

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.

Broccoli and Cauliflower -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. Tops of parsnips can be toxic. They are usually removed before you get them. If they are on the root, remove and compost. Do not serve.

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

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, Sauté 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 pop a corncob: Place one dried corncob into a paper bag, do not add anything else. Lunch size bags will work however the larger size brown lunch bag is even better, keeping all of the corn inside the bag. That being said, too large is not good either. There will not be enough moisture for keeping the bag from burning. Fold the top of the bag over a couple of times to seal the bag. Place the bag in the microwave.

Use the “popcorn” setting on your microwave to pop the popcorn or you can set for 3 minutes. Do not leave the room and “listen” when the popping slows down as it does for packaged popcorn, stop the microwave.

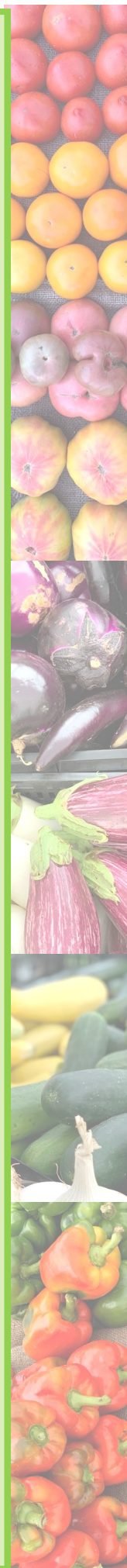
Popcorn can start to burn quickly at this point if left in the microwave.

Use caution as you open the bag, it can be hot and the corn cob itself is very hot. When the cob cools a little you can pick the corn off the cob. Pour the popped corn into a bowl and then top with your favorite flavors.

Melted butter, salt, olive oil, spices. If popped kernels are stuck to the cob you can pick them off.

Popcorn in the bag, pour the contents into a bowl. Drizzle over olive oil and sprinkle with Pink Himalayan Salt or the Salt of your choice. After a little butter, a little salt, and sugar Or use your favorite cinnamon and sugar mixture as you would for toast or French toast. 50 Delicious Popcorn Toppings | Cheapism.com

* If preferred, popcorn can be removed from the cob and stored in a cool dry place and then popped using the stovetop method.



Holiday Week 2 December 7th

Last Wednesday, December 1st was the first day of Hanukkah. You may have noticed that we posted an e-mail that included a recipe for Potato and Carrot Latkes, otherwise known as potato pancakes. There are so many different recipes for them. We included some grated carrot and some mashed potato instead of adding flour. I have made them as an individual pancake or as potato cake that was the size of the pan and then cut into wedges. When I was teaching culinary arts, and I did not need to be concerned with dietary rules of religion we would prepare latkes as a base for Quail Eggs for Eggs Benedict. A brunch appetizer. The latkes are prepared in oil. Oil that was only supposed to light the lamp, Menorah, for 1 night, which lasted for 8 days. As a child all that mattered to me, was that my dearest friend Margaret who celebrated Hanukkah was getting gifts for 8 days. It took my mother quite a while to make me understand that I was getting the same number of gifts or at least enough gifts on Christmas morning. So, of course, from our farm family to you, we wish you Happiness and health as you continue to celebrate the 8 days of Hanukkah.

A few years ago, a long time CSA member, Jennifer Niederhoffer sent us a recipe to share for Potato Kugelettes. Kugelettes, short for Kugel? Sort of a Latke prepared in a muffin pan and perfect for an accompaniment and we used them here at the farm as an appetizer during an evening class. They are delicious plain, or with a little sour cream, or applesauce. An egg on top, makes this a main dish. They I believe are a little more modern day and there is much less fat used as they are baked in muffin pans that can be buttered then floured. They can be made with almond flour, keeping them gluten free. However, instead, we lined the pans with parchment, changing it up just a little more.

No matter which holiday you celebrate, this is the season for overeating and very often serving foods that we know are not really good for us. What a great time to be a part of a Harvest Club, all the fruits and vegetables are creating some balance in our lives, I think.

A while back we had a Class in early January that looked at nutrition and diet and getting back on the right track in the new year. We prepared a Beet Smoothie. We have most of the ingredients in the shares this week, we will include the recipe in the newsletter. So why wait until 2022, start now!

When you think about all the fruits and vegetables in the share beets are the only ones with such a vibrant color. You have to know that they are good for you. They can help to promote weight loss or even lower blood pressure; they can help to cleanse and to detox. Beets of course have antioxidants and anti-cancer properties and so much more to offer. Cut them into small pieces and freeze on a baking sheet and then put into containers if you want to make a smoothie in January! I can't forget about the apples in the shares this week. Surprising it will be a variety that we have not had before, It is Sun Crisp. This is a fairly new apple that was developed by Rutgers University in 1960. It did not have a name; it was simply known as NJ55. It is a cross between 3 apples, the Cortland, the Orange Pippin and the Golden Delicious. It was released in 1994.

As always, if you have any questions please call Trish 908-879-7189 or Trish@alstedefarms.com or if you have a recipe or idea to share send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Sharlotka

Unsalted butter, for greasing the pan

3 large tart, firm apples, such as Granny Smith or Suncrisp, Cored, peeled and quartered.

3 large eggs, at room temperature

1 cup (200 grams) granulated sugar

1/2 teaspoon kosher salt

1 teaspoon vanilla extract

1/2 teaspoon ground cinnamon

1 cup (125 grams) all-purpose flour

Confectioners' sugar, for serving

Preheat the oven to 350. Set a baking rack in the middle of the oven. Butter a 9-inch springform pan, line the pan with a parchment paper circle, and lightly butter or spray the Parchment. Thinly slice the apple quarters.

Beat the eggs, sugar, and salt on medium-high speed of a standing mixer or use high speed for a handheld mixer. Beat the eggs until very thick and ribbony, about 5 minutes. Mix the vanilla and cinnamon.

Using a fine mesh strainer or sifter, sift a third of the flour into the egg mixture, gently fold the flour with a rubber scraper until just combined. Do not over mix. There should be no flour streaks remaining. Repeat the flour addition twice. Folding gently after each addition. The batter will be very thick.

Place 1/2 of the apples onto the bottom of the cake pan. Apples should be tucked in close together in a single layer. Use a spatula to spread the 1/2 of the batter evenly over the apples. Top the batter with the remaining apples and then more batter, again spreading the batter evenly over the apples. Gently tap the pan a few times against the counter to get rid of air bubbles. Bake for 50 to 55 minutes, or until a cake tester comes out free of batter and the top of Sharlotka is golden brown. Allow the cake cool in the pan for about 10 minutes, gently run a butter knife around the perimeter of the cake to loosen and carefully remove the sides of the pan. Gently transfer the cake to a serving platter and allow to cool completely.

When ready to serve, dust the Sharlotka with the powdered sugar and cut into slices. Best served on the day it is prepared. Adapted from: thewashingtonpost.com

Holiday Harvest Week 2

Suncrisp Apples

Broccoli

Potatoes

Beets

Basil

Winter Squash

Brussel Sprouts

Radishes

Mizuna

Carrots

Cauliflower

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.*

Potato Kugelettes

Many thanks again to Jennifer Niederhoffer for sharing this recipe with all of us.
yield: 30 pieces

2 russet potatoes, grated
1/2 yellow onion, rough chopped
4 eggs, slightly beaten
3/4 teaspoon Celtic sea salt
1/4 teaspoon black pepper
4 tablespoons ghee, melted
almond flour for dusting

Preheat oven to 375, generously butter a 24 capacity mini muffin pan, dust with almond flour shake off excess and discard. In a small saucepan over a low flame, melt the ghee, set aside to cool slightly.

In a large, glass bowl, combine the eggs, Celtic sea, pepper, and melted ghee. Peel and dry potatoes. Using a box grater, grate potatoes and immediately place 3/4 of the grated potatoes in the work bowl of a food processor, pulse 5-7 times, you want to see visible chunks, add pureed potatoes and balance of the grated potatoes to the egg mixture, mix to combine. Toss chopped onions into the same work bowl and pulse 5-7 times. Again you want to see visible, small chunks. Add onions to potato mixture and incorporate. Drop mixture into prepared muffin tins, fill almost to the top. Set muffin pan on a parchment lined, rimmed baking sheet and bake for 25-30 minutes or until the tops are a bit golden. Remove from oven and let rest about 10 minutes. While still hot, carefully removed kugelettes from pan and place on a platter. Serve warm or at room temperature.

