

Storage Tips & Tricks

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. Try an apple and beet salad @plantbasedcooking.com

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.

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

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

Parsley- Remove the rubber band, trip the ends, and place in a jar or vase of cool water. Change the water daily, parsley will keep up to a week.

Wrap parsley in a paper towel and store in a plastic container or bag, refrigerate. Parsley will keep for a week.

Week 24 Fresh Inspirations October 4th—October 10th

It is early October and the days and nights are quite a bit cooler. We are enjoying gorgeous weather that comes with a price. It slows down the production of summer crops like tomatoes and corn. There will be some plum tomatoes in the shares this week and you will notice that for the first time in months sweet corn is missing. Leafy greens that flourish in cooler temperatures abound!

Growing up my mother who was forever weight and nutrition conscious, would rarely serve potatoes in the same meal where she was serving sweet corn. The exception might be potato salad and sweet corn when you were having a barbeque. “Too many carbohydrates” is what she would say. You might say that the share this week is following that rule. Corn is missing from our menus this week and it might be replaced by a potato dish. I am including a recipe that my mother would make at this time of the year with tomato, potato, onions, garlic, and a leafy green such as spinach or arugula.

Potatoes have been around a long time, and they have to fight to stay on our plates. We eliminate them quickly when we decide to diet. What we should always remember is that it is not the potato but the way that we dress them up that makes them the enemy. They are actually good for you minus the butter, sour cream, cheese, bacon, sauces, and how about deep fat for frying. On their own they are not high in calories, and they are high in B vitamins, they are a source of fiber, they are rich in vitamin C and have more potassium than a banana. Like most fruits and vegetables, the vitamins and minerals are in or close to the skin, when possible, leave the skins on when cooking and don't leave that baked potato skin on your plate.

Here at the farm, we grow White all-purpose potatoes, Red skinned potatoes, Yukon Gold, Russet, Purple potatoes, and Fingerling. At this time of the year, we usually have potatoes in our shares every week. Store them in brown paper bags in a cool dry place. Keep varieties separate and keep onions in a separate bag as well. Historically potatoes would be kept in a root cellar, they do grow underground and when you pull up the plant there are numerous potatoes attached making them a tuber as opposed to beets and carrots that are true root vegetables, where only 1 root is attached to each plant that is pulled.

The number one, gala apple will again be in our shares this week. By now you should be following the “apple a day” rule of the fall. Spartan apples will join the Gala this week. Spartan apples are an offspring of the MacIntosh, and they do have that smooth, mostly red skin and bright white juicy flesh. Keep them refrigerated and serve them to eat out of hand within a few days. They are noted to be the most crisp when served close to the day of harvest. I was so happy to receive an email with a picture from CSA member Nancy Reinfeld who made the mini apple treats, last weeks recipe! Give it a try if you have some time.

As always, the best way to reach Trish with any questions is trish@alstedefarmsl.com and if you have a recipe or idea to share send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Quinoa Tabbouleh

- 1 cup uncooked quinoa
- 1/2 medium red onion, chopped (3/4 cup)
- 2 medium plum tomatoes, chopped (2 cups)
- 1 1/2 to 2 cups minced parsley (1 large bunch)
- 1/2 cup minced mint from your garden
- 2 cloves garlic, minced
- 1/4 cup extra-virgin olive oil
- 2 tablespoons lemon juice, plus extra to taste
- Salt and pepper
- 8 ounces feta, optional

Rinse the quinoa under cool water. Measure 2 cups cold water and pour into a medium saucepan with 1/2 t salt. Add the quinoa. Bring the mixture to a boil, stir once and turn down the heat to low, cover, and cook until the quinoa is fluffy and chewy, most of the liquid is absorbed, about 20 minutes.

Empty the onto a baking sheet or large platter and spread into a thin layer to cool quickly.

In a large bowl mix together the onions, tomatoes, parsley, mint, and garlic. In a separate bowl whisk together the olive oil and lemon juice with 1/2 teaspoon of salt. Pour this over the salad and stir to combine. Gently stir in the quinoa. If using, crumble the feta over the salad and stir it in. Season with salt and pepper to taste.

Serve room temperature or cold. Prepare the salad the day before serving for the best flavor. Serve it on its own as a side dish or with wedges of pita bread as a light appetizer. (Makes 8 cups)

Note: optional- While the quinoa is cooking, soak the onion in a bowl of cold water. This softens its bite and makes it more pleasant to eat when raw.

Adapted from: thekitchn.com



Week 24 Harvest!

Spartan & Gala Apples

Spinach

Potatoes

Lettuces

Onions

Beans

Beets

Cucumbers

Radishes

Carrots

Plum Tomatoes

Swiss Chard



Tomatoes, Potatoes and Wilted Greens (see photos on the left)

2 Tablespoons Olive oil

2 Medium Potatoes sliced thin

2-3 cloves of garlic minced

1/4 large onion sliced

1 large plum tomato chopped

2 Medium Potatoes sliced thin

3/4-1 c vegetable broth

2 T white wine

1/2 T lemon juice

1/2 bunch (or more) spinach or arugula, cleaned and torn into pieces

A pinch of hot pepper flakes

Kosher salt to taste

Heat the olive oil in a medium skillet over low to medium heat. Add the garlic and allow to soften but not brown. Add the onion and sauté for a few minutes. Add the chopped tomato and sauté for a few minutes. Some of the liquid will evaporate. Add the potatoes and the broth and cover, allow to simmer for 10 to 15 minutes. Checking and stirring mixture during the cooking time. Add the wine and lemon juice and a sprinkle of hot pepper. Add a little more broth is needed, continue to cook until potatoes are fork tender. Top with the leafy green of choice and allow to wilt. Season with a little kosher salt and serve