

## 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.

**Potatoes, Garlic, onions, and shallots:** should be stored in a cool dry place separately. Refrigerate portions of onions after cutting. Rotate potatoes be sure to check weekly.

**To store fall or winter squash:** Winter squash should be stored at room temperature in a dry location like the kitchen counter or cupboard.

**Some Tips-** Use winter squash in place of pumpkin in your favorite muffin or bread recipes. Peel and cut into squash chunks- and roast with root vegetables or with apples

**Simple Roasted squash:** Slice the squash in half lengthwise from the stem to the bottom. Scoop out the seeds and place the squash face-down in a shallow pan with a little water (just a thin layer of water will work) or without. Roast for about 40 minutes (until fork tender), then turn the squash face-side up, add a little butter and either cinnamon or sage, and roast until completely done, another 10-15 minutes.

## Week 24 Fresh Inspirations October 5th—October 11th 2020

Picking up your share last week you may have noticed a little change in contents. A process and report known as availability is sent out on Friday and there were plenty of red tomatoes. However, there were not lots of tomatoes to follow and so some tomatoes were changed to potatoes since production has been digging and harvesting potatoes for a few weeks. Potatoes grow underground however they are not a root or a bulb. They are considered a tuber, where there are numerous potatoes on the root, unlike a carrot or beets, where there is just one. I was actually pleased since the recipe last week had a potato option, I thought that the timing was perfect.

Continuing with apples we will have Jonaprince coming our way this week. It can also be called the "Red" Jonaprince. This is an apple that will not be found in a supermarket. This apple causes a little bit light and fun argument between production and the retail staff here at the farm. The parents of this apple are the Jonathan and the Golden Delicious. The exact same parents as the Jonagold apples that have always been near dear to our hearts. Production says they are the same apple, retail disagrees! A little research show that they are a mutation of the Jonagold. They were discovered in an orchard in the Netherlands in 1994, owned by the Princen's, hence the apples name. Other than color there are slight differences. The Jonagold a little sweeter, the Jonaprince a little more-tart. The skin in the Jonaprince is a little tougher than that of the gold. They are both great eating apples. Because of the parentage, they will both work in most recipes, even pies. The shares still look like summer, but the swap list is showing some Autumn with the Winter squash availability. Called winter squash, it does grow in the summer, it has a fall harvest schedule, and it can keep through the winter. Very different from summer squash, it has hardened skin and a center with mature seeds that will be removed before cooking. Everyone has their own favorite. The good news most recipes are interchangeable. Except for spaghetti squash, which is yellow, they all have deep orange flesh with varied levels of sweetness. They are all nutritious. They are high in fiber, vitamin A, and potassium. They are usually available through the end of the year so they can become a staple in your diet. There is a chill in the air, especially in the morning and late afternoon. Time to turn on the oven, time for roasting!

Talk about roasting, beets are in the shares again. I heard from CSA Patti Selikoff this weekend and she sent along a recipe for Beet Hummus. The beets are roasted and then pureed. I will post the recipe this week. If you have any recipes or ideas to share with me, please send them to [Jenn@alstedefarms.com](mailto:Jenn@alstedefarms.com) if you have questions or need administrative help contact [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com) or call the farm store 908-879-7189.

Until next week, enjoy the freshness!

*Jenn Borealo*



## Apple Pizza

*This is a recipe we post almost every year. It was a classroom favorite when I was teaching, and it would be a fun family project while you are at home cooking together!*

4-5 baking apples cored and quartered  
Slice each quarter into 4 pieces, set aside

1/2 c. sugar (can cut to 1/4 cup)

1 tsp. cinnamon

1/4 tsp. nutmeg

in a small bowl mix together the sugar and spices

3/4 c. flour

1/2 c. sugar

1/2 c. butter cut into tiny pieces

Mix together the flour and sugar and then cut in using a pastry blender just until crumbs form.

Preheat oven to 450 degrees. Prepare piecrust; roll out the crust so that it is about 1 inch larger than 12 – 13- inch pizza pan. Gently ease the dough into pizza pan and flute the edge. Paring/peeling the apples is optional. Slices of apples should be about 1/2 inch thick. Beginning at edge of crust place apple slices in circles overlapping slices slightly, cover crust with apple slices. Top apple slices evenly with spice sugar mixture. Sprinkle the crumbs over the top. Bake 20-25 minutes or until edge is becoming golden brown. Lower the heat to 400 and bake until and apples are tender. Best served warm, with a little vanilla Ice Cream

## Week 24 Harvest!

Spinach

Jonaprince Apples

Parsley

Cilantro

Beans

Beets

Kale

Dill

Arugula

Carrots

Sweet Corn

Winter Squash

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.*

## Roasted Beet Hummus

Many thanks to CSA member Patti Selikoff for sharing this recipe!

1-2 baked beets (wash and wrap in foil at 375 for 1 hour, cool in refrigerator for a few hours or overnight)

1 15oz can garbanzo beans or cooked chickpeas (drained)

2 tablespoons lemon juice

1 teaspoon salt

1 large garlic clove (minced)

2 tablespoons tahini (can leave out if you have a sesame allergy)

1/4 cup olive oil

Peel and cut up the beets in quarters and place into your food processor. Blend until mostly smooth. Add remaining ingredients except olive oil and blend until smooth. Drizzle in olive oil as hummus is mixing. Taste and adjust to your liking. Add water if it is too thick. Store in refrigerator for a week.



**Have you heard?? We have exciting CSA news!!!**

## Holiday Harvest Shares are Available Now!

**Log in to your account on harvie.farm to add four more weeks of delicious homegrown fruits and veggies this season.**

**The holiday harvest share distribution will take place on Tuesday December 1st, 8th, 15th, and 22nd!**

**Full shares: \$52/wk**

**Half Shares: \$39/wk**

**Personal Shares: \$26/wk**

**Share contents will include: Greenhouse tomatoes, peppers, herbs, cauliflower, broccoli, cabbage, potatoes, beets, parsnips, Brussel sprouts, onions, popcorn, apples, and so much more! We'll be including fun add-ons and seasonal surprises also!**

***We will be offering delivery to many local chapters as well as convenient pickup from our farm store in Chester!***