

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 - 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.

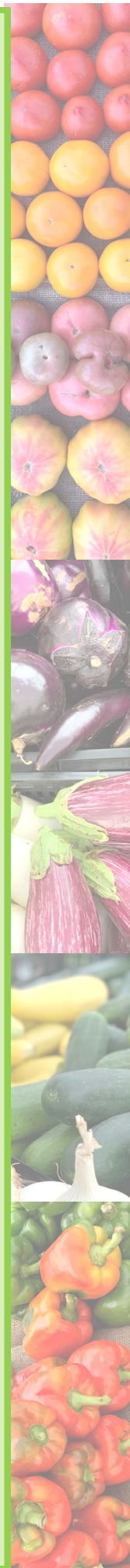
To pop a corncob: Place one dried corncob into a paper bag, do not add anything else. Lunch size bags will work however the larger size brown lunch bag is even better, keeping all of the corn inside the bag. That being said, too large is not good either. There will not be enough moisture for keeping 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 4 December 21st

I don't think that four weeks could have passed by faster! I feel as though the New Year is just racing toward me. We all have holidays to celebrate in December and then comes the new beginning. I love the celebration and the traditions with that holiday. When I was teaching, I would prepare for a New Year Celebration with my students on the first day back to school after the winter break.

There is so much here at the farm that symbolizes good luck. We will print a recipe for Lentil Soup in the packet this week. Lentils in Italy are considered to be good luck because of their shape, that resembles a coin. I like to wilt in leafy greens at the end of the soup preparation and the green represents dollars and wealth. Donuts, in our case, Apple Cider Donuts are a ring that represents coming full circle and completing the year and then starting the next full circle. Just cutting apple rings may be another way to represent the same thing. Any round fruits will represent prosperity. In Spain 12 Grapes are eaten at the stroke of midnight. There are several kinds of sausage in the Farm Store. Maybe you can include some in your New Year menu. Pork is a popular food because pigs do not move backward. Do not include chicken in your menu as they do scratch backward. Black eyed peas are traditional. I am thinking I will take out some of my frozen peas from the season. I am hoping that any or all of these foods will bring good luck to all of us in 2022.

The other tradition on the last day of the year is to reflect and maybe make resolutions. We know that many resolutions have to do with food and diet, and we should keep them as simple as possible so that we will stick to them throughout the year. There is a date in later January when they will actually announce on the morning news shows that by this date most resolutions are usually broken. Let's prove them wrong. As group you have all become more nutrient conscientious. You have been cooking and serving the foods that come in your share each week. There will be a winter share offered that might help to keep you on the right track as well. I know that many of you have been canning and freezing throughout the season so that you can continue to serve nutritious meals. Maybe you have a friend looking for a way to eat better, there is still a chance to join us for the 2022 season.

I believe that this is closing my 11th season as a part of the CSA team. I am saying so long, not goodbye to all of you. I always hope that you might keep in touch with me, Jenn@alstedefarms.com, if you have an idea or a recipe you would like to share. Trish remains available for any of your questions, as always 908-879-7189 or Trish@alstedefarms.com.

All of us here at the farm wish all of you a very happy holiday season and a healthy and happy New Year 2022. We look forward to April when we are all back together again!

Until we meet again, 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

Hearty Sausage and Roasted Potatoes with Brussel Sprouts

1- 2 links Italian sausage, sliced

1-2 tablespoons olive oil, divided

1 large or 2 medium potatoes from the share, large dice Yukon Gold or red potatoes will work best

8 ounces Brussels sprouts, trimmed and halved

1/2 medium onion sliced

3-4 cloves garlic minced

2-3 t whole grain Dijon mustard

1/2 teaspoon kosher salt, or to taste

Freshly ground black pepper

Arrange a rack in the middle of the oven and heat the oven to 425°F.

Brown 2 links of Italian sausage in a small frying pan. They should be medium brown on all sides so that the meat is almost cooked through. It will finish cooking in the oven. Remove from pan. Drain on paper towel and slice. Set aside.

Heat the olive oil in a large sauté pan and add the potatoes. Cook until the edges are browned, and they start to soften. Remove from the pan. Add a little more oil and add the brussel sprouts. Saute until they start to soften and become lightly browned. Remove and add to the potatoes. Season with salt and pepper and mustard.

Add the onion and garlic to the pan sauté until softened. Taking care not to allow browning or burning. Add to the bowl and blend ingredients together.

Line a baking pan with parchment paper. Spread out the vegetables and sausage so that they are close together in a single layer.

Roast in the middle of the oven for 25-30 minutes, checking after 15 minutes. Vegetables should be caramelized, sausage cooked through. If they are getting too brown before they are tender, tent with a piece of foil for the last 10 minutes or so.

Holiday Harvest Week 4

Homegrown Apples

Broccoli

Potatoes

Beets

Basil

Winter Squash

Brussel Sprouts

Rutabaga

Tatsoi

Garlic

Mustard Greens

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.*

Barley and Lentil Soup with Fresh Greens

1-2 tablespoon olive oil

5 cloves of garlic minced

1 cup chopped onions

1 cup chopped peeled carrots

2 stalks celery chopped

8-10 cups (or more) vegetable broth

2/3 cup barley, brown rice, or farro

3/4 cup dried lentils

1 1/2 c canned crushed tomatoes in juice

1/2 teaspoon crumbled dried basil

1/2 teaspoon crumbled oregano

1/4 teaspoon crumbled dried thyme

1 bay leaf

4 cups cleaned coarsely chopped spinach or kale

Heat oil in a Dutch oven or stock pot. Add the onions, carrots, and celery; sauté until onions are translucent and the edges of the vegetables are lightly golden about 10 minutes. Add garlic and stir 1 minute. Add the lentils and barley and stir to combine. Bring the soup to a boil. Reduce the heat, cover, stir occasionally, and simmer 15-20 minutes. Stir in tomatoes and herbs; cover and simmer until barley and lentils are tender, 25-30 minutes. Remove bay leaf.

Add greens to the soup; cover and simmer until they are tender, about 5-10 minutes. Season soup with salt and pepper. Thin with more broth, as needed. Serve with a sprinkle of parmesan cheese.

