

Christmas Tree Potatoes

Brown 2" cubes of potatoes

They should be brown on the outside and tender on the inside.

Use a toothpick to hold pieces of browned potatoes together, one on top of the other.

Top with a sprig of Rosemary still growing in my garden!

Piped Christmas Tree Potatoes:

Or prepare mashed potatoes with very little butter and milk so that the mix is

stiff

Add a little pesto to the mix or just some chopped herbs like dill from the share

Pipe the potatoes through a large star tip

Create a small base and pipe as tall as you can. They may settle a bit

After they bake theKitchn.com tops them with a star cut from a pepper after baking.

I would just top with the same herb sprig.

(Check out our CSA Facebook Group Page for a photo of the finished product!)

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.

Wash tender salad greens in cold water. Drain and dry completely. Wrap in paper towel placed in a plastic bag or container in a crisper in the refrigerator for a few days.

Sorrel is known to have a lemon flavor. If you are using a dressing that has lemon as an ingredient, you may not need to use it if sorrel is in the salad. All of these greens are tender. Use them within a few days after delivery.

Apple Cider

Freeze some cider for the winter months.

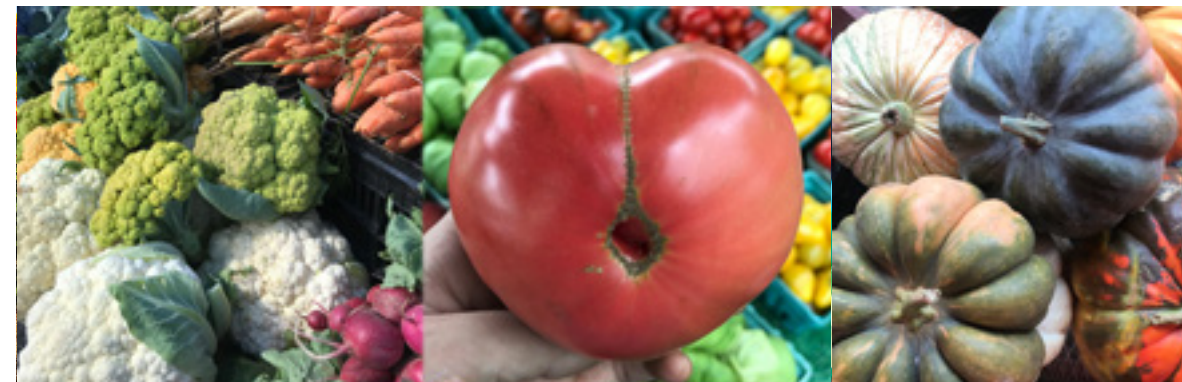
Freeze in serving size containers leaving enough room for expansion

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



Week four or the last week of the holiday harvest, the last week of fall, the last week of the year, and the season, and the journey. You will pick up your shares on one of the first days of winter and it is predicted to be warmer than expected.

We should have quite a nice assortment of leafy salad greens fresh from the greenhouse. The mixture will include mizuna, arugula, feldsalat, and sorrel. We have had the first two before in our shares through the season. We have not had the field greens since the last four weeks in 2018. They are also known as Corn Salad or Mache. We had these greens in Germany and we brought some seeds back with us two years ago. They were taken from us when we went through customs. Thankfully they were available from our seed vendors. Red Veined Sorrel will be in the mix as well. You will find that they are baby leaves that are perfect for a salad. High in vitamin C, sorrel was thought to be magical and could fight many diseases like scurvy and rickets, that were considered to be caused by a vitamin C deficiency Sorrel is considered a bitter green along with the Mizuna and arugula. In general, they are all noted to be great for your health.

Are you ready to make a New Year Resolution? Very often they are about food or diet. I am hoping that you will choose to do something simple, something that you can add to your diet or routine that you will be able to continue throughout the year. Remember, it is a good idea to start with baby steps. You likely be successful. You can always take a step further as the year progresses. Most people make resolutions that fail within a few weeks. You will remain on track.

Have you signed up for next year? Maybe you need a gift idea for someone very special. A share is a gift of good health. With that being said we know that the year has come to an end. So has our time together until the first spring share. Some of you have enough in your pantries and freezers to carry you through the winter. Some of you are more like me, I just live in the moment of each crop and just love it for the time that I can include it in my meal plan. That way I get excited to see their return every season. Either way I hope you are like me and you can't wait for the fields to turn green again! Sadly, it is time to say, "so long." We have had a great time and we will miss you as always. Remember that there is someone here all winter long, to help you with questions you may have.

All of us here at the farm wish you and your families a very Happy Holiday Season and a New Year that will bring joy and happiness to all!

Until next season, enjoy the freshness!

Jenn Borealo

Alstede Farms' Culinary and Education Specialist



Holiday Harvest Week 4 - December 23rd

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Granny Smith & Pink Lady Apples
- Fresh Pressed Apple Cider
- Greenhouse Grown Basil
- Mixed Greens - Greenhouse Grown
- Beets - Sustainable
- Carrots - Sustainable
- Potatoes - Sustainable
- Lettuces - Sustainable
- Greenhouse Grown Peppers
- Popcorn - Sustainable
- Brussel Sprouts - Sustainable
- Greenhouse Grown Tomatoes
- Dill - Sustainable
- Turnips - Certified Organic

This Week's Half Share

- Granny Smith & Pink Lady Apples
- Fresh Pressed Apple Cider
- Greenhouse Grown Basil
- Mixed Greens - Greenhouse Grown
- Carrots - Sustainable
- Potatoes - Sustainable
- Lettuce - Sustainable
- Greenhouse Grown Bell Peppers
- Brussel Sprouts - Sustainable
- Turnips - Certified Organic
- Dill - Sustainable
- Popcorn - Sustainable

This Week's Personal Share

- Granny Smith & Pink Lady Apples
- Fresh Pressed Apple Cider
- Greenhouse Grown Basil
- Mixed Greens - Greenhouse Grown
- Carrots - Sustainable
- Lettuce - Sustainable
- Greenhouse Grown Bell Peppers
- Brussel Sprouts - Sustainable
- Popcorn - Sustainable

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Citrus Champagne Christmas Salad

A mix of salad greens from the share and-
1-2 navel oranges peeled, all pith removed, and cut into sections

Quarter and core an apple and julienne

½-¾ c shelled, roasted and salted pistachios

4 ounces pomegranate arils (a 4.3-ounce container is fine, drained)

2 ounces crumbled goat cheese (about a scant ½ cup)

Dressing: 3 tablespoons fresh-squeezed orange juice (from about half a large navel orange) 2 T lime juice, 1 T champagne vinegar, ½ t Dijon mustard, 1 ½ T honey, 1/3 c Grapeseed or canola oil, Salt and pepper to taste.

Place the greens in a large serving bowl or you may want to divide evenly among individual salad plates. Top the greens with the fruits and nuts. Sprinkle with cheese.

For dressing: whisk together juices, honey, champagne vinegar, oil, Dijon mustard, salt, and pepper until the salt has dissolved and the dressing is emulsified. Dress the salad just before serving or pass the dressing at the table.

Adapted from: twohealthykitchens.com

Don't Forget!

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

Turnips

Turnips will be delivered to you without the tops. Turnips will keep in the refrigerator for up to 2 weeks

Serve turnips raw or cooked.

Peel and slice and serve with dip

Grate or julienne cut for salads

Steam until fork tender, add butter salt and pepper

Holiday Turnips!

Boil each vegetable separately

Peel and cube 4 white or Yukon Gold potatoes

Peel and cut 3-4 carrots into small chunks

Peel and cube 2-3 turnips

Boil each vegetable in broth seasoned with salt. Cook each vegetable until fork tender. Drain and cover to keep warm until all vegetables are prepared. Place cooked vegetables in a bowl together, add 3-4 T butter, 2-3 T sour cream and mash. Cover the bowl and keep warm in an oven. Sprinkle the with chopped dill before serving.

Using the same ingredients, prepare soup instead: Place all cubed turnips, carrots and potatoes in a Dutch oven. Add a medium chopped onion and some chopped garlic or shallot and pour in vegetable or chicken stock enough to cover veggies. Bring to a boil and then reduce to a simmer until all ingredients are tender.

To serve, the choice is yours: Serve as a clear soup or add some bitter greens and allow them to wilt and serve. OR You may want to add a little cream, sprinkle with dill and serve.

Don't Miss Out!

There is still time to renew your membership and **SAVE!** Special December renewal pricing and bonuses end 12/31/19! Call today!



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