

Mrs. Frecon's Apple Cake

This recipe was sent to me by Sam Walmer our Farm Steward. Sam grew up in Adams County and his family had an orchard. This recipe is from a farm near there.

3 cups fresh apples of your choice, diced
2 cups granulated sugar OR substitute 1 cup local honey
1/4 cup cooking oil or substitute 3/4 cup applesauce
3 farm eggs
1 teaspoon vanilla
3 cups flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon cinnamon

Preheat the oven to 350. Grease a 9.5" loaf pan with butter or oil or spray and line with parchment. Butter the parchment. In a medium bowl whisk together the dry ingredients, set aside. In a larger bowl beat the eggs and add the vanilla. Mix in the sugar or honey, oil (or substitutes). Mix in the dry ingredients and the chopped apples. Chopped nuts or raisins can be added as you like. If the batter is too dry, mix in a little apple cider. Pour the batter into the pan. Bake in the center of the oven for 40-45 minutes. Test cake, a toothpick should come out clean. Allow the cake to cool for 10 minutes in the pan. Run a butter knife around the outside edge of the cake. Invert the cake, remove parchment, and spread with apple butter or jam or sprinkle with powdered sugar. Serve with some applesauce or caramel sauce and whipped cream.

Adapted from: Freconfarms.com

Week 30 Fresh Inspirations November 16th—November 22nd 2020

I think that we are all finding it hard to believe that we are close to the end of our journey. I have heard that quite a few of you are going to join us in December and I am hoping that the rest of you will come in to visit us during the holiday season and through the winter. I am excited to hear that many of you will be joining us next year as well. But first things first. We still have a week to go and it leads into the Thanksgiving Holiday. Please take note of all flyers in the share and check all e-mail messages. Pick up days change next week. Tuesday members will pick up on Monday and Thursday members will pick up on Tuesday.

Have you ordered your turkey? I have been reading about farmers who have a shortage of small turkeys. I guess that many families are taking the advice from the CDC and staying home, preparing for smaller groups. There will be fewer large gatherings. In my world that larger turkey always provided for great leftovers. I want the turkey sandwich, or the pot pie or turnover, and then maybe even soup. The production team is adding to all of those recipes with carrots, onions, potatoes and even turnips in the shares, just in time!

The apples in the shares this week are perfect for getting your pie filling made ahead. Pie filling can be frozen and then added to crust or topped with crumbs on Thanksgiving morning. I am including a link for a recipe that might be helpful when planning.

Since we are all at home, I am always thinking about what we can do as a family in the kitchen. This week the farmers come through with the perfect activity for a long weekend. Homegrown popcorn is in the shares. It is ready for harvest in October however it needs to dry before it can be prepared. I always have a few ears in my kitchen ready for an afternoon snack. In recent years we have come to realize that processed microwave popcorn is a very unhealthy choice. Homegrown is completely natural and you don't have to add anything before popping. The toppings or seasonings go on after and the choice is yours. My favorite is pretty simple, just olive oil and Himalayan Pink Salt. I love to give the popcorn as a hostess gift. Wrap a paper lunch bag around a couple of ears and tie with a piece of jute. Add a little card with directions.

I have noticed on Harvey that Munchkins and Gourds are still available. Dried and hollowed out gourds were used as some of the first serving bowls and utensils. Munchkins do make adorable first course soup bowls, or they can be filled with an appetizer dip making a platter look very festive.

As always Trish is available to assist you. Give her a call at the Farm Store 908-879-7189 or e-mail her Trish@alstedefarms.com. For the next few weeks, I will be in the greenhouse decorating wreaths. Stop by to say hello or send ideas and recipes 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 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.

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 30 Harvest!

| | |
|----------------------------|-----------------|
| Spinach | Arugula |
| Fuji & Granny Smith Apples | Carrots |
| Radishes | Brussel Sprouts |
| Popcorn | Collard Greens |
| Turnips | Broccoli |
| Kale | Potatoes |
| Mizuna | Onions |
| Acorn Squash | Leeks |



***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.*

Roasted Caesar Broccoli

2 heads of broccoli, ends trimmed cut into florets with 3 inches of stalk
 2 tablespoons olive oil
 1 egg yolk or 2 T mayonnaise
 1/2 cup olive oil
 1 tablespoon lemon juice
 1 clove garlic, minced
 1/2 teaspoon Dijon mustard
 1/4 teaspoon anchovy paste (optional)
 salt and ground black pepper
 2 tablespoons grated Pecorino-Romano cheese, or more to taste

Preheat oven to 425°F. Line a shallow baking sheet with parchment paper. Add broccoli florets to a large bowl. Drizzle with 2 T of the olive oil. Stir, mix to coat.

Arrange broccoli pieces in a single layer. Sprinkle with a pinch of salt. Roast broccoli for 7 minutes; flip the pieces of broccoli and continue to roast until tender and slightly browned, about 5 minutes more.

Prepare dressing. Dressing can be prepared in bowl of a mini processor. Whisk egg yolk in a medium bowl until thickened. Drizzle 1/2 cup olive oil into egg yolk or mayonnaise, in a very slow and steady stream while whisking vigorously. The mixture will start to thicken into a mayonnaise consistency; stir in lemon juice, garlic, Dijon mustard, and anchovy paste. Season dressing with salt and black pepper to taste.

Toss the roasted broccoli with dressing and sprinkle with the grated Pecorino-Romano cheese to serve.

Adapted from: mealthy.com

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!