

## Storage Tips & Tricks

Broccoli -will keep in a plastic bag in the refrigerator for 4-5 days. Steam the vegetable and store to extend the keeping time. Try a Broccoli Caesar Salad with some shaved parmesan and croutons. A farm favorite is Broccoli and Cavatelli or try a Broccoli Mash a recipe from earlier in the season.

Kale - 11 Quick and Easy Ways to Cook with Kale | Bon Appétit (bonappetit.com)

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.

To store Swiss Chard-Remove the rubber band, place the greens in a paper towel lined plastic bag or a container in the refrigerator up to 1 week. Be sure greens are dry. Chard is best if eaten within 5 days

Remember you can blanch and then bake the stems with some parmesan cheese or even bread crumbs.

Cabbage- Refrigerate cabbage in a plastic bag, cabbage should keep for at least a week or more. The outer leaves may become discolored or limp, remove them and the inner cabbage should be fine to use.

Root vegetables- carrots and beets- 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.

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.

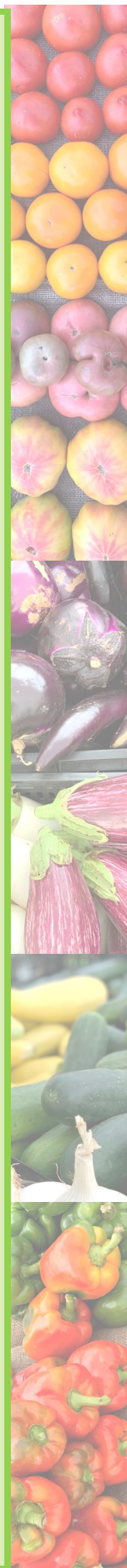
Wash and use salad spinner, lay on paper towels (use layers if there are a lot), roll up paper towels and place in HEAVY DUTY foil (buy the name brand really heavy and wide), and label with name and date

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 and onions, - Store in a cool, dry, dark, place. Separately. Using brown paper bags.



## Week 25 Fresh Inspirations October 11th—October 17th

I was looking back over some of my letters from last year and I found that by now the production team had covered and uncovered some of the crops. We have not had a frost yet and I have not seen temperatures that look even close for the next week. I think we have to say that except for some rain this has been a beautiful autumn season.

Trish texted the list for the shares to me yesterday. I know that Gala apples will continue to be in the shares because of how plentiful they are. Along with Gala this week there will be Macoun apples. Macoun apples for all my adult life have come into season around my birthday so I have often considered that harvest to be one of my gifts. Trish texted, a “belated birthday present this year!” They have been my favorite for years, recently they became the mid-season favorite. With all the varieties that we grow I have found some others to love as well. We always have to mention the pronunciation of this apple. I can’t think of anything else that we grow that causes such debate. Most of us go with “Macon” and then there is the purist who will use the pronunciation “Macowan.” Very different from its parent the McIntosh the Macoun apple is known for that crisp snap when you bite into it and it is a bit tart, again not like the McIntosh. The other parent is the Jersey Black a variety I (we) are not familiar with. The apple is named for a Canadian Horticulturist. These apples are best for eating out of hand and just one bite will prove that to you. They are known to be good for sauce and of course if you want to add one or two to a pie or crisp you may, there are signs that say it is recommended. We do not believe that is the best use of this apple.

I was surprised to find some purple potatoes in my share this past week. In past years we grew a potato with purple skin and white flesh. These potatoes are purple all the way through. Like any vegetable with this color, they are really good for you. First you will notice that they taste a little different. More earthy, a little nutty. They have a lower glycemic index as they are not quite as high in carbohydrates. Some of the heart health benefits and cancer fighting benefits that come from red/blue/purple veggies can be found in purple potatoes. Our favorite methods of preparation have been to add them to the pan when roasting root vegetables. Since garlic has been in the shares another favorite here at the farm is to roast garlic and prepare roasted garlic mashed potatoes (the more garlic the better!). If you would like a cold accompaniment boil the potatoes, jackets on, until fork tender. Slice or cube and add to steamed green beans. Some herbs, onion, garlic, and a vinaigrette will finish the dish.

Trish can help you if you call her at the Farm Store 908-879-7189, phon. If you have some calls are always the best way for us to get your questions answered quickly, especially on busy CSA distribution days! inspiration you want to share with me, send to [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com). I love hearing from you.

Until next week, enjoy the freshness!

*Jenn Borealo*

## Pork Scallopini

This recipe will use the arugula in the share and some herbs from your garden.

1 ½ lbs. pork tenderloin, cut crosswise into thick slices

½ t Coarse salt

¼ t black pepper

About ¾ cup All- purpose flour

2-3 T olive oil, divided

3-4 T unsalted butter, divided

1 tablespoon of salt packed capers, rinsed and chopped

1 T chopped fresh rosemary leaves

1 T chopped fresh sage leaves

1/3-1/2 cup dry white wine

¼-1/2 cup vegetable or chicken broth

1/2 T lemon juice

4 c arugula, tough stems trimmed

Pound the pork slices to 3/8 inch thick, mix coarse salt and pepper with flour on a piece of wax paper or on a plate or shallow dish. Dredge the pork in the flour mixture and shake off the excess. Allow the slices to sit for a few minutes.

Heat about 1 tablespoon oil in a large skillet over medium-high heat, and then add 1 tablespoon butter and melt. Swirl to coat the bottom of the pan. Add pork slices in a single layer and cook, allowing to golden brown on one side before turning. Adjusting heat as needed. Pork will be cooked though once it is browned on each side. About 4-5 minutes. Transfer to a serving platter and keep warm, Loosely cover with foil. Repeat adding a little more butter and oil as needed.

When all the meat is cooked and removed from the pan. Add the capers and herbs to remaining juices and cook over medium heat, stirring, just until fragrant, less than 30 seconds. Add wine, lemon juice, broth, and cook for a minute or two. Stir in remaining tablespoon or so of butter, mix into the sauce. Place pork back into pan. Top with arugula. Cover. Allow arugula to wilt for a minute or two to desired texture. Remove the pork and spoon arugula and sauce over the pork onto individual plates or the serving platter.

Adapted from: Marthastewart.com

## Week 25 Harvest!

**Macoun & Gala Apples**

**Apple Cider**

**Potatoes**

**Lettuces**

**Onions**

**Beans**

**Beets**

**Broccoli**

**Radishes**

**Carrots**

**Spinach**

**Swiss Chard**



**\*\*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.**

## Macoun Apple & Gorgonzola Salad

8 cups of salad greens from the share

2 to 3 Macoun apples; sliced

1 small red onion; thinly sliced

The juice of 1/2 lemon

Olive oil

Fig or balsamic Vinegar

Salt and fresh black pepper; to taste

1/4 cup toasted pine nuts or almonds

2 to 3 pieces of bacon or pancetta cooked until crisp, roughly chopped

4 to 6 oz. Gorgonzola cheese; roughly chopped

Place the greens into a large bowl, add the apple and onion. Drizzle with dressing and sprinkle with salt and pepper to taste. Toss to evenly coat. Top with toasted nuts, pancetta, and cheese.

Adapted from: sanuraweathers.com

