

Storage Tips & Tricks

Kohlrabi Remove the leaves and store them separate from the bulb in plastic bags. Use the leaves within 3—4 days. Kohlrabi can last up to 2 weeks.

Root vegetables, carrots, beets, radishes- remove the greens or the tops from the root. This prevents the greens from taking moisture from the vegetable. These greens would be considered tender. Use them in salads, soups, smoothies, within a few days. Beets will last for a week or so. Roast them when you get them, and they will be ready for salad or recipes. Beet greens can be prepared like any other tender green. Use them in a few days. Carrots will last for weeks, radishes for the week. Roast root vegetable together on a baking sheet lined with parchment. Heat oven to 425. Cut all of the root vegetable into a similar size along with an onion. Coat with a few Tablespoons of olive oil spread out over the sheet in a single layer. Season with a little salt and pepper. Kohlrabi can be added here, or a potato, sweet potato, or winter squash as well. Beets may release color onto other veggies. Roast separately if that is an issue. Vegetable should roast for about 20 minutes, toss, turn, and continue to roast until edges are browned. Toss with some fresh herbs and serve hot or at room temperature. Leftover roasted root vegetables can be tossed with a vinaigrette and mixed with greens for a salad.

Apples — that you will eat in a day or two can be left out on the counter. Otherwise refrigerate and bring back to room temperature for the best flavor.

Lettuce: Wrap in a paper towel and place in a plastic bag or layer paper towels in a plastic container.

Wash and use salad spinner, lay on paper towels (use layers if there are a lot), roll up paper towels and place in HEAVY DUTY foil (buy the name brand really heavy and wide), and label with name and date

Arugula- Remove the rubber bands. Rinse in cool water. Drain and completely dry. Wrap in paper towel and place in a plastic bag or layer paper towels in a container to store. Serve in a salad or wilt into a sauce or sauté in a little olive oil and garlic.

Beans- Remove from the plastic bag. Be sure that the beans are dry before storing. When dry store in a paper bag or layer the beans with paper towel in a covered container. To prepare break at the stem end. Blanch for 3 -4 minutes or steam for 8-10 minutes. The color should brighten, and they should be fork tender, yet crisp. Blanching or steaming will extend storage time and the beans will be ready to add to a recipe or make into a salad when you need them. Take a look at the website for recipes from past years.

Cucumbers - can be stored for up to 5 days in a plastic bag in the vegetable crisper. Add cucumbers to your favorite salads. Prepare English Tea Sandwiches, or tzatziki for a sauce over grilled or poached salmon.

Peppers-peppers will keep all week, in a plastic bag in the refrigerator.

Scallions- wrapped in a paper towel and in plastic should last up to 2 weeks.

Potatoes, Garlic, Onions- Store in a cool, dry, dark, place. Separately. Using brown paper bags.

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.

Sweet Corn For the best quality use in 2-3 days. To boil corn, I bring a shallow pan of water to boil, only 2-3 inches add the corn, cover and boil 3-4 minutes and remove. To steam corn, place the corn in a steamer basket over boiling water, cover, and steam for 6-8 minutes. To grill corn, remove the silk from the corn without removing the husk. Soak the corn that is covered with husk by submerging into a cool water bath for 10-15 minutes. Prepare your grill. Remove the corn from water and drain well. Be sure to remove all excess water! Place the corn on the grill and cover. On a gas grill the heat should be medium high, turn after 5-8 minutes. On a charcoal grill check after 5 minutes, it may take a little longer. The husk will brown; the corn is steaming on the inside from the water that was soaked into the husk. After turning the corn on all sides, the husk should be brown and little charred at the top. There is no exact timing, all grills are different.

Week 23 Fresh Inspirations September 27th— October 3rd

Rain, Rain, go away. It is just too much rain. Thankfully however it has not been on the weekends. The beautiful cool weather is bringing everyone outside. Apple and pumpkin picking in the fields and of course the photo opt at the sunflowers is a must. I have done a couple of school tours this week. They were missing from our calendar last year. I love the chance to see what is happening on the farm and everyone is so happy to be out and about! If you have some time, please join us.

If you watch someone or many people pick apples for every apple that they pick there is an apple that falls to the ground. A direction that I like to give on tours is to give the apple a twist before pulling a little so that you don't drop other apples with the action, and you don't damage the tree. We do however reap the benefits of many of the dropped apples. This week there will be cider in the shares. This is the first time we have received cider in this fall season. This is a mid-season cider that should hold for about a week. Serve it hot on these crisp cool nights or as a refreshing cold drink after school. Use cider instead of water when baking. Use cider as a sauce with apples and brandy on chicken or pork. I like to use cider when I prepare apples for a pie. Use cider when you start a smoothie or a slushy. We have used cider in some soups as well. I think you might be able to tell, it is a farm favorite.

You may have noticed that peaches for the first time in quite a while will not be in the shares this week. I would say we have had quite a run! For those of you who remember last year with very few peaches because of a late season freeze, I think that we can consider this season to have been quite a gift to all of us.

As one fruit is almost at the end of its season another become plentiful. As promised, once apples are in the shares you can be pretty sure that they will continue through to the end of the season. Just like the production of apples in the country we do have quite a few gala apple trees here on the farm. Gala apples will once again be in the shares and joining them this week will be an old time favorite, Macintosh. The MacIntosh is the national apple of Canada. Named after its founder John MacIntosh who found the sapling in his orchard in the early 1800's. I think as a child this was the apple of choice for eating out of hand as well as for baking. The recipe using apples this week is reminiscent of a childhood activity. Whenever my mother would make a pie, she would leave the scraps of the pie crust for me to wrap around some apple slices and bake so that we could have a snack in the afternoon and save the pie for after dinner. It is a fond memory, and the recipe is one that you might use as a family activity.

If you have questions or need assistance with your share, contact Trish@alstedefarms.com or call 908-879-7189. If you have ideas and recipes to share, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Bite Size Apple Pie

1/2 cup sugar

1 tsp. ground cinnamon

1 package refrigerated pie pastry or a sheet of puff pastry

3 tbsp. butter, melted and divided

2 medium apple from the share

Caramel sauce, optional

Preheat oven to 425° F.

In a small bowl, mix sugar and cinnamon. Reserve 1 Tablespoon of the mixture for later.

On a lightly floured surface, unroll one of the pastry sheets; Keep the second roll chilled while working. Trim the circle into an 8-inch square.

Brush with 1 tablespoon of butter; sprinkle with ½ of the sugar mixture.

Cut the pastry into eight 1-inch strips.

Cut each apple into quarters and core. Cut each wedge in ½. Wrap a strip of pastry around each wedge of apple, the buttered/ sugared side should be against the apple.

Place the apples pastries onto the parchment lined baking sheet. Brush top with remaining butter and sprinkle with reserved sugar mixture.

Repeat with the second sheet of pastry.

If pastry is soft, place the sheet in the freezer until you are ready to bake.

Bake 13-15 minutes or until pastry is golden brown.

Serve warm with caramel sauce, optional.

Adapted from: livelaughrowe.com

Roasted Root Vegetables

Root vegetables can be roasted together on a baking sheet, lined with parchment. Heat the oven to 425. Cut all of the root vegetable into a similar size along with an onion. Coat the vegetables with a few Tablespoons of olive oil, spread out over the sheet, in a single layer. Season with a little salt and pepper. Kohlrabi can be added here, or a potato, sweet potato, or winter squash as well. Beets may release color onto other veggies. Roast separately if that is an issue. Vegetable should roast for about 20 minutes, toss, turn, and continue to roast until edges are browned, veggies are tender. Toss with some fresh herbs and serve hot or at room temperature.

Week 23 Harvest!

Macintosh & Gala Apples

Our Own Apple Cider

Sweet Corn

Lettuces

Onions

Beans

Beets

Cucumbers

Radishes

Carrots

Plum Tomatoes

Kohlrabi

****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.**

Shredded Root Salad

2 carrots

1 celery root or 1 kohlrabi

6 radishes tops removed

1 large apple

Juice of 1 lemon

2 T cider vinegar

1/3 cup whole milk yogurt

2 T whole grain mustard

1/3 c olive oil

Salt and pepper to taste

1/3 cup mixed herbs such as dill, mint, parsley

Using your food processor or the large holes of a box grater. Shred the carrots, radish, kohlrabi, and beet. Beets will stain the other vegetables. Slice the apple into matchstick pieces.

In a separate bowl mix lemon juice and vinegar, whisk in yogurt and mustard. Drizzle in the olive oil while continuing to whisk. Sprinkle the vegetables and apple with a little salt and pepper and then toss with the herbs. Mix in the salad dressing. Garnish with some chopped radish tops.

Serve cold.

Adapted from: myrecipes.com

