

Storage Tips and Tricks for This Week's Contents

Root Vegetables: Carrots, and Beets- Remove the green tops from the root/bulb. Store separately. Remove the leaves from the kohlrabi before storing. Store separately. Shred kohlrabi into a slaw or just slice and salt or prepare a dip and serve as an appetizer.

KR McLaughlin posted a Carrot, apple, Orange juice, ginger, smoothie. Gorgeous orange color, picture of good health. Carrots would have to be shredded for most blenders. Maybe a little grated beet could also be added.

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

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 25 Fresh Inspirations October 12th—October 19th 2020

I read a question posted by CSA member Karen Lambert on the Facebook page. I thought that many of you might be asking the same thing. She is asking what would be in the winter/holiday extension shares that are distributed during the weeks between Thanksgiving and Christmas?

The first answer is just like predicting the weather, there are no guarantees. We cannot be sure. Every year that we have done this we have had different shares. I can tell you however what I know and what I remember. There is a new crop of tomatoes and peppers that have been planted in the greenhouses. We have quite a bit of winter squash that has been harvested and will continue to come out of the fields during October. Winter squash grows in the summer and it is harvested in the fall and then stored and served all winter long. Late fall apples are good keepers so they will be in and you may have some cider. What else, a farm favorite, Brussel Sprouts should be ready and in the shares. Then the “maybe’s” leafy greens, spinach, lettuce, collards, kale. We have had carrots and turnips another maybe, leeks. Maybe basil, and broccoli, or cauliflower. Some of the items will be from the field, some cold storage, some from the greenhouses. Potatoes are plentiful we still have some to harvest and they will be in the shares as well. I am hoping that you will join us!

So, we have had some potatoes already. We do grow 5 varieties of potatoes. Most are classified by color. We do grow a white all-purpose potato and we also grow Yukon Gold potatoes. We also grow an all purple potato and a Russet variety. Last but not least, however tiny, we do grow fingerling potatoes.

White all- purpose potatoes are just that, good for just about everything. Yukon Gold are the favorite for mashing. Fingerling for smashing. The purple potato is a little lower in carbohydrates and they taste a little nutty. They are delicious mashed with roasted garlic and today I had a guest tell me about spiraling them and then frying in the air fryer. Sounds good to me! Russet of course are the best baked potatoes. Twice baked or stuffed would be the idea here. They are also great if cooled and cut into home fries. Red potatoes make the best potato salad or boiled herb or parsley potatoes. I think that the taste of a fresh, “not stored for a year potato” is the best! I hope you agree.

This week we have the Empire apple in the share. It is noted to be the apple that is the deepest red in color, almost burgundy at times. This apple is also a little smaller than many of the apples that we grow. Empire apples are known for white flesh that does not brown when exposed to the air. It is the perfect apple to use in salads. It has been called the best of the lunch box apples, great size and it will not bruise when transported. The parents are the Red Delicious and McIntosh two old American Favorites.

I would like some of your favorite apple and potato recipes. Send them to me, jenn@alstedefarms.com If you have an administrative question or concern, contact Trish@alstedefarms.com or call the farm store@ 908-879-7189.

Until next week, enjoy the freshness!

Jenn Borealo



Apple Compote

During apple season this is a great dish to prepare and keep in your refrigerator. Warm it up to go with pancakes, Dutch Baby, French Toast, topping for ice cream, even filling for your baked winter squash. The directions are not exact, and you will need to taste as you go along.

Cut up 4- 5 apples so that you will have 3 cups of compote. Use a mix of apples from your share or from apple picking or our farm store. I like to peel some of them. Core and cut the apples into 1" cubes or slices if you prefer.

Place the cubed apples into a large saucepan. Add about a ½ cup of apple cider or water or even a little orange juice. Add 1-2 T of brown sugar or a 1-2 T honey or maple syrup. Or skip the sugar at this point and taste a little later and then decide. You can add any liquid sweetener to the completed recipe. I like to add a little cinnamon, a teaspoon or so and maybe a ¼ t nutmeg. A little lemon or orange zest is another option.

Set the pan over medium high heat. Lower the heat when the liquid starts to simmer. Lower the heat, cover, and allow the apples to cook for about 10 minutes. Checking ½ way through, to be sure there is enough liquid in the pan. Uncover. Option: Add some dried cranberries or raisins at this point and allow the fruit to simmer for another 5-10 minutes allowing some of the liquid to evaporate. Be sure you have enough moisture in the pan, add liquid, as necessary. Taste, add a little liquid sweetener, a dash of vanilla, even some brandy. Warm compote can be served immediately or save in a container to use within a week. Adapted from: Epicurious.com

Week 25 Harvest!

Spinach

Empire Apples

Kohlrabi

Cilantro

Beans

Beets

Kale

Mizuna

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.*

Kohlrabi Pancakes

Adapted from The Farmer John Cookbook. Serve with applesauce or a dollop of sour cream.

- 2 small purple or green kohlrabi, peeled and trimmed of woody bits
- 1/2 small onion, very finely chopped or grated on the large holes of a box grater
- 1/2 small green chili, ribs and seeds removed, finely chopped or 1/4 teaspoon dried red pepper flakes (optional)
- 1 egg, lightly beaten
- 1/4-1/2 cup (or more) all-purpose flour
- a pinch of ground coriander
- 1/2-1 tablespoon butter
- 1-2 tablespoons extra virgin olive oil, Salt and freshly ground pepper

Peel and trim the kohlrabi. Shred on the large holes of a box grater. Remove the excess moisture from the kohlrabi. Wrap in a paper towel and press out any excess moisture. In a medium bowl, beat the egg and flour together. Add the coriander and a pinch of salt and a little pepper. Add the kohlrabi, chopped onion and the hot pepper or pepper flakes. Mix to combine. If mix is too wet add a little flour 1 t at a time. Heat the extra virgin olive oil and the butter in a large frying pan over medium-high heat until Pour a scant 1/4 cup of the pancake batter to the pan at a time, gently pressing down on the cakes with the back of a spatula. Allow the pancake to set around the edges before turning. Pancakes should be crispy and golden brown on each side. Drain pancakes on paper towel. Serve hot with sour cream, crème fraiche, Greek yogurt or applesauce. *Note: The original recipe includes 1/4 teaspoon of ground ginger, which you might like to try in place of the coriander. Chopped cilantro or parsley can also be added to the mixture



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!