

Storage Tips and Tricks for This Week's Contents

Root Vegetables- Carrots, Kohlrabi and Beets- Remove the green tops from the root. Store separately

Apples- should be kept cool. Do not store in the same drawer as other produce, they give off ethylene gas that can cause decay of other vegetables and fruits. Handle Macintosh apples as gently as possible as they do bruise easily. They like a little humidity so a damp paper towel in the drawer is recommended. Fall apples are better keepers than the summer. For the crisp juicy texture serve as soon as you can.

Spinach and Arugula- Clean and completely dry fresh tender greens wrapped in paper towel placed in a plastic bag or container for up to a week.

To store sweet corn- Sweet corn is best is served the day it is picked. Store only a day or 2 in the refrigerator. Corn as it ages will become starchier and less sweet. Shuck the corn as close to serving time as possible. The corn husk actually does protect the corn from heat keeping it sweet and fresh. To help remove silk, very gently rub with a terry towel, or run under water while rubbing.

To store fresh beans place in a plastic bag and store in the refrigerator, store for 2-3 days. To prepare, break off the top of the bean at the stem end. Cooking can prolong storage time. Best when blanched or steamed for 5-10 min. Beans are done when the color begins to brighten and become tender (not soft or mushy). If you are serving the beans cold in a salad, cook them less so they stay crisp

Freeze Herbs in Ice Cube Trays Fill each Ice Cube about ¼ way full. Add fresh chopped and cleaned herbs. Avoid adding stems. Fill the cube with water and freeze. Prepare a minimum of 6 cubes /tray freeze completely and then remove to baggies and label.

Alternate fill the cube ¼ full with olive oil or butter or a mix. Add the chopped herbs, avoid adding stems. Fill with the oil /butter and freeze completely.

To store Bok Choy or Baby Bok Choy: wrap in damp paper towel and place in a plastic bag. Store in the hydrator drawer of the refrigerator for up to 5 days

Some simple preparation ideas: Separate stalks from main stem and rinse leaves and stem. Pat dry.

For stir-frying separate green leaves from the white stalk. Chop stalks into 1-inch wide diagonal chunks. Cut leaves into small pieces. The stem needs to be cooked a few minutes longer than the leaves. Bok Choi makes a great stir-fry. First sauté onions until they begin to soften. Then add the Bok Choi stems, tofu chunks, soy sauce, and grated ginger root. Add the Bok Choy leaves last. Serve with rice or noodles.

Sauté or steam Bok Choy and toss with a favorite marinade.

Toss cooked Bok Choy with a light coating of toasted sesame oil, soy sauce, and rice vinegar.

Week 23 Fresh Inspirations September 28th– October 4th 2020

Warm, cold, warm, the weather can change so much. So, for a few days the farmers covered acres and acres of crops and then of course uncovered and covered again. Just one more thing to do in a day that is always busy. Cooler weather while great for most fall activities not to mention sleeping in comfort is not great for ripening tomatoes and so many other summer vegetable crops. I started writing to you on Saturday morning and when I took a ride in my car, I heard that it was

Johnny Appleseed Day on the radio. Actually, his name was John Chapman and he was an early nursery man who introduced apple trees in many states including Pennsylvania and Ohio, not to mention across the Midwest as well. He is considered a folk hero. Most of the fruits from his orchards were used to produce hard apple cider and apple jack. Stories about him however talk more about his concern to feed the world and eliminate hunger.

Every year for what seems to be a long, long, time I receive “my birthday present apple”, the Macoun. First let's get it over with, the great debate, pronounce it “Macoon” or “Macowan” In today's world most of us go with the former and if you are an old time farmer you will go with the latter every time. The parents of this apple are Macintosh that we are familiar with, and the Jersey Black, an apple that is unknown to many of us. The apple is named for a Canadian Horticulturist. This apple really does resemble the look of the Macintosh apple and then you bite into it and the crisp texture makes you realize that it is a totally different fruit. Keep these apples refrigerated so that they maintain their quality. It has been said, probably that won't be a worry, Macoun apples are such a favorite they usually don't last too long. Once again, this is considered a great apple for snacking and eating out of hand. It is highly recommended for sauce. Some sights say it is a great apple for cooking. Even though the Macoun is not usually recommended for pies I have come across apple crisp and pie recipes using this apple.

Snacking or baking with apples will always be the most popular way of serving this fall fruit. Maybe it is time to change it up and add an apple to a salad. Roast the beets in the share, slice them onto a bed of arugula and add a chopped apple, sprinkle in some crumbled feta or blue cheese and dress with a citrus or berry vinaigrette. Top with some toasted pecans or almonds. You will have a cold accompaniment; you will have lots of texture in your menu and most important you will be eating all the colors in just one dish!

Trish can help you if you call her at the Farm Store 908-879-7189 or Trish@alstedefarms.com. If you have some inspiration you want to share with me send to jenn@alstedefarms.com. I love hearing from you.

Until next week, enjoy the freshness!

Jenn Borealo



Macoun Apple Lemon Cake

3 eggs
1 c butter, melted
2 c sugar
½ c applesauce
3 t lemon zest
1½ c flour
1½ c whole wheat flour
1 t baking soda
1 t baking powder
1 c pecans, chopped
3 Macoun or New England apples, cored and chopped
3 T juice of lemon

Preheat oven to 350°F. Line the bottom of a 13x9" pan with parchment paper, leaving enough paper at each end to create a sling. Butter and flour the paper and the sides of the pan. Shred the zest of 1 lemon, reserving 1 t for the glaze. In a medium bowl, mix together the dry ingredients, set aside. Juice the lemon, removing all pits. Reserving 3 T for the glaze, set aside. Beat the eggs in a large bowl. Add the melted butter and the sugar. Mix well. Mix in the applesauce and zest. Blend in the dry ingredients, stirring gently until they are well combined. Stir in the apples and the pecans. Pour the batter into the prepared pan. Bake 1 hour 20 minutes. Cool 10 minutes.

While the cake cools, whisk together:

1 c confectioners' sugar
2 T butter, softened
3 T reserved lemon juice
1 t lemon zest
1 T honey

Using a cake tester, a fork, or toothpick. Prick top of cake. Pour/ spread the glaze over the warm cake. Allow to cool before serving. Adapted from: NewEnglandapples.org

Week 23 Harvest!

Spinach

Macoun Apples

Eggplant

Cilantro

Beans

Beets

Kale

Bell Peppers

Arugula

Carrots

Sweet Corn

Bok Choy

Collard Greens

Scallions

Potatoes

Onions



****Your actual CSA share contents will be listed on the label inside of your box and may differ from this list. Your share contents are based on your individual preferences and customizations that you make on your Harvie profile, as well as changes in availability.**

Provençal Green Bean Salad

½ lb. pasta Or ¾ pound red potatoes
¾ cup kalamata olives sliced or a mixture of olives and capers
1 cup chopped tomato red or yellow
1 medium red onion chopped or onion and chopped scallions
2 tablespoons dry white wine
3 tablespoons white wine vinegar
¾ teaspoon Dijon mustard
⅔ cup olive oil
2-3 tablespoons minced parsley
3 tablespoons chopped fresh basil leaves

Boil potatoes in salted water until fork tender. Drain and cool peel and cut into cubes or prepare pasta according to package directions. Drain, rinse, cool. Steam green beans until crisp tender. Cool. Mix pasta or potato, olives, tomato, and onion, together in a large bowl. Add the white wine and stir to coat the mixture. Allow to sit for 10 minutes. Whisk together the vinegar and Dijon mustard. Drizzle in the olive oil. Pour dressing over the salad. Sprinkle with herbs, and gently combine. Season with salt and pepper to taste. Set salad aside for an hour or two so that the flavors will blend. Serve warm, cold, or at room temperature. Inspired by Ina Garten *The Barefoot Contessa Cookbook*

