

## Storage Tips & Tricks

**Tomatoes-** are best kept at room temperature for a couple of days. Longer storage in the refrigerator. Return to room temperature for the best flavor.

**Peppers-** Hot and sweet can be stored in a plastic bag or container in the refrigerator for up to two weeks. Remember- Long hot peppers are the “Russian Roulette” of peppers. They may be very hot or somewhat mild. Be sure to wear gloves or wash your hands completely with soap after working with hot peppers.

**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>

**Bok Choy -** wrap in damp paper towel and place in a plastic bag. Store up to 5 days A quick stir fry - sauté chopped onions and a little garlic until they begin to soften. Then add the Bok Choi stems, add tofu here is using, soy sauce, and grated ginger root. Add the Bok Choy leaves in last. Serve with rice or noodles.

**Root Vegetables- Carrots and turnips, beets, radishes,** - 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.

**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.

**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!

## Holiday Harvest Week 3 December 15th, 2020

We are in the middle of December and the shares are still showing “green.” This week we will have a small showing from the greenhouses with peppers and tomatoes. The tunnels will bring us lettuce and there are a few crops that have managed the cold with lots of cover. I did see a Facebook post of Kale with some little fibers that could be mistaken for hair. I can remember the first time that happened to me, in a strawberry. I had to keep in mind that if they hadn’t been covered, they would not have survived.

I am thinking that you might be planning for your holiday meals. The last few days of national news makes me think that once again there will be smaller, much smaller gatherings in comparison to last year.

Covid-19 has made us stay home, become more involved than ever with our immediate family. We are cooking and maybe crafting. Maybe stringing popcorn for the first time or making a skinny snowman from the cob. We are starting new and different traditions that may or may not be a part of our lives in the future. I think that we are becoming more and more creative in the kitchen finding new sights with different recipes and innovative ways to change it up. I have been a part of the CSA team since the beginning, eleven years ago. A lot of letters and so many recipes and ideas over the years. Sometimes I wonder if there could possibly be anything new. I am thankful to all of you for your Facebook posts. So much giving, so much energy, and creativity there all the time! We are lucky to have each other. In a way it might be part of what keeps all of us focused and energized!

I love the post from Laura Lopez where acorn squash is a bowl for chili or even stew. Karen Lambert prepares homegrown popcorn in the Instant Pot, a new method of preparation and how about Christine Wood posting a holiday tree that her husband made from carrots. Ashley Rivera, what can I say, I love all of your ideas and dishes! You all, inspire all of us!

In these past years I am sure you have had invitations to sign up for e-mails from various websites. The Kitchn is one that I have enjoyed hearing from on a regular basis. Yesterday I read a recipe using Brussel sprouts. After browning them, braising with a little cream. We no longer have them in the shares so I started thinking that maybe the same method would work for cabbage, a vegetable in the shares where there just never seems to be enough ideas. So that is one of the recipes posted for this week.

Some snow is coming our way. Hopefully, we can distribute shares beforehand. We will all be homebound so get your creative juices going. We will be looking to see what you are up to. If you need us or you have something to share send to [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com) or [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com). If you prefer to call, 908-879-7189 someone will be able to assist.

Until next week, enjoy the freshness!

*Jenn Borealo*

## Best Ever Braised Cabbage

1 tablespoons unsalted butter and 1 T olive oil

1 cup finely diced yellow onion

2 cloves of garlic minced

kosher salt to taste

6 cups thinly sliced + or coarsely chopped cabbage, divided

1/4 cup vegetable stock

2 tablespoons white wine

1/4 c cream

1 teaspoon Dijon mustard

Heat the oil with the butter in a deep sauté pan or Dutch oven over medium heat. Add the onion and garlic, season with a little salt. Sauté until the onion/garlic is completely softened and just starting to caramelize. Add 4 cups of the cabbage to the onion and toss the cabbage to coat. Continue cooking until the cabbage is wilted.

Add the stock and wine, and simmer uncovered for 10 minutes, and then add the cabbage. Cook until the cabbage is softened, and almost all of the liquid is cooked off, about 5 minutes. Stir only occasionally!

Whisk together the cream and mustard and stir into the cabbage simmer over low heat an additional 5 minutes. Season to taste. Serve warm. adapted from:  
thewimpyvegetarian.com

## Holiday Harvest Week 3

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.*

## Onion, Apple & Potato Soup

2 T butter

1 T Olive Oil

4 onions peeled quartered, and sliced thin

Caramelize onions slowly cooking over low to medium heat in the butter and olive oil, add

2 apples peeled and cubed

1-2 large potatoes peeled and cubed

Pour in 1 cup of apple cider

And 3 cups of vegetable or chicken broth.

1 t of salt or to taste

Simmer for 30 minutes or until the apple and potato are tender

Serve



**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!**