

## Italian Potato and Arugula Soup

- 2 lb. potatoes from the share
- ½ t salt
- 3 3/4 c well-flavored vegetable stock
- 1-2 medium carrots grated
- 6 oz arugula (Or more)
- 1/2 tsp cayenne pepper
- ½ loaf stale ciabatta bread, torn into chunks (Optional)
- 4 clove garlic, thinly sliced
- 4 Tbsp olive oil
- Salt and freshly ground black pepper

Peel and dice the potatoes. Boil them in a 3-quart saucepan in the stock for about 10 minutes

Add the carrot and simmer for an additional 10 minutes. Vegetables should be tender.

While cooking. Peel and slice the garlic, sauté in a little olive oil until golden on the edges. Remove from the heat and set aside.

Add the arugula to the soup pot and allow it to wilt into the simmering broth and vegetables. Add the cayenne pepper

Day old Bread may be added to the soup at this point where it would be allowed to sit for about 8-10 minutes before serving the soup or a fresh loaf of bread may be warmed and used to dip into the broth.

Spoon soup into bowls and sprinkle with the sautéed garlic. Serve with a sprinkle of parmesan cheese

Adapted from:justapinch.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.

### Pork or Turkey Gravy

When adding a little liquid to turkey or pork drippings make a slurry and use cider instead of water or broth for any additions.

### Apple Cider

Freeze some cider for the winter months.

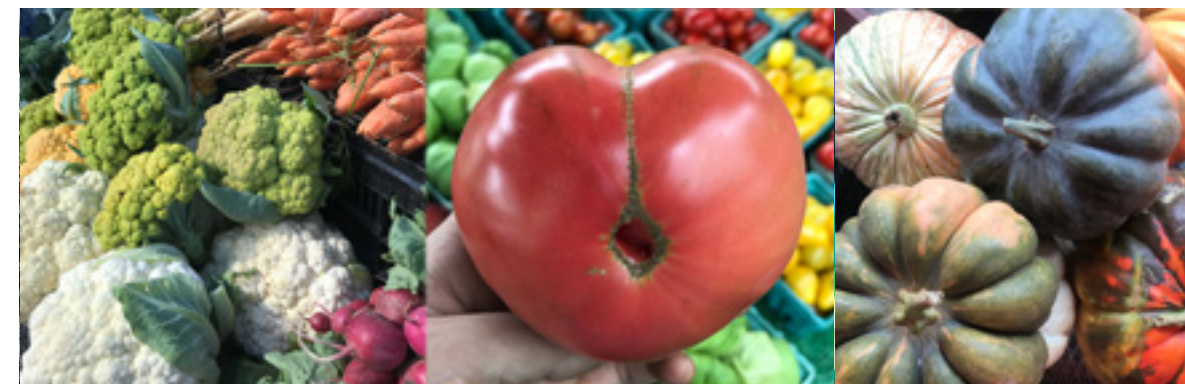
Freeze in serving size containers leaving enough room for expansion

#### Reduce Cider

Bring ½ gallon of cider to a boil. Reduce to a simmer for an hour- 1 1/2 hours.

You will have about 2 cups of cider syrup

## Alstede Farms Freshly Inspired CSA



~food for thought~

As I get to the end of the year, I do start thinking about what the future holds. One of my questions is, what are the Super Foods for 2020? I have started to look around at a few sights to see what they are saying. To start we should know that they are all plant based. Some in the form of a fruit or vegetable, some that we grow and then there is always a tea and maybe even a vitamin, and then some that we can prepare. There isn't just one list. However, every list seems to start with Avocado. Berries especially eaten raw. Blueberries have made the list specifically before, now they include all berries, even the golden berries, otherwise called goldies or ground cherries that we had in our shares in the fall. Seeds make the list and we know that sunflower and pumpkin seeds for quite a while have been recommended for good health. Now they include watermelon seeds in the list, raw or roasted. You cannot find a list without the deep green leafy greens and some lists include Brussel Sprouts. We can include beet greens in that list and the roots, the beets are on many lists as well. The production team is taking care of us, ahead of 2020. Beets and broccoli have been in the shares for a few weeks now and yes, they are on the lists.

Fermented foods remain important for good health in 2020. Sauerkraut makes the list. We can prepare it from the cabbage we have had in the share. There are some quick recipes on the website or at the kitchn.com. It is a project to prepare sauerkraut in a crock. The mason jar method is simpler. Fermented foods are recommended for gut health which seems to be the route to fighting many diseases.

If you have signed up for next year and you will be setting up your pantry before the start of the season you will need to include what is known as pulses. Dried beans, peas, chickpeas, lentils, considered superfoods for years now. Ancient grains, to include quinoa, don't forget to include nuts and seeds. Think about good oils that might include avocado, or even olive or grapeseed. Don't forget green tea.

So, we have about 16 weeks to maintain good health while we are apart. I am hoping that you have made that commitment to good health for next season. There are incentives that change each month. I am hoping that you have a plan for signing up. There is always someone here at the farm to help you, we can answer any questions you may have.

We have one more week to go!

Until next week, enjoy the freshness!

*Jenn Borealo*

Alstede Farms' Culinary and Education Specialist



# Holiday Harvest Week 3 - December 17th

~discover the perfect fit for you~

## Freshly Inspired Box Contents

### This Week's Full Share

- Granny Smith Apples
- Fresh Pressed Apple Cider
- Greenhouse Grown Basil
- Greenhouse Grown Arugula
- Beets - Sustainable
- Carrots - Sustainable
- Potatoes - Sustainable
- Lettuces - Sustainable
- Greenhouse Grown Peppers
- Popcorn - Sustainable
- Acorn & Butternut Squash - Sustainable
- Greenhouse Grown Tomatoes
- Parsnips - Sustainable

### This Week's Half Share

- Granny Smith Apples - Sustainable
- Fresh Pressed Apple Cider
- Greenhouse Grown Basil
- Greenhouse Grown Arugula
- Beets - Sustainable
- Carrots - Sustainable
- Potatoes - Sustainable
- Lettuce - Sustainable
- Greenhouse Grown Bell Peppers
- Parsnips - Sustainable
- Greenhouse Grown Tomatoes

### This Week's Personal Share

- Granny Smith Apples - Sustainable
- Fresh Pressed Apple Cider
- Greenhouse Grown Basil
- Greenhouse Grown Arugula
- Carrots - Sustainable
- Lettuce - Sustainable
- Greenhouse Grown Bell Pepper
- Parsnips - Sustainable
- Greenhouse Grown Tomatoes

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

## Sparkling Apple Cider Punch

This cocktail can be prepared with or without alcohol

1-gallon apple cider

1 bottle sparkling cider 25.4 ounces

2 ginger beers twelve-ounce bottles

1 juice of lime

1 cinnamon stick

1 whole star anise pod

bourbon optional

apple and orange slices optional garnish

Prepare apple cider ice cubes in advance

Mix all of the ingredients in a large punch bowl or prepare a ½ recipe in a pitcher and stir well. Allow the mixture to chill in the refrigerator for at least an hour to blend the flavors.

Serve over ice apple cider ice cubes and garnish with apple and orange slices.

Adapted from: thelemonbowl.com

### Don't Forget!

It's time to check the potatoes before storing the new delivery. Be sure to use what you have first.

### Tomatoes

Tomatoes should be stored at room temperature. Refrigerate if you are not using them in within a few days. Bring them back to room temperature before serving.

### 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.

### Mixed Veggie Ideas

Mix lettuce, arugula, chopped pepper, and some sliced tomato for a traditional salad or lettuce and arugula with chopped apples and sliced beets with a fruited vinaigrette, sprinkle with some goat cheese and roasted pecans. Roast Carrots and Parsnips together or Carrots Parsnips and Brussel Sprouts Or Carrots, Parsnips, Brussel Sprouts and Peppers. Beets can be roasted separately and then added when serving to keep the other veggies from turning red.

## Important Reminder

Your final Holiday Harvest Share Pickup will be on **MONDAY, December 23rd**, due to the **holiday!**



fresh discoveries *every day*