

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.

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

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

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.

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.

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.

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

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

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 31 November 22nd—November 23rd

This week there are some items in the shares that will bring you through the beginning of the week. There should be enough for the after the holiday meal plan as well. Some items like Brussels sprouts, apples, carrots, cider, spinach, and potatoes, I am keeping for Thanksgiving. Maybe even cabbage. Maybe lettuce. I always remember my mother making coleslaw as a part of her menu, salad would work as well. It follows that rule in meal planning where there should be something cold in an otherwise hot meal. Cranberry Sauce also works here, and I believe that you will find items that are not “Homegrown” like cranberries on Harvie.

I am always hoping that certain items will be in our shares. I do read availability and I do request. Sometimes my wish comes true, actually for all of us. Granny Smith apples were important for me as part of my Thanksgiving preparation. Working in the market in the fall this is one of the most requested apples. Everyone wants this apple to bake with, for some it is a favorite tart apple for eating out of hand. I cannot tell you how many people I have to redirect to another, earlier, apple because this is a late October, even an early November harvest. Now is the time to get a great Granny Smith. Just in time for our dinners or should I say desserts. It is one of the best baking apples, but I will continue to say that I would mix the Granny Smith with a few other apples for my holiday pies. This is an old apple from Australia, discovered in the 1860's. The name comes from Maria Smith who discovers the apple seedling growing in the rubbish or compost pile in her orchard. She also develops the marketing plan that adds the catchy name “Granny,” brilliant, I would say. Many believe that the parents are unknown, however, some believe that one parent may be a French Crab apple and the other may be the Rome.

The end of the growing season comes along, and most of the fields are being put to bed. There are some vegetables that continue to grow in the colder weather, and some are covered up and protected.

We will harvest those as we continue with our Holiday Shares. Some will winter- over, and we will harvest those in the first shares next year. The greenhouses are in production as well. Some of you will be with us for a few more weeks. Sadly, some of you will leave us this week. We will miss you for the months we are apart, and we hope that you will join us again in the spring of 2022 for a new journey. As we part, we, all of us on the team, wish all of you, our extended farm family, a very happy and healthy Holiday Season, and New Year!

If you have any questions, concerns, need any administrative help, anytime during the year, give Trish a call 908-879-7189 or Trish@alstedefarms.com. If you have any ideas or recipes that you want to share with me jenn@alstedefarms.com. I would love to hear from you, anytime of the year. Until we meet again, enjoy the freshness!

Jenn Borealo

Apple Pecan Cake

1 ½ medium tart apples peeled, cored and
Cut into ½" dice Granny Smith are recommended

1 c sugar

Mix together

¼ c of melted butter

¼ c vegetable oil

1 beaten egg

Blend well, add to the apple and sugar mixture

Measure/sift into a separate bowl:

1 1/4 c flour

1 t baking soda

1 t cinnamon

1 t allspice

½ t salt

Preheat the oven to 350. Mix dry ingredients together well. Blend into the apple mixture. Stir in 1 c roughly chopped pecans or walnuts. Batter is very thick. Spoon batter into a greased and parchment or wax paper lined 8" round or square pan.

Spread evenly. Bake 45-50 minutes. Check with a cake tester.

Set on a wire rack to cool. Turn out. Peel off wax/parchment paper. Cut into squares or wedges.

*Adapted from Vogue Entertaining

Week 31 Harvest!

Granny Smith Apples

Broccoli

Potatoes

Beets

Cabbage

Winter Squash

Brussel Sprouts

Radishes

Mizuna

Carrots

Spinach

Tokyo Bekana

***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.*

Chicken or Turkey Turnover

This recipe may be prepared as a ½ or full circle.

If it will be a whole pie, layer filling onto the entire circle leaving 1" around the edge. Top with 2nd crust or ½ of a pie or turnover, layer filling on ½ of the pastry and then fold over onto the other 1/2

You will need pastry for a 1 or 2 crust pie

Prepare pastry or purchase pastry in the dairy section of the supermarket

Roll to a 10" circle

Prepare filling:

Leftover turkey slices, layered onto the pastry

Drop some stuffing over the turkey

Drop by Tablespoon some mashed potato

Spoon over some green beans or peas

Spoon over some corn and then turnip

Any or all of your leftover vegetables may be added here, however, do not overload, the pastry will break open. Ladle over some of the leftover Gravy, just enough to moisten,

Save some to serve at the side after baking.

Fold over or prepare the full circle and cover with 2nd Crust

Cut vents in the top crust.

Bake 450 for 10 minutes.. Lower oven temp to 375 and bake until golden brown, About 35 minutes. Checking every 8-10 minutes

