

Storage Tips & Tricks

Sugar Pumpkin -also known as a pie pumpkin. Originally the pie filling would have been put into the pumpkin not a crust. Actually, a healthy option. Roast for puree or cut and use as for a flower arrangement. Prepare a stew or stuffing and roast inside the pumpkin scoop some pumpkin out with each serving. How to Roast Pumpkin Seeds + 6 Pumpkin Seed Seasonings | Wholefully

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

Root vegetables- carrots-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. 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

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

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. Try something different: Sauteed Kohlrabi with Onions and Cream Recipe | Martha Stewart

Week 30 Fresh Inspirations November 15th—November 21st

Oh, my goodness! How did this happen. We have arrived at the week, just before the last. You can see it coming slowly. Weeks 24 and 25, and so on, and then faster than expected we are looking at Thanksgiving, week thirty-one, and then we are no longer together. It is not too late to sign up for the Holiday Harvest Shares. Many of you who know me, realize that I spend as much time planning for stay over guests and then leftovers as I do making a plan for the actual dinner. I have been busy! I am making a list of recipes I want to try. On Facebook I noticed the Chai Spiced Apple Ricotta Galette. And so different but equally as delicious the Butternut Squash Caramelized Onion Galette. Sour Cream pastry, what could be better. It would work for both, I think. There are recipes that are traditional and expected at the actual Thanksgiving dinner and then there are meals all weekend or during the season where you might try some creative options.

While on Facebook I noticed the post from Sarah Di. She has to win the prize for the recipe with the most ingredients from the box, ever! Looks delicious by the way and Gnocchi is one of my all-time favorites. She says that the entire dish is homemade with CSA share ingredients! Homemade gnocchi with creamed greens, marinara, and green beans. Made with share potatoes, tomatoes, carrots, garlic, various herbs, spinach, kale, and Swiss chard, Oh my! The pictures this week of CSA members of all ages smiling with the look of joy, in our orchards, picking apples, in a big box were a pleasure for everyone to see. It has been a beautiful season with cooperating weather in November as a plus. Thank you for coming out last weekend. There have been some great apples in the shares, but picking is so much fun and actually seeing the apples on the trees is a magnificent view. We know that some of you could not be with us and so the apples in the shares continue. Pink lady apples are the treat this week. They are really a farm favorite. I say that pretty often but remember we have different favorites as the season progresses. Pink lady apples are harvested latest in the season. Recommended dates for a New Jersey Harvest is as late as November for some varieties. Pink Ladies are a cross between Golden Delicious and Lady Williams. They were discovered in 1973 in an Australian Orchard. They are crisp and tart with a sweet finish, sweetness that comes from the Golden Delicious I assume. They are sort of a new apple, which became available for commercial production in the late 1990's. If you don't eat them all out of hand, you can bake and cook with them successfully. I have to say that applesauce sounds like it has been prepared in many of your homes add a pink lady or two if you can spare them. Freeze some applesauce for the winter of course.

This week there will be sugar pumpkins in the shares. Just in time to roast a pumpkin for puree for Thanksgiving. Have the Mini CSA members work on the seeds, rinse, and dry them and then roast them too. The pumpkin puree can be used for pies, breads, cookies, and pancakes. The color will be lighter and there will be a higher water content than in canned solid pack pumpkin. You can use ½ fresh and ½ canned if you prefer. It is an individual preference.

What will you do with the pumpkin? What are your plans for leftovers? I am sure I will see some of your ideas on Facebook or send them to me, Jenn@alstedefarms.com. If you have any questions or you need help with something administrative call 908-879-7189 or email trish@alstedefarms.com. Until next week, enjoy the freshness!

Jenn Borealo



Roasted Pumpkin Puree

Preheat the oven to 350

Line a baking sheet with Parchment

Wash the sugar pumpkin. On a cutting board, using a large sharp knife, some strength, and some care, cut from the stem to the base of the pumpkin. Scoop/scrape out all the pulp and the seeds. Set the seeds aside for the following recipe.

Place the pumpkin halves cut side down onto the parchment lined pan and place in the oven to roast for 45 minutes to an hour. Pumpkin will test very fork tender when done.

Allow to cool. Scoop the pulp from the skin and puree in a food processor until smooth. Pumpkin is ready to add to all of your recipes or portion into containers and freeze.

Pumpkin Seeds

3/4 cups pumpkin seeds

salt

1-3 t olive oil

Preheat oven to 300 degrees F. Clean off pulp from the seeds, wash in deep water, allow the soaking seeds to sit for 10 minutes, seeds will float, pulp will sink. Drain and dry the seeds

This step is optional: soak overnight in lightly salted water or boil for 8-10 minutes in lightly salted water, drain and dry

Preheat oven to 300 degrees F.

Toss the seeds with olive oil and salt. Add a little cayenne or chili powder for spice.

A little cinnamon and brown sugar is delicious, but you will need to keep a closer eye on the oven, sugar can cause the seeds to burn. See some other ideas in the tips. Spread pumpkin seeds in a single layer on baking sheet. Bake for about 30-40 minutes, stirring occasionally, (about every 10 minutes) until golden brown.

Seeds will become more crisp as they cool.

Adapted from: Willow at Will Cook for Friends

Week 30 Harvest!

Pink Lady Apples

Broccoli

Potatoes

Beets

Cabbage

Winter Squash

Brussel Sprouts

Radishes

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.*

Pumpkin Stuffed with Everything Good

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