

Storage Tips & Tricks

Tatsoi – is a tender green. Store it and use it as you might use spinach. It is considered sweet however it does have a slight mustard flavor. You might find this leaf in salad mixes. It can be prepared in a stir-fry, it can be added to a soup.

Rutabaga-These rutabaga will come to you fresh, not waxed. Here at the farm, they have been kept in the cooler since harvest. Continue to do so. They should last at least a week. Cube and steam add butter salt and pepper for a simple side. Cube and boil and mash as you would potatoes with butter, salt, and pepper. They are often added to vegetable soup, stews, pot pies.

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. Always remove the tough stem. Lately I have been sauteing and then to finish off I place the pan in the oven for a few minutes. I just check a few to see if they are fork tender

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

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 –this week apple is Pink Lady. We think that it is a treat, a farm favorite! 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.

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.

Pinto Bean, Cranberry Bean, French Horticultural Bean - the seeds will come to you dry. Store in an airtight container in a cool dry place or prepare the beans and freeze, recipe attached.

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

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 3 December 14th

We know that the production team is caring for some late crops, some in the fields, some in the green house and some lettuce is still available in one of the high tunnels. What else, they are of course pressing cider, splitting firewood, and picking what is needed to fill our boxes each week, our farm store, and late season farm markets. At the same time, they are caring for the fields making sure that they are ready for planting and ensuring that our crops will have the nutrients they need next season. In some cases, they are planting cover crop and of course it is the time of the year when compost is spread. Every day any produce waste is added to the compost pile that you can see during the season if you take a farm tour or wagon ride. If you spend some time in the farm store you will often see the local landscapers arrive with trucks full of leaves that get added to our compost pile as well.

It is December and most of us are shopping. It always seems that most of my gifts during this season are for party hosts. I have some dried herbs and herb salts from my summer garden. I have made a batch of All Day Apple Butter” earlier in the season and I think I might have some time this week to make one more. If you feel that you just don’t have the time, you might want to take a walk through the Farm store when you pick up the last two shares. If you just don’t have enough time you might try some peach or cherry butter available in our store along with pumpkin butter and a few others. Move down the aisle a bit and there are jams and jellies in all the favorite fruit flavors. Honey is always welcome as a gift add some tea to that basket. How about Salsa and Chips, the only difficulty there is which one should you choose, they are all good. No time to bake, there are always pies and donuts. If you are thinking you want something absolutely fresh from the fields to give, fill a basket with apples and place a bottle of fresh pressed apple cider in the middle. If you need a gift that is ready to go, there are baskets already put together and tied with a bow. Some cheese and some crisps would go well with Tomasello wines, they are always ready to assist. Stop by to see what they might have to offer. If you don’t need a gift, it might just be fun to see all the decorative greens and lights and listen for a bit to the festive music. It may just put you in the spirit.

Then there is one of my favorite holiday season stories about giving. There was a couple who were farm market customers, I believe in Morristown. She was nutrition minded and was starting classes to become a nutritionist or coach. Her boyfriend surprised her with a share for the following season as a gift. I don’t think he could have given her anything more appropriate. Is there someone very special in your world who would appreciate a farm experience, just a little food for thought!

Trish tries to always be available, send her a message to, Trish@alstedefarms.com or call, 908-879-7189. If you have something to share, a recipe or idea, send to jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo

Cranberry Beans

Dried cranberry/pinto beans can be frozen and prepared another time

1 1/2 c Cranberry beans pick through to remove stones and leaves darkened beans, rinse and drain
5 c water
1/4 c olive oil

1/2 t Rustic Herbs, Herbs de Provence, or Tuscan herbs

Add the ingredients to a large saucepan. Bring the mixture to a rolling boil for 15 minutes. Cover and simmer on very low heat for an additional 20 minutes. Check the texture.

Remove from heat and cover for 30-40 minutes. Add salt to taste. Beans should be ready to use in the recipe or they can be frozen, continue preparation at a later date

Cranberry Bean Cassoulet

While beans are cooking prepare the remaining ingredients

3/4 lb. pork tenderloin cut into chunks

1/2-3/4 lb. smoked sausage or kielbasa cut into slices

2-3 red potatoes peeled and cubed

Heat olive oil in a medium skillet. Add the potatoes. Cook until lightly golden but not tender and cooked through

Remove and add a little more oil and 1/2 of the pork. Brown the chunks on all sides, do not cook through

Preheat the oven to 350

In a 2 qt casserole dish spoon in 1 c of beans with 1 1/2c liquid.

Top with 1/2 of the meat and 1/2 of the potatoes top with 1/2 of the slices of sausage

Measure about 3/4 c beans onto a plate and mash. Layer over the sausage.

Top with 1 1/2 c beans, meats, potatoes and 2 c bean broth

Stock or broth can be substituted if you don't have enough.

Cover with foil, Bake for 1- 1/2 hours Casserole should be bubbling.

Remove from the oven

Remove foil. Allow to sit 10 minutes before serving

Serve in warm bowls with crusty bread and a mixed green salad

Holiday Harvest Week 3

Pink Lady Apples

Broccoli

Potatoes

Beets

Basil

Winter Squash

Brussel Sprouts

Lettuces

Tatsoi

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.*

German Potato Salad

This is a recipe that was brought back from Germany a few years back by Farmer Kurt. He was visiting a family and he was served this potato salad. The recipe came to us with just the ingredients, and we added some measurements after trying out the recipe.

2-2 1/2 lbs. of red skin potatoes boiled in salted water until fork tender.

Cool, peel, and cut into chunks.

While the potatoes are cooking

Prepare: 1/3-1/2 cup good mayonnaise

1/4 c sour cream

1/2-1 T grainy Dijon mustard

Mix the mayonnaise, sour cream, and mustard together just until blended. Add to the potatoes

4-6 hard cooked eggs, cut into small pieces

Sweet gherkins cut into tiny pieces, or you can use a Tablespoon or two of some sweet pickle relish

A little juice about a Tablespoon of the juice from the gherkins, I added a 1/3 c minced red onion

2-3 T minced parsley

Mix all of the ingredients in a together in a large bowl.

Add salt and pepper to taste. Chill before serving. Garnish with some sprigs of parsley

