

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 27 Fresh Inspirations October 28th—November 1st 2020

I have a flyer in my share, and I am hearing conversation at the farm and I have read some e-mail posts written by Trish and Kyle. All of the above having to do with looking ahead. In the silent background the production team is planting and planning the continuation of the season. Last week I gave a tour to a group and we went back to the greenhouses where basil is growing in various stages. I saw peppers growing as well. I hear that there might be some broccoli out in the fields and some whispers about Brussel Sprouts too. All of those crops sound like additions to the Holiday shares.

In the summer CSA members were sharing conversation for the love of homegrown garlic. There was a question about the variety that we grow. Farmer Kurt came through and gave us the name "Music" for the beloved aromatic. Some members were hopeful that it could be grown in the summer and we would have it in our own gardens and it would be harvested for winter. A little more information came my way this week. The team is planting garlic as I am writing to you. Much like you may be planting daffodil bulbs. It is a hard neck variety and as we all know it will sprout leaves first and then every one's favorite, the scapes. So late June or July is earliest that we will see a garlic harvest. Just one more reason to join us in 2021.

Sugar pumpkins are abundant this year and we will reap the benefit. We can use them as decoration until Halloween and then we can roast them and bake or make soup. Don't forget to roast the seeds. Sugar pumpkins have the highest ratio of seeds in comparison to other varieties. Save some seeds for next spring. This is the perfect learning experience for children. All vegetables leave us with a promise for food next year. Pumpkin and squash seeds are larger than most and very visible and easy to handle so they can be a great tool to teach the young gardener/farmer.

Jonaprince will be in the shares this week once again. You may remember that they are the same mix of apple as the Jonagold. The prince is red and the gold, as it should be, yellow or golden. They are delicious, a farm favorite, and they are an all-purpose apple. They would be perfect to add to the apple butter recipe posted this week. Apple butter is a Pennsylvania Dutch treat. It would have been added to a platter at dinner that would have sweets and sours, such as pickles, chow chow, beets. Just depending what the farmer had and what his wife/daughters canned. Apple butter is great on toast and it can add flavor if it is spread on pastry then topped with apple slices when making a simple/rustic apple tart.

I am hoping that all of you will be able to join us next Saturday for the Open House planned especially for you! Be sure to RSVP during the week. Check e-mail for details. How exciting. It will be so nice to see all of you here at the farm. If you have questions, call Trish @ 908-879-7189 or e-mail Trish@alstedefarms.com. If you have questions for me, jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo



All Day Apple Butter

5-6 pounds apples - peeled, cored, and finely chopped

½ cup cider

4 cups white sugar

2 teaspoons ground cinnamon

¼ teaspoon ground cloves

¼ teaspoon salt

Place the apples in a slow cooker. Add the cider and start to warm through. In a medium bowl, mix the sugar, spices, and salt. Pour the mixture over the apples and mix well. Cover and cook on high for 1 hour, keeping a close eye on the pot, stir to be sure that the liquid does not completely evaporate. Reduce the heat to low. Continue to cook 9 to 11 hours, stirring occasionally, until the mixture is thickened and very dark brown. Uncover and continue cooking on low for 1 hour. Stir with a whisk, or immersion blender if desired, to increase smoothness.

Spoon the hot apple butter into sterile containers, cover and process or refrigerate or freeze.

***I added the cider to the original recipe. I felt that it was too dry to start off at high heat without any liquid. Some recipes start with just a little water.

***There are similar recipes that prepare the apple butter overnight. That way the butter will be hot and ready for canning in the morning.

***Apple butter will keep up to 3 weeks in the refrigerator. 6 months in the freezer

Adapted from: Allrecipes.com

Week 27 Harvest!

Spinach

Jonaprince Apples

Radishes

Butternut Squash

Beans

Beets

Kale & Cabbage

Mizuna & Swiss Chard

Arugula

Carrots

Acorn Squash

Sugar Pumpkins

Collard Greens

Kabocha Squash

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.*

Pumpkin Apple Soup

4 slices bacon, diced

2 tablespoons butter

4 apples, diced

1 carrot, chopped

1 onion, chopped

1 celery rib, chopped

1 garlic clove, minced

¼ cup white wine

½ cup apple cider

2 ½ cups Roasted fresh pumpkin, pureed

2 quarts chicken stock

1 teaspoon dried thyme

1 bay leaf

Salt and pepper

½-1 c cream

In advance Preheat the oven to 350. Cut the pumpkin in ½ from stem to bottom. Scoop out the seeds. (Save to roast) Place on a baking sheet with sides, cut side down. Roast 1 hour, check to see if the pumpkin is fork tender. Scoop out the flesh and puree in a food processor. While the pumpkin is roasting: Prepare bacon in a stockpot. Cook until crisp. Remove from pan and drain on paper towel. Leave 2-3 T of the bacon fat in the pan. Add a tablespoon or 2 of butter or olive oil. Add the next 5 ingredients and sauté over medium heat until they are tender. Add the pumpkin puree and the wine, cider, and chicken stock. Add butter, apples, carrots, celery and garlic cook until soft in the rendered fat. Add the wine, cider, and stock. Add pumpkin puree and herbs; simmer for one hour. Puree the soup in a blender or use your immersion blender, add cream. Adjust seasonings. Salt and pepper to taste. Garnish with bacon bits. Adapted From: Food.com



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!