

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.

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.

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 or cider 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.

Roasted Pumpkin/Squash Seeds: You'll need- pumpkin seeds, cleaned, rinsed & dried & salt Preheat oven to 300 degrees F.

Spread pumpkin seeds in a single layer on shallow baking sheet. Sprinkle with salt Bake for about 45 minutes, checking and stirring occasionally, until light

Apple Cider: Apple cider can be frozen. Freeze in individual portions or just remove some cider from the gallon or half gallon container to allow for expansion. After freezing/defrosting I like to strain before serving.



Week 26 Fresh Inspirations October 20th—October 27th 2020

As I start writing to you this week I first type in the “week number” and it is really hard for me to believe that it is our 26th week together. It is usually about this time that I start to think sadly, about how it will soon be over. And to the rescue comes Trish with the Holiday Harvest Share sign-up info. I know that Farmer Kurt was in touch this week with pictures and some farming information about crops, planting, and soil conservation. We are so happy to have so much still out in our fields that will continue to come to you. The Holiday Harvest extends the season and our journey so I hope that you will join us!

We always celebrate the first delivery of corn into the market each summer and at the end of the season of course we are extremely unhappy to see it go. Week 25 was the last for corn in the shares and I believe that corn will sell for the last time one day this coming week. This has to be one of the longest and one of the best sweet corn harvests that we have ever had! The shares have turned almost completely to fall and as I take a look this morning it seems that many of you are right in season with the autumn bounty. I love all the squash recipes. Stuffed your way, soup, potato gratin, curry, and even squash-zagna. Not to mention, homemade pierogis! It is a great year for squash and the looks like it is plentiful. I believe it will be in our shares through the end of the season.

Sorry, I seem to be forgetting the leafy greens. I can remember when arugula was only in salads. Now it is a pesto or wilted into a dish or sauce or soup. It can be added to a smoothie or juice. Scrambled into eggs. It is considered a bitter green, cruciferous vegetable. It can help to fight inflammation and bacteria. It may also help to protect you from certain cancers. Many of the leafy greens can handle the chill in the air so it will continue to be their season.

I believe that this is the first week that cider has been offered in Harvie. I hope that you will give it a try. As the season progresses and the later apples are pressed the taste just gets better and better. It is refreshing served cold. It is a favored hot beverage at this time of the year and if you add some spices the aroma will spread through your home. Use cider where you might use water in breads, soups, or to start apple sauce. CSA member Juls Palmer used cider when roasting squash. So many great ideas, enjoy!

Not only are we talking about an extended season, the team has already invited you to join us next year, 2021, oh my! I believe that this initial offering will last until November 1st. So much to think about, don't put it off. Trish is waiting to hear from you. Any questions, call the store 908-879-7189 or e-mail Trish@alstedefarms.com. If you have fall, harvest or even Thanksgiving ideas, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Roasted Chicken, Potatoes, Carrots and Arugula

2- 2 1/2 lbs. chicken thighs or legs with the bone in and the skin on
1/4 cup extra-virgin olive oil
1 tablespoon fresh rosemary leaves from your garden
1 T oregano leaves chopped
6 cloves of garlic chopped
Kosher salt and freshly ground black pepper
crushed red pepper flakes
2 pounds all-purpose potatoes, red, white, or yellow- cut into chunks
1 bunch of carrots, peeled and cut into thick strips
1/4-1/3 cup white wine
Juice of 1/2 lemon

1 bunch of arugula, about 2 cups cleaned and chopped, tough stems removed
1/2 c chicken broth (optional)

In a large bowl mix the oil, herbs, garlic, salt and pepper and red pepper flakes. Add the potatoes and carrots and toss to coat. Heat oven to 375 degrees.

In a large ovenproof skillet with a lid, spread out 3/4 of the potatoes. Top the potatoes evenly with chicken thighs. Skin side should be up. Add remaining potatoes and carrots and be sure to drizzle in all of the herbs and oil and garlic from the bowl.

Add the wine, pouring around the edges of the pan and sprinkle with lemon.

Cover the dish with the lid or with aluminum foil and bake 40 minutes. Remove the cover and allow the chicken to roast for an additional 40 minutes. Chicken should be cooked through and potatoes should be tender.

Gently mix in the arugula and cover the pan. Roast for an additional 15 minutes, or place over low heat on the stove top, add the broth if needed and allow to gently simmer until arugula is wilted. Serve.



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

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

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!

Week 26 Harvest!

Spinach
Empire Apples
Radishes
Cilantro
Beans
Beets
Kale
Mizuna

Arugula
Carrots
Acorn Squash
Butternut 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.*

Winter Squash Yeast Bread

1 1/4 cups cooked winter squash or pumpkin puree
1/2 cup warm water
2 packages (2 tablespoons) active dry yeast
1/2 t sugar
1 cup warm milk
2 large eggs, beaten
1/3 c melted butter or vegetable oil
7-7 1/2 cups All-Purpose Flour
1/2 cup brown sugar, 1 1/2 teaspoons salt
1/2 teaspoon cinnamon 1/2 teaspoon pumpkin pie spice

Heat water about 30 seconds in the microwave to 110-115 degrees. Add the yeast and sugar to dissolve and allow to sit until a little foamy. Heat the milk to 110-115 degrees. About 45 seconds.

In a large bowl mix together squash, eggs, butter or oil, sugar, salt, and spices. Mix in the proofed yeast and milk. Add 3-4 cups of flour 1 cup at a time. Mix well after each addition. Continue to add flour until a soft dough has formed. Dough should not be sticky. Prepare a board or a counter with a little flour to knead until dough is smooth and elastic, add flour only as needed. About 8-10 minutes by hand. 5-7 with a dough hook in a standing mixer. Place dough into a lightly oiled bowl and turn to completely coat the dough with oil. Cover with plastic and allow dough to rise for 1-1 1/2 hours, until doubled in bulk. Punch down the dough, cut in 1/2. Shape the dough into 2 loaves. Grease 2-9 or 10" x 5"-inch pans. Place each loaf into a prepared pan and cover with plastic that has been brushed with oil or sprayed so that it will not stick to the dough. Allow bread to rise until double in bulk. Place in the middle of an oven preheated to 375. Bake 30-35 minutes, internal temp should be 190 and bread should be golden brown. Remove from the oven to cooling racks. Remove bread from the pans, cool completely in a draft free place. Home made bread is best served the day it is baked. Leftovers can be sliced and frozen. Adapted from: Tasteofhome.com

Holiday Harvest Shares are Available Now!

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