

Storage Tips & Tricks

Brussel Sprouts – will come to you in a container. Move them into a larger container. One with a little more room. 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 develop a strong cabbage flavor if stored for too long. When roasting: Try adding some cubed potato, sliced carrots, and onion slices and/or chopped garlic, Potato and carrot pieces should be small so that they become tender about the same time as the sprouts. Brussel Sprouts as an appetizer, these ideas sound delicious! www.hitchcockfarms.com/blog/brussels-sprout-appetizer-ideas.

Spinach- can be washed and dried before storing. Store spinach wrapped in paper towel or in layers of paper towel. Dried leaves can keep up to one week. Wilted Spinach Salad, Creamed Spinach, Stir Fry, Sautee with Garlic, shallots, onion as a side or as a bed under Chicken, fish, sliced steak, Mix into eggs for omelets or fill the omelet, Wilt spinach into soups, stews, sauces, Greek Spinach Feta Pie, Spanakopita, Quiche, add spinach to smoothies, add to ricotta cheese for Lasagna for Spinach Stem Recipes, look at Pantryfun.com

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 breadcrumbs. 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- 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

Tokyo Bekana- is a tender Asian green. Wash as needed or when you receive it. Either way it must be stored dry, wrapped in or in layers of paper towel. It will keep up to one week. Add to salads, stir fry or sauté. Tokyo Bekana (radicalrootsvt.com) for a few ideas.

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.

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

Peppers- can be stored up to a week in a plastic bag in the refrigerator

Cilantro- wrap in a damp paper towel and place in a storage bag. Refrigerate for up to a week.

Cilantro can keep for a few days in water on the counter. Change the water daily

Kale- Wrap in a paper towel and place in a plastic bag or container. Kale will keep 5 days or more.

Week 28 Fresh Inspirations November 1st—November 7th

As we collect our shares this week, it is early November, and we are looking at the home stretch. Not only does it mean that we just have a few more weeks together especially if you who have not signed up for the Holiday Shares (it is not too late). It also means the Thanksgiving holiday where people cook more than any other time of the year is only 3 weeks away.

A new never grown before item in some of the shares this week is Tokyo Bekana. It is an Asian Cabbage, but the leaf texture is more like lettuce with a very crunchy actually juicy stem. You may have had Tokyo Bekana when harvested as a baby green in some salad mixes. It can be served as a salad green or sauteed or stir fried, or even added to a frittata.

A little bit of summer comes through to us as production tries to harvest everything they can before the frosts that are predicted this coming week. There will be some sweet bell peppers, some colorful mini sweet bell peppers, called lunchbox peppers, and a mixture of hot peppers. It may be time to prepare a salsa, or your favorite chili, or a recipe that has been a favorite in the past, Hot and Spicy Tomato Sauce. I have heard that the hot pepper mix will have some of the more mild peppers on the Scovil scale. I believe that the hottest will be the serrano. A pepper that resembles the jalapeno, but it is a little longer and thinner. Be sure to remember when working with hot peppers that the heat is mainly in the ribs and the seeds. Either wear gloves or be sure to wash your hands with hot soapy water thoroughly after working with these peppers before touching anything, especially your eyes.

The first of the Brussel Sprouts have been harvested and they will also be in some of the shares. Brussel sprouts sweeten up in the field as the weather gets colder. They grow on a stalk; the top of the stalk has big leaves that almost form sort of an umbrella. The sprouts at the bottom of the stalk are large and are almost always cut in half for recipes. As you get higher up the stalk the sprouts are smaller, they can be left whole for cooking. You should receive the Brussels in a quart container.

Apples, apples, apples! I was on a tour this past week and I was surprised to see so many apples on the trees. I believe that there is a plan for a CSA Apple Harvest Celebration a special invitation for all CSA members to come out and pick this coming weekend. Stay tuned for details! Fuji apples are in the shares this week. Fuji is a late apple. It is considered to be one of the sweeter apples. Fuji apples were developed in Japan however the parents are American, the most familiar of the parents is the Red Delicious and the not very well known, Ralls Janet. It is an older apple variety from 1940 with less modern marketing making it a delicious and actually beautiful variety that is not as well known as some others. It is a great apple for eating out of hand, adding to salads, and cooking. If baking with a fuji apple I would mix it with other varieties and I would adjust sugar accordingly.

I am sure you are thinking about Thanksgiving menu's. If you have any ideas or recipes to share, please send them to me, jenn@alstedefarms.com. If you have any administrative questions, Trish can help you, call 908-879-7189 or send your question to Trish@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Green Bean Salad with Peppers and Cilantro

- 1 lb. green beans, trimmed and cleaned
- 1 c canned black beans rinsed
- 1/3 cup or more cilantro
- 1 cup chopped hot and sweet peppers
- 2 cloves of garlic minced
- 1 small onion thinly sliced
- Chopped tomato or cucumber, (optional)

Dressing:

- 2 T lime juice
- 2 T apple cider vinegar
- 1 T honey or more to taste
- 1/2 c olive oil
- Salt and pepper

Steam the green beans until fork tender. Cool. Add the beans to a large bowl and add the black beans, cilantro, peppers, garlic, and onion. Season with salt and pepper. In a separate bowl whisk together lime juice, honey, apple cider vinegar, and olive oil. Drizzle the beans with the dressing. Toss to coat. Chill the salad for an hour or so before serving,

Hot and Spicy Tomato Sauce

- 1/2 cup extra-virgin olive oil divided
- 4 cloves of garlic, finely chopped
- 1 medium onion chopped
- 2 bell peppers halved, seeded, and cut into 1-inch square pieces
- Kosher salt
- 1/2 pound or more hot peppers cut into short, thin, slices
- 1 can crushed tomatoes
- 2-3 fresh tomatoes peeled, chopped, and seeded or some canned plum
- Small bunch basil and oregano leaves

Heat 4 T of the oil over low heat and the oil over low to medium heat in a large pan. Add the onion, garlic, and bell peppers, and allow to sweat for 5 minutes. Remove from the pan. Add a little more oil and the hot peppers, and a sprinkle of salt. Cook over low to medium heat for about 8 minutes, or until the peppers have softened and are partially tender. Add the onion mixture back to the pan, stir and continue cooking until all the vegetables are tender. There may be some liquid left in the pan. Add the tomatoes and the herbs. Lower the heat and continue to cook for another 15 minutes, until the peppers are tender. Season with salt as needed. Remove from the heat. Serve over pasta, grilled meats, fish, pizza, or frittata

Week 28 Harvest!

Fuji Apples

Tokyo Bekana

Potatoes

Sweet Corn

Cabbage

Beans

Brussel Sprouts

Broccoli

Cauliflower

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.**

Roasted Apples, Carrots, Potatoes, and Onions

- 2 apples, peeled and cut into wedges
- 1 bunch of carrots peeled and cut in 1/4's lengthwise
- 1 onion, peeled and cut into thick slices
- 2 -3 red, russet, or purple potatoes
- 2 T olive oil
- Salt and pepper
- Dressing**
- 2 T balsamic vinegar
- 2-3 T olive oil
- 1 T chopped fresh parsley
- 1/2 t fresh thyme leaves
- 1/2 t fresh sage leaves chopped
- Preheat the oven to 425

Wash and cut apples and vegetables so that the size is similar, and everything will roast in about the same amount of time. Place all vegetables in a large bowl. Drizzle with olive oil, sprinkle with salt and pepper. Toss to coat. Cover a baking sheet with parchment. Spread vegetables and apples in a single layer on the sheet. Place in the middle of the oven, set the time for 15 minutes and moving / stirring/ turning some of the fruit and vegetable to ensure even browning. Return to the oven for an additional 8- 10 minutes as needed. Vegetable should be tender, and edges should be caramelized. Prepare dressing while vegetables are roasting. Drizzle the roasted vegetables with the dressing. Serve hot or at room temperature.