

Winter Squash Gnocchi & Sage Brown Butter

Another possible family project, once you get the dough to the right texture. Make this recipe your own. I have made gnocchi for years without eggs and just potatoes, or potato and squash. Flour may need to be adjusted. Sage Brown Butter has become traditional with pumpkin and winter squash pastas.

- 1-1-pound winter squash
- 1-12- to 14-ounce russet potato, peeled, cut into large chunks
- 3/4cup finely grated Parmesan cheese, divided
- 1 large egg, beaten to blend (optional)
- 1-1 1/2teaspoons freshly grated nutmeg (to your liking)
- 1 teaspoon salt
- 1 3/4cups (or more) all- purpose flour
- 1/2cup (1 stick) butter
- 2 tablespoons chopped fresh sage
- Additional grated Parmesan cheese

Prep the squash: Preheat oven to 400°F. Cut squash lengthwise in half; clean out the seeds, roast if you choose to. Place squash halves cut side down, on baking sheet lined with parchment. Roast until squash is very tender when pierced with a fork or skewer about 1- 1 1/2 hours. Cool slightly. Scoop flesh from squash into processor; puree until smooth. Transfer to medium saucepan; stir constantly over medium heat until juices evaporate, and puree thickens, about 5 minutes. Cool. Measure 1 cup (packed) squash puree (reserve remaining squash for another use). **Prep the potato** Meanwhile, cook potato in medium saucepan of boiling salted water until very tender, about 20 minutes. Drain. While potato is warm, press through potato ricer or smash using a fork on a flat surface such as a dinner plate. Cool completely. Measure 2 cups (loosely packed) riced potato (reserve remaining potato for another use). **Prepare the dough** In a large bowl mix squash, potato, 1/2 cup Parmesan, egg, nutmeg, and salt in large bowl. Add one cup of flour and mix well. Gradually add remaining 3/4 cup flour, kneading gently into mixture in bowl until dough holds together and is almost smooth. If dough is very sticky, add more flour 1 Tablespoon at a time. Turn dough out onto floured surface; very gently knead the dough, just until smooth. Divide the dough into 8 equal pieces. Roll out Gnocchi Line 2 large- rimmed baking sheets with parchment. Sprinkle parchment lightly with flour. Working with 1 dough piece at a time, roll dough out on floured surface to about 1/2-inch-thick rope. Cut rope crosswise into 3/4-inch pieces. Roll each piece along the back of the tines of a fork that has been dipped into flour to prevent sticking. Place completed pieces onto the baking sheets Continue to roll and cut and ridge until all the dough has been prepared. Cover the gnocchi loosely with plastic wrap and chill at least 1 hour. **DO AHEAD** Can be made 6 hours ahead. Keep chilled. Gnocchi may be frozen at this point on the trays and then transferred to a plastic bag for later use. **Cooking Gnocchi** Each tray of gnocchi is considered a batch. Cook one tray at a time. Cook gnocchi in large pot of boiling salted water until very tender, 15 to 17 minutes (gnocchi will float to surface before they are fully cooked. and will need to continue to boil for probably another 5-7 minutes. Using slotted spoon, lift gnocchi from the water and place back onto the lined baking sheets. Cool.

Gnocchi can be prepared ahead. Cover loosely and chill up to 8 hours.

For the sauce:

- 1/2 cup (1 stick) butter
- 2 tablespoons chopped fresh sage
- Additional grated Parmesan cheese

Melt butter in heavy large skillet over medium heat. Continue to cook, just until golden, stirring often, 3 to 4 minutes. Lower the heat. Add sage; stir 1-2 minutes. Add gnocchi; cook until heated through and coated with butter, 5 to 7 minutes.

Season with salt and pepper to taste. Transfer to a serving bowl. Sprinkle with 1/4 cup Parmesan. Serve passing additional Parmesan Cheese. *Adapted from Lydia Bastianich*

Week 29 Fresh Inspirations November 9th—November 15th 2020

Trish and I were talking last evening, and I begin to realize just how close to Thanksgiving we are. Only two weeks before the end of the season. My concern is what will be in the shares and of course planning menus for holiday meals. Trish mentioned that it is time to order Thanksgiving turkeys so I am sure that there will be reminders in the coming days. For those of you who are new to us this year, pick up days will be changed Thanksgiving week. Tuesday members will pick up on Monday, November 23rd and Thursday members will pick up on will pick up shares. If you have not signed up for the weeks leading to the December Holidays, that Thanksgiving share will sadly be your final share, week number 31.

There will be a mix of apples in our shares this week. The Cameo and the Jonaprince have been in before. This week they will be joined by a true New Jersey apple. The Suncrisp is a yellow apple with red blush. It was developed at Rutgers. It is a cross between a Cortland and Cox Orange Pippin and then crossed again with Golden Delicious. It resembles the Golden delicious however it is a firmer apple that does not bruise easily, and it has a better keeping quality than the parents. It will not brown easily after cutting making it perfect for salads. The Orange Pippin has been called a great dessert apple, the Cortland we know as a good baking apple and the Golden Delicious is just a good all- around variety it will work in all of our recipes and if you are thinking about baking for Thanksgiving, it will keep.

This week I am thinking about making Apple Crisp Crepes, a recipe I would prepare with my students. The recipe is a little lengthy but can be made in steps. I prepared the crepes the other night when I had a sneak preview of the broccoli. Crepes divan with chicken, ham, swiss and steamed broccoli. Topped with sauteed shallots and mushrooms and a creamy white wine sauce. I had some leftover crepes. I prepared the apple filling with pancakes Saturday morning and I was able to save some of that and I will prepare the crumbs later today when I am ready to bake. Crepes were always a fun classroom activity and with so many of us still at home, cooking more than ever, it may be a fun family night in the kitchen.

Last week we had one of the smallest winter squashes and this week we have Kombocha, one of the larger. The squash is considered one of the sweetest. For the most part the skin on many of the winter squash varieties has usually been discarded. The skin on the kombucha is edible the choice is yours.

If you have any questions about the Holiday shares or the Thanksgiving offerings call 908-879-7189 or contact Trish@alstedefarms.com. She will be able to help you. If you have any recipes or ideas to share send them to me, jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo

Storage Tips and Ideas for This Week's Harvest

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 if stored for too long. Simple roasting: cut the tough stem. Sprouts may drop a few leaves. I like to cut the large sprouts in 1/2. 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.

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

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.

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.



**Don't miss out
on 4 more
weeks of
freshness!!!**

Week 29 Harvest!

Spinach Arugula

Cameo & Suncrisp Apples Carrots

Radishes Brussel Sprouts

Basil Collard Greens

Beets Green Tomatoes

Kale Potatoes

Mizuna Onions

Kabocha, Squash Apple Cider



***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.*

Basic Crepe Recipe

1 c flour, 1/4 t salt, 1 t sugar. (Measure the dry ingredients into a large bowl and set aside)

2 eggs, 1/2 c milk, 1/3 c water

In a medium bowl beat the eggs. Add the milk and the water, beat well. Mix in 1T melted butter. Create a well in the dry ingredients. Pour in the liquid mixture whisk until all ingredients are well blended. Pour batter through a strainer to remove all lumps. Heat a lightly buttered 8" crepe/ omelet pan until it sizzles. Pour in a 1/4 c batter while swirling the pan. Batter should completely cover the pan. The crepe should cook and be lightly brown on one side. Turn and allow to brown on the 2nd side. Remove from the pan onto a plate. Layer the crepes with a piece of wax or parchment paper to keep them from sticking together. Set aside until apple filling is ready.

Apple Filling

6 cups thinly sliced apples

2 T butter

1/2 cup brown sugar

1/2 cup cider (divided)

1 tablespoons fresh lemon juice

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/4 t salt & 1 tablespoon cornstarch

Melt butter in a large skillet. Add the apples, brown sugar, 1/4 cup cider, lemon juice, cinnamon, nutmeg, and salt. Sauté the apples over medium heat until they are tender. About 10 minutes. Add more cider or liquid if needed. Mix remaining 1/4 cider with cornstarch and add to the mixture. Stir until thickened. Cool.

Crumb Topping: 1 1/2 c flour, 1/2 c sugar, 1/4 c brown sugar, A pinch of salt, 10 T butter cut into small cubes

Mix the flour and sugars together and cut in the butter with a pastry blender or process until crumbly. Heat the oven to 375. Butter or Spray a 13 x 9-inch baking pan. Spread about 2-3 tablespoons filling down center of each crepe. Fold the edges of the crepe over the apple mixture. Arrange crepes in prepared pan. Sprinkle the crumb topping over the crepes. Bake 20-25 minutes, until topping is golden. Serve warm with Alstede Homemade Vanilla Ice cream.

ONLY A FEW SPOTS STILL AVAILABLE FOR THE HOLIDAY HARVEST SHARES!!

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, lettuces, kale, collards, 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!