

## Storage Tips & Tricks

**Impossible Pumpkin Pie Recipe**—Link: <https://chocolatecoveredkatie.com/impossible-pumpkin-pie-vegan/Cider-> is shelf stable for a couple of hours. It should however be stored in the refrigerator. If freezing, move into individual containers for serving or to freeze the bottle, remove a bit of cider to allow for expansion. When defrosted, run through a strainer.

**Root Vegetables**— Carrots and turnips— Remove the green tops from the root/bulb. Store separately  
**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. Make <https://www.delicioustable.com/make-ahead-apple-pie-filling/>.

**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** To store fall or 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.

**Squash Pancakes:** Facebook post from: Hadassah Michelle Margolis <https://smittenkitchen.com/winter-squash-pancakes-with-crispy-sage-and-brown-butter>

**Hasselback Butternut Squash** will add a beautiful touch to your Thanksgiving table. Posted by KR McLaughlin in early November. <https://www.forkintheroad.co/hasselback-butternut-squash/>

**Roasted Pumpkin/Squash Seeds** pumpkin seeds, pulp removed, 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 golden brown

**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. When roasting: Try adding some cubed potato, sliced carrots and red onion slices and/or chopped garlic, Potato and carrot pieces should be small so that they become tender about the same time as the sprouts.

Brussel Sprouts as an appetizer, these ideas sound delicious! [www.hitchcockfarms.com/blog/brussels-sprout-appetizer-ideas](http://www.hitchcockfarms.com/blog/brussels-sprout-appetizer-ideas).

**Popcorn:** Store popcorn in a cool dry place until you are ready to prepare it. Making popcorn with the corncob is as easy as making microwave popcorn. **To pop a corncob:** Place one corncob in a lunch size paper bag. Fold the top over a couple of times to seal. Place the bag in the microwave with the folded end facing down. You may use the “popcorn” setting on your microwave to pop the popcorn or 2.5 minutes. DO NOT WALK AWAY! Stop, the microwave when the popping slows. It takes very little time to go from perfectly popped to burning. Pour popcorn into a bowl and top with melted butter, salt, spices. If popped kernels are stuck to the cob you can pick them off. You can allow cob to cool and try a 2nd pop, not really worth it and there is an increased chance of burning!

## Week 31 Fresh Inspirations November 23rd—November 25th 2020

We made it. We have come to the end of our journey, that is if you choose to leave us here. Some of us will be together a little longer and you are welcome to join us for the Holiday Harvest shares in December! For those of you who are leaving, we will miss you! In the next 20 weeks we will be planning for your return. Believe it or not, some seeds have already been ordered for next year. You may be out of sight; don't for a minute believe that you're all not on our collective minds.

I heard from a seasoned CSA member, Beverly Hanson who has very often sent a contribution to me so that I can share with all of you. We know that due to Covid 19, many of us are planning for a much smaller Thanksgiving gathering this year. The recommendation is for immediate families to be together. We know that the plan is probably for smaller turkeys. Bev sent a recipe for small, tart like pies. Apples in the share with work perfectly, of course. Bev shared a second recipe where pumpkin or squash or a mixture of both will work in the Impossible Pumpkin Pie. The apple recipe is in the packet and the “pumpkin pie” link is in the tips this week.

Bev mentions, and I believe we would all agree, everyone is ready to see the pandemic behind us. As I watch and listen to the news each day, I am thankful to be well. I am thankful that our extended farm family has been well and staying safe. If I had to be positive in the last few months, I would say that it was refreshing to see so many families spending more time together, to appreciate some simple things, realize what is important. Something bad will often have something good attached if you look for it. Families are partaking in activities together, picking fruits and vegetables here on the farm. Cooking at home, gardening. We hear about acts of kindness every day. The farm has donated from the bounty of the harvest and from any weekly shares left to us. I know that we are all ready for 2020 to be over and behind us. We are thankful however that because of Covid-19 local farms were able to provide and be a source of fresh food and so many of you came to us because of it. You put your trust in us, and we are grateful. We, every team member here at the farm, have worked tirelessly to earn your trust. Trusting farmers is something that is the trend in the country. I am hoping that the virus will be gone, and that the trust will carry on indefinitely.

We, all of us here at Alstede Farms wish all of you a very Happy Thanksgiving. If you are leaving us now, we hope that your December Holidays are filled with joy and that the New Year is healthy and happy! If you have not signed up for next year, there is still time.

We are always here so please keep in touch. We will have fresh produce, holiday decorations, and trees. Don't forget pies and donuts and other goodies you may need for the holiday season. So, we hope to see you in the coming weeks. We will have some well-deserved time off to spend with our families. Thanksgiving, Christmas, and New Years Day. Otherwise we are available to answer questions and we love hearing from you. Call 908-879-7189 or contact [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com) or me [Jenn@alstedefarms.com](mailto:Jenn@alstedefarms.com).

*Until next week, enjoy the freshness!*

*Jenn Borealo*

### Sauteed Brussel Sprouts with Prosciutto

- 1 tsp olive oil
- 2 cloves garlic, thinly sliced
- 1 T shallots, minced
- 4 oz diced prosciutto
- 2 lbs. brussels sprouts, trimmed and sliced in half
- 1/4 cup white wine
- Salt and black pepper to taste

Heat olive oil in a coated frying pan. Add in the diced prosciutto and shallot, sauté for about 5-6 minutes. Prosciutto should be cooked through. Remove from the pan with a slotted spoon leaving any drippings if possible. Sauté the garlic until slightly golden, continue to cook another minute and then remove to the dish with the prosciutto and shallot. Drain all but 2-3 teaspoons of the drippings from sauté pan.

Heat the sauté pan add in the Brussels Sprouts. Sauté sprouts for about 4-5 minutes, stirring occasionally. Add in the white wine and season with a pinch of salt and some black pepper. Stir occasionally about another 4-5 minutes. Brussels Sprouts should be almost done. Continue to cook a few more minutes if needed. Sprouts should be fork tender. Stir in the prosciutto mixture. Sauté another minute or two to allow flavors to blend. Season to taste and serve. Adapted from: [everydayeileen.com](http://everydayeileen.com)

Notes: Pancetta or Bacon can be used in place of prosciutto. The recipe can be prepared early in the day and then re-heated in an oven pre heated to 300 until warmed through. 10-15 minutes



**LAST CHANCE  
FOR OUR  
HOLIDAY  
HARVEST!**

## Week 31 Harvest!

- |                                 |                  |
|---------------------------------|------------------|
| Spinach                         | Arugula          |
| Gold Rush & Granny Smith Apples | Apple Cider      |
| Carrots                         | Brussel Sprouts  |
| Popcorn                         | Collard Greens   |
| Turnips                         | Broccoli         |
| Kale                            | Potatoes         |
| Cranberries                     | Onions           |
| Acorn Squash                    | Butternut Squash |



*\*\*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.*

### Mini Apple Pies

- 2 Pie Crusts homemade or purchased
  - 2 1/2 cups chopped apples
  - 1/4 c granulated
  - 2 T all-purpose flour
  - 1 t ground cinnamon
  - 1 t pure vanilla
  - 1/8 t ground nutmeg
- Pre-heat the oven to 425.

Prepare the apple filling. Mix the apples, sugar, flour, ground cinnamon, vanilla extract, and ground nutmeg in a large bowl until they are completely combined. Set aside.

Roll out the pie crust on a lightly floured board. Lightly butter the muffin cups. \* Cut 12- 3.5" circles using a biscuit or cookie cutter. Place each circle into the greased pans. Press the circles into each muffin pan. Chill the crust until you cut the top designs. Use all the dough, you may need to re-roll the scraps. Evenly distribute the apple pie filling between all of the cavities in the muffin pan (about 2-3 tablespoons per mini pie). Cut little apple shapes or cut strips to create a lattice or crisscross design on each tart.

Bake for 20-25 minutes. Crust should be light golden brown. The filling will be bubbly. Cool 10-15 minutes. Remove carefully from the pan and transfer to a wire rack to cool completely.

\*Line the bottom of the pan with a circle of parchment paper for ease of removing tarts from the pan.

Adapted from: [livewellbakeoften.com](http://livewellbakeoften.com)

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

**Log in to your account on [harvie.farm](http://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!***