

Storage Tips & Tricks

Brussel Sprouts – Use them within a couple of days. They look like little cabbages. They are in the same family however not the same vegetable. They can however develop a strong cabbage flavor if stored for too long. Simple roasting: cut the tough stem. Sprouts may drop a few leaves. I like to cut the large sprouts in ½. Place all sprouts and leaves into a bowl. Preheat an oven to 425.

Drizzle with a Tablespoon or two of olive oil and sprinkle with salt. Toss. place in a single layer on a parchment lined pan. Roast for 20-25 minutes and move around, shake pan 1/2 way through.

Leaves will caramelize before the sprouts. Optional, before roasting- add some chopped garlic, thin slices of red onion, small pieces of partially cooked bacon or pancetta when seasoning.

After roasting: drizzle with a little lemon juice just before serving.

To store Bok Choy or Baby Bok Choy: wrap in damp paper towel and place in a plastic bag.

Store in the hydrator drawer of the refrigerator for up to 5 days

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 grilling broccoli florets with stem attached. All pieces should be about the same size. Using larger pieces or a grilling basket will help to keep all the broccoli on the grates. Toss broccoli with olive oil and place on the grill. Allow to lightly char on one side 4-5 minutes and turn. Broccoli should be tender. Sprinkle with a little lemon and parmesan cheese before serving. Shred broccoli stems to use in omelets or frittata- 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.

Root vegetables- carrots-radishes – 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. 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.

Mizuna- 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. Mizuna will stay fresh up to 5 days. Serve in a salad or wilt into a sauce or sauté in a little olive oil and garlic. Season with some lemon or soy sauce

Mustard Greens -remove the rubber bands. Place the mustard greens onto paper towels and layer or roll and then place in a plastic container or bag. Do not wash before storing.

Potatoes - Store in a cool, dry, dark, place in brown paper bags. Separate varieties. Check on potatoes from previous weeks.

Basil – fill a vase or vessel with water. Remove the leave from the bottom of the plant. Create a fresh cut and place in water as you would flowers. Place a clean plastic bag over the top to create a greenhouse effect. Basil should keep for up to 5 days.



Holiday Week 1 November 30th

In any other situation I would say that the growing season in New Jersey is over. Gardens have been put to bed and maybe there are some plans for next year, right? Well, the answer here at Alstede farms would be wrong. Some of the cole crops, including broccoli, kale, collards, are covered over. There are tomatoes and peppers in one or two of the greenhouses and some leafy greens and herbs in what is called “greenhouse #1, one of my favorite places. Greenhouse 1 is where so many crops are started in the late winter and early spring and at various times during the season. Lettuce is growing in the high tunnels. What is a high tunnel? A common question, it is simply a sort of greenhouse, without heat.

Since we have not had a deep freeze, we can continue to pick apples here on the farm. Everyday the production team is out there filling bins. This was a great apple crop and what happens after the “pick your own” guests depart, the tops of the trees are our responsibility. That is a promise for more apples in shares, and of course, more cider to come.

This week the Braeburn apple will be in the shares. The Braeburn variety is one of the top 5 apples grown in Washington State. The Braeburn apple was first discovered in New Zealand in the 1950’s. The Granny Smith apple is thought to be one of the parents, the other could be the Lady Hamilton. Braeburn is a parent to a popular supermarket variety, Jazz. Braeburn is a later apple, it stores well, and it is said that it is considered one of the best dessert apples available.

This week I had a very heartfelt Thanksgiving message from CSA member Ruby Lin. She discovered us when our Bridgewater market opened in the spring. She is thankful for the produce of course and our farm family, as travel is restricted, and she cannot see her own family. She says it is like Christmas every week when she is unpacking her share. That is something many of us have experienced. She shared some happy pictures of her family similar to those I have seen on Facebook. I think she might have one of the most mini members, a baby girl who was born during strawberry season. She joined us in the summer is continuing with the Holiday Shares and she will be with us in 2022. So happy to have her, her family, and all of you along in this Holiday Season. We here at Alstede Farms are Thankful for all of you!

For those of you with young children or grandchildren it is not too late to make a reservation for brunch with Santa. There is just nothing more adorable than that moment when you see the little children as they are having their pictures taken with Santa. I hope that you will come out and join us. Details are on the website.

As always, Trish is available if you need anything administrative. You can reach her 908-879-7189 or Trish@alstedefarms.com. If you have any holiday ideas to share with me, send to jenn@alstedefarms.com. I love hearing from you.

Jenn Borealo

Orange-Sesame Baby Bok Choy

1 1 medium orange for -1 t fresh orange peel and 3-4 T orange juice

1 Tbsp Vegetable Oil

2-3 heads baby bok choy, cut in ½ or ¼'s lengthwise

1 Tbsp peeled, minced, fresh ginger

1 garlic clove minced

1 Tbsp Soy Sauce

¼-1/2 t sesame oil

2-3 t Sesame seeds, toasted

Sprigs of cilantro for garnishing

In a small bowl, mix the soy sauce, sesame oil and orange juice. Set aside.

In a deep nonstick skillet heat the vegetable oil over medium high heat. Pan should be hot before you add the Bok choy.

Cook for 5 minutes, turn once or twice. Bok choy should be tender. Lower the heat. Remove from the baby bok choy from the pan. Add the ginger, garlic, and orange peel to the pan. Cook 2-3 minutes stirring constantly. Add the bok choy back into the pan.

Mix in the soy sauce mixture. Coating the bok choy with the sauce. Cook for up to a minute. Remove the bok choy and pour any remaining sauce over for serving. Sprinkle with the toasted sesame seeds and garnish with cilantro and some orange wedges.

Adapted from: Sangleefarms.com. Toast Sesame Seeds Preheat the oven to 350° and spread the seeds onto a baking pan with sides into a single layer onto an ungreased baking sheet. Bake until lightly browned, checking and shaking the pan to move the seeds every few minutes. Do not leave the room. They should be toasted in 8-10 minutes. Sesame seeds can burn very quickly if the heat gets too high. Stay in the kitchen and don't forget to check frequently.

Holiday Harvest Week 1

Braeburn Apples

Broccoli

Potatoes

Beets

Basil

Winter Squash

Brussel Sprouts

Radishes

Mizuna

Carrots

Radishes

Apple Cider

***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.*

Invisible Apple Cake

6 apples peeled Braeburn, Golden Delicious or Granny Smith peeled and cored

1 ½ T butter

½ c + 1 T flour

1 t baking powder

2 large eggs

¼ c brown sugar

1 t vanilla

¼ c + 2 ½ T whole milk

Pinch of salt

Preheat the oven to 400

Grease an 8" spring form pan, line with parchment and spray. Wrap the bottom with foil. Melt the butter and set aside to cool. In a small bowl sift or whisk the flour and baking powder together. Set aside. In a large bowl beat the eggs and add the sugar and vanilla. Continue to beat until very light. Be sure that the butter is cooled and add it to the batter. Add the milk and continue to mix until combined. Sprinkle the reserved flour mixture over the egg mixture and mix until combined. Half or quarter the apples and thinly slice on a mandolin or thinly slice on a board. Apples should be very thin. Adding apples to the batter will keep them from browning. Add the apples in small batches as you have them sliced. Be sure all apples are covered with batter. Pour the apple batter into the prepared pan. Pushing apple slices into the batter before baking. Bake in the middle of the oven 30-35 minutes. Optional. You can broil the top of the cake for a minute or two at the end of baking time to brown the top. Cool completely, remove the rim, serve at room temperature or cold from the refrigerator with ice cream or whipped cream. Adapted from: seasonsandsuppers.ca

