

## Storage Tips and Tricks for This Week's Contents

**Brussel Sprouts** – will come to you in a container. Move them into a larger container. One with a little more room. Use them within a couple of days. They look like little cabbages. They are in the same family however not the same vegetable. They can however develop a strong cabbage flavor is stored for too long. **Simple roasting:** cut the tough stem. Sprouts may drop a few leaves. I like to cut the large sprouts in ½. Place all sprouts and leaves into a bowl. Preheat an oven to 425. Drizzle with a Tablespoon or two of olive oil and sprinkle with salt. Toss. place in a single layer on a parchment lined pan. Roast for 20-25 minutes and move around, shake pan 1/2 way through. Leaves will caramelize before the sprouts. Optional, before roasting- add some chopped garlic, thin slices of red onion, small pieces of partially cooked bacon or pancetta when seasoning. **After roasting:** drizzle with a little lemon juice just before serving. **OR** remove all the leaves from the sprout. This makes for a very crispy dish. Coat the same with olive oil, sprinkle with salt. Then roast in a single layer, at 400 for 10 minutes. Checking the leaves after 5. Pan may need a shake.

**Green Tomatoes**- will eventually ripen if left on a counter or near a window. Or fry and add to a BLT or For Salsa Broil or roast sliced tomato with sliced onion and jalapeno and then gently pulse with cilantro, lime juice, and some garlic. Season with a little salt. Salsa should be chunky  
Serve Salsa Verde with fish or chicken tacos

**Green Fried Tomato Parmesan:** Slice the tomatoes. Mix together flour salt and pepper, beat eggs for an egg wash, pour out breadcrumbs onto a plate, Dredge the tomato slices in the flour mixture, dip into the egg wash and place into the breadcrumbs to coat completely. Fry each slice in hot oil until golden on each side. Drain on brown paper or paper towel. To assemble. Layer the tomato slices with your favorite tomato sauce and cheeses in a casserole dish. Bake @350 until bubbly and the cheese is melted. From: Fran Palazzolo

**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. .

**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.

**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.

**Roasted 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 28 Fresh Inspirations November 2nd—November 8th 2020

Before I say anything else, I have to tell you that Saturday was such a pleasure. It was so nice to see so many families, actually “our” farm family, enjoying the farm. It has been the trend to be outside this year. We have been busy, sold out each weekend for fall activities according to Covid restrictions. Saturday was even more relaxed and I think that all of you enjoyed your visit. We were safe, we were wearing masks, socially distanced, and I believe that all eyes were smiling!

Along with the visit it seemed that much of the buzz is that many of you are signed up for the holiday extension and quite a few of you have signed up for 2021 already. We still have a few weeks together and it is nice to know that we will continue through to the New Year and we will be back as a group next spring. If you haven't signed up already for the Holiday Harvest shares in December, please do! I noticed that Jennifer Rosenzweig posted about Harvie on her Facebook wall. She let members know about Harvie and she won a member back to her chapter for next year. Harvie does make a difference, the customization and personalization changes how families are able to enjoy their CSA each week! Let everyone know. Go Jenn!

During the week I started to hear about bits and pieces of the shares coming to you this week. All I could think was “green.” Granny Smith apples for one, yea! I love them as much as you do. You all know how difficult it was to get through a season without peaches and stone fruit. Early on they did not think that there would be a plentiful harvest of some of the favorite apples. Granny Smith being one of them and Pink Lady another. Imagine my pleasure when I heard that they had picked bins of Granny Smith and Fuji apples and just a few crates of Pink Lady apples. Granny Smith apples are great for baking and they are a keeper so they will store well in your refrigerator for a couple of weeks. Maybe they could be kept for Thanksgiving pies. Green apples and green tomatoes. Granny apples are a late harvest and green tomatoes are sort of a forced harvest. Sometimes, we are forced to harvest things a bit earlier than we normally would to try and save things from freezing. We spent last week trying to bring in from the fields everything that we could before the extreme cold. Covering with row cover fabric will protect crops to a certain extent, but in some cases it is just too cold.

Brussel sprouts join in the green share and this is their debut for the season. Brussel sprouts grow on a stalk however they will probably come to us off the stalk- in a quart container of plastic bag. They have become a favorite vegetable in recent years. Over the years, cooking trends have turned to roasting and sautéing instead of steaming and boiling. We realize that they can be a little crisp and sweet and not at all mushy! A little green and white in the share will be the sweet dumpling winter squash. Strange to call food adorable but this just is. I like to keep it in a basket for a little decoration first and then I will prepare it, much the same as I have prepared and served all the others. Winter squash recipes for the most part are interchangeable. They all pair well with apples and can be sweetened with a little brown sugar, they are all great for stuffing, and I have noticed that there is no shortage of squash soup recipes posted on Facebook.

Keep your eye on Facebook and e-mail so that you don't miss important announcements and dates. Trish can help you if you have questions. Call her or e-mail her and she will get back to you as quickly as she can. Trish@alstedefarms.com or 908-879-7189. As for me- you can email jenn@alstedefarms.com. I love to hear your ideas and new recipes!

*Until next week, enjoy the freshness!*

*Jenn Borealo*



## Apple Pecan Cake

1 ½ medium tart apples peeled, cored and cut into ½" dice

1 c sugar

Mix together

¼ c of melted butter

¼ c vegetable oil

1 beaten egg

Blend well, add to the apple and sugar mixture

Measure into a separate bowl:

1 ¼ c flour

1 t baking soda

1 t cinnamon

1 t allspice

½ t salt

Preheat the oven to 350,

Mix dry ingredients together well. Blend into the apple mixture.

Stir in 1 c roughly chopped pecans or walnuts.

Batter is very thick. Spoon batter into a greased and parchment or wax paper lined 8" round or square pan. Spread evenly. Bake 45-50 minutes. Check with a cake tester.

Set on a wire rack to cool. Turn out. Peel off wax paper. Cut into squares or wedges.

\*Adapted from Vogue Entertaining

## Week 28 Harvest!

Spinach

Granny Smith Apples

Radishes

Basil

Beets

Kale

Mizuna

Butternut , Acorn, Kabocha, Sweet Dumpling Squash

Arugula

Carrots

Brussel Sprouts

Collard Greens

Green Tomatoes

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 Macaroni and Cheese

1 lb. macaroni, large elbows, mini penne,  
Kosher salt

1 t olive oil, 3 T butter

½ medium onion

Fresh thyme leaves, optional

3 T flour

2 c warm chicken stock

1 medium butternut, acorn, or sweet dumpling squash roasted to fork tender and mashed

1 c warm cream or ½ and ½

2 c sharp cheddar cheese

½ c parmesan cheese

¼ t nutmeg

Black pepper to taste

Prepare pasta according to package directions. Drain and add 1 T butter to prevent pasta from sticking together. Heat a medium saucepan over medium heat. Add the extra-virgin olive oil and 2T butter. When the butter melts into the oil, add the thyme and minced onion. Cook the onion in butter and oil 1 to 2 minutes until tender and not brown. Add flour to create a roux and cook together for 2 more minutes. Whisk in stock and stir until slightly thickened. Combine with butternut squash until warmed through and smooth. Stir in cream or half-and-half and bring sauce to a gentle simmer. Remove from heat and stir in cheeses, season the completed sauce with salt, nutmeg, and pepper to taste. Combine with pasta. Adapted from: Foodnetwork.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!***