

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 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

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. 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 and 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. 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.

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.

To store fresh kohlrabi: remove the leaves and store in a separate plastic bag in the refrigerator. Use the leaves within 3-4 days. The kohlrabi will last up to 2 weeks.

Week 29 Fresh Inspirations November 8th—November 14th

I am not sure, is this the year of the carrot or was it the year of the beans. I have loved both of these vegetables all season long. They are both good for us nutritionally, and they are versatile with so many recipes both hot and cold. Carrots grated into a salad or slaw will always add gorgeous color. Is there a soup recipe that doesn't start with carrot as part of the trilogy, carrot, onion, celery. They are one of the most beloved vegetable in a bread or a cake. Carrots are great alone, simmered in orange juice, delicious sweetened with a little honey and they can stand alone on a roasting pan, or they can be added to many other root vegetables as we have seen in the past few weeks. Nutritionally we need the beta carotene or vitamin A, always for eyes and vision but in the summer the protection of our skin is something we have all become aware of. In the fall or even winter we look for the root and starchier vegetables that can be stored for a long time (originally in root cellars) and they can keep us warm as well.

The apple this week is the Cameo. Cameo apples are a fairly new variety. It is considered to be an accidental variety. The first Cameo apple was found in an orchard in Dryden Washington, among Red and Golden Delicious apples in 1987. The two Delicious apples are the assumed parents of the Cameo apple. They Cameo has the shape of the delicious variety with pretty striped peels and the creamy flesh of the apple does not brown easily. These are crisp juicy apples that are ready to harvest in mid to late October. These are apples are said to be not too sweet and not too tart. They are great for snacking, salads, good for cooking and sauce. If adding these apples to pies I would mix them with other varieties.

We should once again see Brussel Sprouts in our shares this week. We have been waiting a long time for this beloved vegetable. Brussel sprout seeds are planted in the green house in early spring and then in June they are transferred to the field. They take over 120 days to be ready for harvest and they are best when there is cold even a first frost to make sure that they are at their sweetest. If left on the stalk the actual sprout would flower much like the buds on broccoli. They for a long time were considered the most hated vegetable however as we know the cooking styles that are more popular today, roasting, grilling, and of course sauté. Better than steaming, boiling, and overcooking methods of some years ago. Either way, they are good for you. Vitamin C, Fiber, folate, and some of the trace minerals. They do have anti-inflammatory properties and they can fight cancer, and of course there is so much more.

I am hoping for some new Thanksgiving recipes this year. 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



Carrot Apple Bread

1¾ cups all-purpose flour
1 tsp. Baking soda
1 tsp. Baking powder
¾ tsp. Kosher salt
¾ tsp. Cinnamon
½ tsp. powdered ginger (or 1 tsp. Freshly grated ginger)
2 large eggs
¼ cup coconut oil, melted, plus more for greasing the pan
1 cup granulated sugar
2 tsp. pure vanilla extract
1 tsp. fresh lemon juice
1 1/2 cup shredded carrot
1 1/2 cup grated apple
optional: 1 cup chopped nuts, raisins, dried fruit.

Preheat oven to 325degrees F. Grease an 8x4 inch baking dish then line the bottom with parchment or wax paper. In a bowl, whisk together the flour, baking soda, baking powder, salt, spices. Set aside.

In a separate bowl, whisk the eggs until light and frothy. Add the oil, sugar, vanilla, and lemon juice, and beat well for one minute. Grate the carrots and apple on the large side of a box grater and add them to the wet ingredients. Stir to combine.

Form a well in the dry ingredients and, pour in the wet. Fold ingredients together gently until just combined, with no dry patches. Take care not to overmix The batter will be thick but that's how it should be -- a lot of the moisture is contained in the addition of vegetables and fruit and will come out during baking to keep the loaf moist.

Pour the batter into the prepared pan and bake for 55-65 minutes in the middle of the oven. The bread should be golden brown, and a toothpick inserted in the center should come out mostly clean.

Let cool for at least 15-20 minutes before removing from the pan, then let cool completely. Serve immediately or wrap in plastic and store at room temperature. The bread will keep up to 3 days.

Bread can be frozen Yield: one loaf

Adapted from: Willow at Will Cook for Friends

Week 29 Harvest!

Cameo Apples

Tokyo Bekana

Potatoes

Beets

Cabbage

Winter Squash

Brussel Sprouts

Arugula

Mizuna

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.*

Creamed Brussel Sprouts

4 slices pancetta
2 shallots chopped
1/2-3/4 c mushrooms sliced
1-lb. Brussel sprouts, cleaned trimmed cut in half
Olive oil as needed
Salt and pepper to taste
2 T butter
1 T cornstarch
1/3 c vegetable broth or a little more as needed
2-3 T white wine
2 t lemon juice.
3/4 c light or heavy cream
Parmesan cheese

Cook the pancetta in a large skillet in a single later on low to medium heat. Allow bacon to get crisp, remove from heat. Drain on paper towels and reserve the fat in the pan.

Add the shallots and allow them to soften and lightly brown remove them with a slotted spoon and add the mushrooms and sauté until edges are browned. Remove to the plate with the shallots. Add a little olive oil as needed. Sauté the Brussels until they are golden and tender.

Sprinkle with salt and pepper and remove from the pan. Preheat the oven to 375 . Add 2 T butter to the pan. Mix in the cornstarch. Stir in vegetable broth, wine, and lemon. Stir sauce over low to medium heat. Allow the sauce to thicken and bubble and add 3/4 c light or heavy cream. Add the mushrooms, shallots, and Brussels back to the pan mix into the sauce.

Sprinkle with Parmesan cheese and crumbled pancetta. Place the pan in the oven for 8-10 minutes
Serve hot.

