

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.deliciousable.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

Cabbage- Refrigerate cabbage in a plastic bag. Cabbage should keep over a week more. The outer leaves may become discolored or limp. Remove outer leaves, the inner cabbage can be used. <https://www.thekitchn.com/how-to-make-homemade-sauerkraut-in-a-mason-jar-193124>

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:

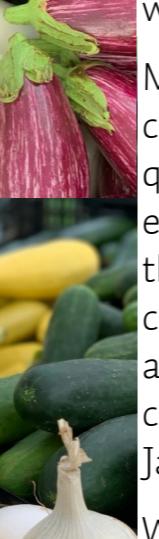
Place one corncob in a lunch size paper bag. Fold the top over a couple of times to seal. Place the bag in the microwave with the folded end facing down. You may use the "popcorn" setting on your microwave to pop the popcorn or 2.5 minutes. DO NOT WALK AWAY! Stop, the microwave when the popping slows. 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 8th, 2020

As I am writing to you the farmers are harvesting cabbage and possibly other crops from the fields before the extreme cold nights over the weekend. Some crops thankfully come from the high tunnels and greenhouses. It always amazes me that they can fill our shares through December. I know that it is a huge challenge for them. As usual I continue to thank our production team for all that they do.

Cabbage is harvested a few times each season. This year with a pandemic and flu season starting at the same time we need to boost our immune system. Cabbage is one of the foods that can help with that, it is high in Vitamin C, Vitamin K, and potassium. Don't forget, antioxidants, omega 3 fatty acids, and fiber! It has made some of the "superfood" lists. It is considered a "low key" superfood since it is not considered to be one of the most glamourous of vegetables! With Bok Choy in the shares as well we should be able to keep the doctor away.

Stuffed cabbage was a regular dish on the winter table growing up. There is a recipe for a casserole making the preparation a little less tedious. I think that a few dishes using cabbage can be considered comfort food and this would be one of them. Colcannon, a mixture of mashed potato and cabbage is another. Cabbage, the main ingredient in coleslaw has always been a part of the summer picnic. It has also been a part of my Thanksgiving table lending itself to be one of the cold dishes in the meal plan. Health salads and mixing cabbage with fruit is something we see more of today. <https://www.homemadefoodjunkie.com/fresh-apple-cabbage-salad/>.

Modern farmer in the past week wrote about native American crops. Winter Squash, climbing beans, and corn are all native to North America. Carrots that are in the shares quite often are considered to be one of the top three most popular vegetables to eat. They say that they are a "cool crop" for growing in our soil here. Interesting fact is that the colors we receive from time to time, yellow and purple were probably the first colors, of the earliest carrots. It was six centuries later for vibrant orange to come along. Europeans introduced carrots in the 1600's. So, then research shows that the first cabbage came to North America from Europe. It was brought here by the French Explorer Jacques Cartier in the mid 1500's.

We know that cabbage is good for you and we have also become familiar with how fermented foods can be beneficial. I have in the past invested in a crock and all the equipment needed to make sauerkraut. I have found however that I enjoy making small batches in a mason jar using the recipe posted by the Kitchn. I will include the link in the tips this week.

The farm continues to be busy. We started the year with curbside delivery and gardening was a big part of that. Everyone continues to want that outside activity and so they are into decorating this year. Maybe more than usual. If you have any needs or questions call Trish 908-879-7189 or Trish@alstedefarms.com if you have anything to share with me send to Jenn@alstedefarms.com. Until next week, enjoy the freshness!

Jenn Borealo

Stuffed Cabbage Casserole

2 Tbsp. Olive oil, divided
1 lb. lean ground beef or meatloaf mixture
1 large onion, chopped
1 Tbsp. minced garlic
1/2 tsp dried thyme
1 tsp sweet Hungarian paprika
salt and black pepper to taste
1 large head green cabbage, cored and cut into small wedges
1 can(s) (14.5 oz.) petite diced tomatoes with juice
1 can(s) (15 oz.) tomato sauce
1/4 c water
2 c cooked brown rice
1-2 c low-fat mozzarella cheese (Optional)
Parmesan cheese

Prepare brown rice or rice or choice according to package directions. Chop the onion and mince the garlic and set aside. In a large skillet cook the ground beef over medium heat. Beef should be cooked through. Remove the meat from the pan and set aside. In the same pan add a little olive oil and cook the onion until translucent. It can be slightly browned on the edges. Add the garlic, and spices. Cook a few more minutes. Add the beef back to the pan and blend in the onion and garlic. Add the tomatoes, juice from the tomatoes, water, and the sauce. Simmer the mixture until some of the liquid has reduced. It should be slightly thickened. About 15 minutes. Gently stir in the cooked rice and set aside

While the beef is simmering: Cut the cabbage in half and remove the core. Discard any wilted outer leaves. Chop cabbage coarsely into 1-inch pieces. Heat remaining olive oil in a large skillet or Dutch oven, add the cabbage and cook over medium-high heat until the cabbage is wilted and slightly tender. Turning and stirring while cooking. Sprinkle with salt and pepper to taste. Preheat the oven to 350. Spray or oil a 13x9" casserole dish layer in half of the cabbage, top with half of the meat mixture, and repeat with remaining cabbage, and remaining meat mixture. Cover the casserole dish tightly with foil, bake for 35- 40 minutes, or until the mixture is just starting to bubble on the edges. Remove the foil and sprinkle with cheeses. Continue to bake uncovered an additional 15 minutes, or until the cheese is melted and starting to slightly brown. Serve hot. Adapted from: justapinch.com



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!

Holiday Harvest Week 2

Cabbage

Apples

Carrots

Popcorn

Turnips

Kale

Cranberries

Acorn Squash

Arugula

Apple Cider

Beets

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 Root Vegetables

Use the root veggies that you have on hand.

3 Tbsp. olive oil

Salt and pepper

1 beet, peeled, sliced

2 carrots, peeled and cut into chunks

2 parsnips peeled and cut into chunks

2 turnips peeled and sliced. Cut into thick slices or chunks

1 bunch radishes, halved

2 potatoes or sweet potato, cubed

1 onion, yellow or red cut into chunks

Fresh thyme leaves

Preheat the oven to 425

Pieces of vegetables should all be about an inch or so with similar thickness. Place all vegetables into a large bowl toss with oil and salt and pepper. Line a baking sheet with parchment and spread vegetables in a single layer. Roast for 20-25 minutes. Sprinkle with thyme leaves, toss, stir, roast an additional 15-20 minutes. Vegetables should be tender, with lightly browned edges. Serve hot or serve leftovers tossed with arugula and a vinaigrette.

Note- Not a root vegetable, however winter squash can be added to the mixture.