

Storage Tips & Tricks

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>

Onions, should be stored in a cool dry place separately. Refrigerate portions of onions after cutting. .

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.

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!

French Horticultural Beans, Pinto Beans, will come in a container. Keep refrigerated and use the beans within the week.

Basil Place the roots or stems into a container of cool water. Cover the top with a plastic bag creating a greenhouse for the basil. Do not refrigerate. Change the water daily. Basil can stay fresh for up to a week.

Broccoli and Cauliflower will stay fresh in the refrigerator for 4-5 days in a plastic produce bag. To extend storage time blanch or steam to have the vegetable ready for recipes

Holiday Harvest Week 1 December 1st, 2020

I love Thanksgiving. Spending the day preparing food from the harvest is very special to me. Of course, it was quite different this year with only a few at the table. I did feel that I still had to prepare all the favorites and now on Sunday I am still planning some leftover dishes for turkey and the sides. Leftovers have become a part of the meal plan for Thanksgiving, so much so that the Culinary Institute would run a contest each year for the best leftover recipes.

So that leads to another day of dining in that I hope all of you will plan for and share. As CSA members and of course during a pandemic we are all dining in most of the time. December 3rd is the National Dining in Day. Everyone in the family has to sit down to enjoy a meal together. This year it is on Tuesday, the first day of our Holiday distribution. You do not have to make the commitment for the exact day, just for one day during the week. Along with your family dining together, try to pass the word on to friends and family so that they might try to do this as well. With everyone home it would be a good time for your family to be in the kitchen working together. I will look for pictures on Facebook.

The farm store went through a major transition over the last few days. It is Christmas there and it is festive. I think that I told you that I have been working on decorating wreaths. Lots and lots of wreaths and it has been so much fun. They are selling quickly, and I believe that within a few days it is going to be quite beautiful in many neighborhoods sparkling with decorations. I will be in the green house working when you come to pick up, so I hope to see some of you in the next few weeks.

A treat this week will be the French Horticultural Beans that can also be known as Cranberry Beans, Pinto, or even Borlotti Beans. They are a shelling bean. The beans are a creamy color that darkens a bit as they dry. They have deep red spots or stripes. They are harvested in a stage between fresh and dried. As the name suggests these beans are popular in French Cuisine. We can thank the production team for doing the most tedious of jobs. The beans will come to you shelled and in containers. Plan to cook the beans within a few days. To prepare beans to be added to a dish you will first, boil them for a few minutes and simmer about 20 minutes or until tender in a broth with aromatics such as chopped onion and garlic, and other herbs such as basil and oregano, even a bay leaf. The aroma will be fabulous. If you have more beans than you can use this week, they can be frozen and they can also be canned. I often cook dried beans and freeze them in portions to use in pasta dishes, soups, and stews. For those of you who might prefer canning you can find directions at http://www.pickyourown.org/canning_fresh_beans.php I have a recipe for the beans in a gratin this week. I am sure that you have a favorite soup, stew, chili, hummus, or salad recipe where you could incorporate these beans.

If you have questions or need any help with your share call 908-879-7189 or Trish@alstedefarms.com is available to help you. If you have anything to share with me, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Cranberry Bean Gratin

3 c. cooked cranberry beans, with about 1 c. cooking liquid
salt

6 T. extra-virgin olive oil

1/2 Vidalia or other sweet onion, diced

4 cloves garlic, slivered

1/2 t. dried sage

1 c. chopped, cooked kale, spinach, arugula from the share

2 ripe tomatoes, coarsely chopped or canned, diced

freshly ground black pepper

1/2 c. toasted bread crumbs

Preheat the oven to 350. Heat 2-3 T of olive oil in a large, heavy skillet.

Add the onions, garlic and cook, over low heat, for about 6 minutes add sage and season with salt and cook for an additional 4-5 minutes or until the vegetables are soft. Add the kale and tomatoes continue to cook for another minute or two. stir in the beans to combine, and transfer to a baking/gratin dish. Add bean cooking liquid to almost cover the vegetable mixture. Sprinkle with the breadcrumbs, drizzle remaining olive oil over the top, and bake for about 45 minutes.

Adapted from: Dreamofmyfava.com

Holiday Harvest Week 1

Spinach

Apples

Carrots

Popcorn

Turnips

Kale

Cranberries

Acorn Squash

Arugula

Apple Cider

Brussel Sprouts

Cauliflower

Broccoli

Basil

Onions

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.*

Roasted Broccoli and Cauliflower

2-3 cups Broccoli, florets

2-3 cups cauliflower, florets

3--4 tbsp olive oil

2-3 cloves chopped garlic

Salt and pepper to taste

1/3 cup parmesan cheese

Add water to a saucepan large enough for a steam basket. Fill with water up to the bottom of the basket and bring to a boil. Add the broccoli and steam for a few minutes, just before tender. Repeat with cauliflower.

Preheat oven to 425 degrees. Line a baking sheet with parchment paper.

In a large bowl, toss the steamed broccoli and cauliflower with olive oil, chopped garlic and salt and pepper.

Transfer to the prepared baking sheet, sprinkle with parmesan and tent over a piece of foil. Place in the oven. Roast for 10-15 minutes. Remove the foil and continue to bake until cheese is browned and vegetables are fork tender.

**We hope you enjoy
this week's harvest! If
you have any
questions please give
us a call at 908-879-
7189 and our team
will be happy to help!**

