holiday goodies to your share!



fresh discoveries *every day*