

Maple Balsamic Roasted Brussel Sprouts

1 lb. Brussels sprouts, halved
2 tbsp coconut oil, melted
1 tbsp pure maple syrup
1 tbsp balsamic vinegar
1/2 tsp salt
Pepper, to taste

Preheat oven to 400. Trim the Brussel Sprouts and cut the larger sprouts in 1/2. Toss the sprouts with the maple syrup and the balsamic vinegar. Sprinkle with salt and pepper

Spread the Brussel sprouts in an even layer cut-side down on a parchment lined - baking sheet. Bake for 10 minutes, stir and lower the heat to 375 and bake for an additional 10 – 15 minutes.

Optional: toss with 1/2 cup toasted walnuts and 1/3 cup dried cranberries after cooking for a more festive dish. Adapted from: hummusapien.com

Cute Stocking Stuffer Idea:

Wrap a lunch bag around an ear or 2 of pop corn and tie with twine. Write popping directions on a tag and use for hostess gifts or stocking stuffers.

Freezing Brussel Sprouts

Clean, Blanch – add to boiling salted water for 2 minutes. Shock in an ice bath, drain and dry. Place on a baking sheet, freeze. Move to freezer bags, close the bags using the straw at the end to draw out any air from the bag.

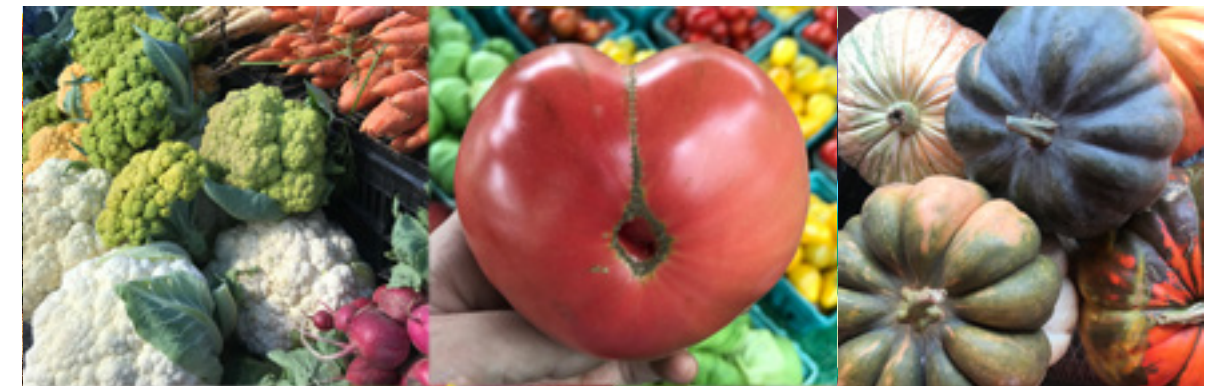
Root Vegetables

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



We should look at these few weeks of fresh produce as a little bonus for our health. We work hard all day and we rarely give back to ourselves especially in this season of entertaining, school performances, sports, shopping, looking for gifts, think of all the extra errands, not to mention your job. Then, are you eating more sweets, drinking a little more alcohol, or maybe you are eating some foods that are not really good for you. Have you stopped for some "fast food" so you can move onto the next errand a little more quickly? Did you attend a party? We know that it is not expected that we will be served farm to table dishes wherever we go.

During all this activity our bodies are working. The regular body processes continue to work, however sometimes not as well as they should. Do you think about how you feel? Yes, our hearts are continuing to pump blood, our lungs are breathing air, and during it all we produce waste that we need to eliminate. Our bodies may not be working as well as usual. When that happens, we increase our chance of disease and illness.

So, look at the colors in the share, the more color the better they are for you. They are what you need for energy. They provide the fiber we need in our diets. Try to eat some produce raw, eat some with beans, and prepare some of the produce you receive with good fats. We need the fiber and antioxidants to give us energy, to reduce cholesterol, and to keep us disease free and heart healthy. This is late fall cleaning and tuning, for what is most important, you! It is cold outside, so we do need the roots, beets and carrots and the tubers like potatoes and sweet potatoes to keep us warm, not to mention the squash. Along with the lighter leafy greens our bodies need for fuel.

The production team will do whatever they can to bring us what we need. They have some challenges as you might imagine. Cold, lower than expected temperatures, and some ice, and then some snow. Lettuce is in the high tunnels that are greenhouses without heat. They extend the growing season, but they are not enough protection this season. The lettuce is covered with row cover in the high tunnel. Row cover is out there over the spinach and carrots as well. Moving it with all the ice and snow over it will be difficult at best and will also cause rips and damage. It is easy to cover some flowers or vegetables in a garden and then uncover. Imagine 100's of feet of the cover, almost impossible. We should always thank our farmers; this week would be a good time to do that.

Two weeks after Thanksgiving already. Time is passing quickly. I hope that all of you have a little time relax and enjoy the season along with enjoying the freshness, until next week.

Until next week, enjoy the freshness!

Jenn Borealo

Alstede Farms' Culinary and Education Specialist



fresh discoveries *every day*

~food for thought~

Holiday Harvest Week 2 - December 10th

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Pink Lady Apples - Sustainable
- Sweet Potatoes - Sustainable
- Greenhouse Grown Basil
- Broccoli - Sustainable
- Beets - Sustainable
- Carrots - Sustainable
- Brussels Sprouts - Sustainable
- Lettuces - Sustainable
- Greenhouse Grown Peppers
- Popcorn - Sustainable
- Acorn & Butternut Squash - Sustainable
- Greenhouse Grown Tomatoes
- Kale - Sustainable
- Parsnips - Sustainable

This Week's Half Share

- Pink Lady Apples - Sustainable
- Sweet Potatoes - Sustainable
- Greenhouse Grown Basil
- Broccoli - Sustainable
- Beets - Sustainable
- Carrots - Sustainable
- Butternut Squash - Sustainable
- Lettuce - Sustainable
- Greenhouse Grown Bell Peppers
- Parsnips - Sustainable
- Greenhouse Grown Tomatoes
- Kale - Sustainable

This Week's Personal Share

- Pink Lady Apples - Sustainable
- Sweet Potatoes - Sustainable
- Broccoli - Sustainable
- Beets - Sustainable
- Carrots - Sustainable
- Butternut Squash - Sustainable
- Lettuce - Sustainable
- Greenhouse Grown Bell Pepper
- Parsnips - Sustainable
- Greenhouse Tomato

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

Alstede Farms Roasted Vegetables

We had Brunch with Santa for two weekends now. The roasted vegetables have been a great hit.

Even with the young children. Broccoli, Cauliflower, Carrots, Peppers, Broccoli, Parsnips, and Brussel Sprouts. Add some butternut squash or sweet potatoes peeled and cut into small pieces.

Cut all the vegetables into small pieces

Optional: Add some butternut squash or sweet potatoes peeled and cut into small pieces.

Drizzle with olive oil

Sprinkle with salt and pepper

Spread on a sheet pan I always line the pan with parchment paper.

Roast @ 425 for 15 minutes, stir and check to see if vegetables are fork tender.

Beet Smoothie

1 grated beet scrubbed not peeled

1 grated carrot

1 chopped apple

Juice and zest from a lemon

1 banana

Frozen berries

Honey to taste

1 cup liquid to start, I like to use apple cider

Some recipes start with water, some start with almond milk, green tea

Ingredients are added to a high powdered blender add more liquid as needed.

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.

Sweet Potato Ideas:

Sweet potato Quesdillas: Sautéed Kale, caramelized sweet and hot peppers, roasted sweet potato sliced, a little cheddar cheese and some black beans.

Twice baked Sweet Potato: Bake 4 potatoes until tender, about an hour @ 375

Scoop out the potato reserve the skin, and add 2 T softened butter, 2 T brown sugar, ¼ t cinnamon, 1/8 t ginger and a pinch of nutmeg, Sprinkle with salt and pepper and mash/mix all ingredients together. Scoop mixture back into the skins, place in a baking dish. Bake until browned about 15 minutes

Best Sweet Potato Fries

<https://www.gimmesomeoven.com/oven-roasted-sweet-potato-fries>

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.

10% off all baking spices and baking mixes
THIS WEEK ONLY. Call today to order anything you need for holiday cooking and baking!

mulling spices, allspice, basil, nutmeg, cinnamon, crisp mix, muffin mix, bread mix.... and so much more!

Valid through 12/16/19



fresh discoveries *every day*