

Storage Tips & Tricks

All leafy greens should be dry and wrapped in paper towel stored in a plastic bag or container. Use the most tender greens 1st Save some greens for New Years. Leafy greens represent money so any greens including the tops of the roots will work. One of my favorite recipes is Lentil Soup with greens wilted in just before serving. The lentils represent coins and the greens money. You can't go wrong! 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 Choy 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

Peppers- sweet bell peppers can be stored in a plastic bag or container in the refrigerator for up to two weeks.

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 4 December 22nd 2020

Well it has been quite a year and I would be willing to bet that you are receiving cards and letters that express the need for the new year and the new beginning. I think that we are all ready to see things turn around, with a virus behind us, and our old lives in some form of new normal.

Here at the farm we have not been without our own losses and sorrows this past year. It would be difficult to write this without remembering and celebrating our parents who have left us. I started thinking about how we have all come here to work at the farm. We brought a passion with us that has only grown stronger since we have been here. We love what we grow. We enjoy preparing it. We work every day hoping that we have made a difference for our guests who come to visit. We bring our past and we work hard for the future. I believe that somehow some of the values that we need to do this job were in part lessons learned from those who passed before us.

A little before the start of 2020 Craig, our production manager lost his dad. Harold Steely was brought up on a small farm in Pennsylvania. Craigs mom is from a small town in Massachusetts and she learned to cook in her mother's kitchen. Her recipes using fresh fruits and vegetables were prepared for their 7 children. Craigs mom told him about the first farm job that was available in town, and Craig decided to stay with farming, even with a diploma from Yale. His dad always supported his decisions.

In April we said goodbye to Hermann Alstede. Hermann was a firefighter a service to the community that is above and beyond and both Kurt and his brother Eric have followed their dad in this volunteer service. Kurt's grandfather immigrated from Germany and founded a service station that Kurt's dad continued to 2007. Kurt worked there as a youth with his father and grandfather and they taught him entrepreneurship and customer service. Some old stories about doing things the right way like all the bills facing the same way when counting money, made us smile. Kurt's dad loved to cook. He would collect a share in the first years, before the contents of the box was posted in advance. He said it was like opening a Christmas package every week.

Scotts dad left us in September and Scott believes that his father was the role model that made him a hard worker. His father was a kind and giving man and who taught his son how to help others and take care of family. His mother was the cook and Scott has filled that role at the farm for quite a few years now. We all miss Rudi and Judy who would come and brighten our day at breakfast or brunch. They would always support events held here at the farm.

I lost both of my parents in this last week, and they are walking hand in hand through eternity. I have to say that good nutrition was a major factor in the long life of 94 years that they both had. Their parents set the example and they continued to either grow or seek out fresh fruits and vegetables all the time. As a little girl I can remember going out to the garden and finding that first red tomato. I was front and center in the kitchen every day from the time I could reach our table.

We will miss them, but we have to be thankful for the gifts they gave us. More than anything else I believe that they all gave each of us a work ethic. I believe that every one of you understands how challenging farming is and it is a labor of love. They were hard working and so are we. They taught us how to stand up for ourselves and have confidence. They gave to us and now we in turn can give to others. The customer service in all of us comes from being able to give of ourselves.

As this year ends, we have time to reflect and as the New Year begins, we may have some new goals and aspirations. All of us here at the farm wish you a very Happy Holiday Season and Healthy and Safe New Year. Except for Christmas, the Farm store will be open, and I am hearing about a winter market share so there is a chance to be together. Otherwise as always, we will be planning for the new season that will start in April. Keep in touch with jenn@alstedefarms.com with ideas you may have over the winter and Trish@alstedefarms.com is available to answer your questions.

Until next week, enjoy the freshness!

Jenn Borealo



Apple Cider Donuts

Donuts are often prepared on New Year's Day. They are a food that represents a full circle bringing luck through the entire year. Donuts would be a fun family activity.

2 ½ cups apple cider, reduced down to 1/2 cup

1/4 cup butter

1 cup granulated sugar

1/2 cup light brown sugar

2 large eggs

1 tablespoon vanilla extract

3/4 cup sour cream

4 cups flour

1 ½ teaspoons salt

2 teaspoons baking powder

2 teaspoons cinnamon

1 teaspoon nutmeg

Canola oil for frying

Cinnamon sugar for coating

Boil apple cider to a boil over medium/high heat and to reduce down to 1/2 cup. This will take approximately 20 to 25 minutes). Pour into a large glass measuring cup. Add the butter to the hot cider and stir to melt. Set aside to cool.

In a large bowl, whisk together eggs with white and brown sugar. Add cooled cider/butter mixture, sour cream, and vanilla extract. In another large bowl, measure all of the dry ingredients. Place a fine mesh strainer or sifter over the wet ingredients. Sift in the dry mixture. Using a wooden spoon, gently mix dry ingredients into the wet until just incorporated, do not overmix. Cover and chill for at least 1 hour.

Remove ½ of the dough from the refrigerator at a time.

On a very well-floured surface, gently roll out the cooled dough to about 3/4-inch thickness and cut circles with a donut cutter or pastry cutter or a jar/cup and a bottle cap/shot glass.

Chill cut donuts 10 minutes more if dough is sticky. Remove excess flour when possible before frying.

Heat oil to 350°F. Fry donuts, 3 to 4 at a time, flipping each donut once, until golden on both sides, Re-role donut centers or fry them separately. Remove to a paper towel lined baking sheet to drain. Roll in cinnamon sugar while still warm. Enjoy! Adapted From: Today.com

Holiday Harvest Week 4

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.*

Creamy Carrot and Turnip Soup

4 large carrots, small dice

1 potato, small dice

1 tbsp. butter

1 tbsp. olive oil

1 leek sliced or one medium chopped onion

2 cloves garlic, minced

3 medium turnips, chopped

salt and black pepper, to taste

2 cups vegetable broth or stock, more as needed

½-1 cup heavy cream

chopped parsley, for garnish

Peel and dice the carrots and potato and place into a medium saucepan and cover with cold water. Bring to a boil add a little salt and cook for 20-25 minutes until the carrots are fork tender. Liquid can be saved to use later as part of the vegetable broth.

Slice the white and light green of the leek. Be sure to clean in a container of cool water. Use your hands to help dislodge any grit between the layers. Discard the root and save the deep green for stock. Heat the butter and olive oil in a skillet and add the leek. Cook for 4-5 minutes.

Add the garlic and cook for 30 seconds more until fragrant. Add the turnips and cook for a few minutes more. Pour in 1 cup of broth and allow the turnips to simmer until tender. Finally, add the cooked carrots and potatoes and cook for a couple of minutes more. Season with salt and pepper to taste.

Transfer the vegetables to a blender and add the remaining broth. Process until well blended. Pour the mixture into the emptied pot you used for boiling the carrots/potatoes. Stir in the heavy cream and add more salt and pepper, if needed. Warm but do not boil, remove from heat and serve garnished with some chopped parsley. Adapted from:yummyaddiction.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!