

Storage Tips & Tricks

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. Empire apples are not keepers so use them within this week or so.

Root Vegetables- remove the tops from the beet, carrot, or radish, parsnips (discard leaves), rutabaga, or turnips, root before storing. Store leaves in a separate bag, use within a couple of days. Beet root will store for more than a week. Roast beets to extend shelf life and so they are ready for use when you need them. Use all tops in a couple of days. Sauté beet tops the same as cooking chard or spinach. Make carrot top tea or add carrot tops to salads. Roast the roots together, add a potato and some onion to the mixture as well. Parsnips - should come to you without leaves. If the leaves are attached remove and discard. Parsnip leaves can be toxic. Roast along with other root vegetables and add winter squash as well.

Winter Squash -To store fall or winter squash: Winter squash should be stored at room temperature in a dry location like the kitchen counter or cupboard. Some Tips- Use winter squash in place of pumpkin in your favorite muffin or bread recipes. Peel and cut into squash chunks- and roast with root vegetables or with apples Simple Roasted squash. Slice the squash in-half lengthwise from the stem to the bottom. Scoop out the seeds and place the squash face-down in a shallow pan with a little water (just a thin layer of water or cider will work) or without. Roast for about 40 minutes (until fork tender), then turn the squash face-side up, add a little butter season with and either cinnamon or sage, Sweeten a little with brown sugar is desired and roast until completely done, another 10-15 minutes. Roasted Pumpkin/ Squash Seeds pumpkin seeds, pulp removed, rinsed, dried salt Preheat oven to 300 degrees F. Spread pumpkin seeds in a single layer on shallow baking sheet. Sprinkle with salt Bake for about 45 minutes, checking and stirring occasionally, until light

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. Grilled Brussel Sprouts Skewers - Cooking LSL

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 last for up to one week. Add to salads, stir fry. Chicken Stir Fry with Tokyo Bekana - Recipe (exceptionalcomfort.blogspot.com)

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 for 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-keep potatoes in a cool, dark, dry, place. Potatoes should never be refrigerated.

Broccoli – Keep the broccoli in a plastic bag in the refrigerator for 4-5 days. Steam or blanch to Extend storage time

Baby Bok Choy- Wrap in a damp paper towel and place in a plastic bag. Store the bok choy in the refrigerator for up to 5 days. Cut the root end of the bok choy and separate the leaves making sure to wash and dry before preparation. Five Ways to Eat: Bok Choy | Kitchn (thekitchn.com)

Holiday Harvest Week 1 2022

I hope that all of you had a chance to relax and enjoy family while sharing Thanksgiving Dinner. I could not help but hear the ads for Black Friday shopping. After that it is time to come home to a cup of hot cider and some delicious leftovers. Saturday is for supporting local business and it was a busy day here at the farm. If you haven't come by, take a few minutes when you pick up your share. There are Christmas trees and wreaths and roping and lots of decorations to help you make your home ready to celebrate this coming season. I think you will start to feel in the spirit while visiting. If you are looking for something to do with young children, tickets for Santa Brunch are on sale for each weekend before December 25th.

I was away for Thanksgiving; I roasted a turkey later so that I would have leftovers for dinners as well as sandwiches. If you are like me, leftovers are one of your favorites. Little bits of each vegetable and some mashed potatoes can make a turkey shepherd's pie or if you have some crust or puff pastry a turkey pot pie or turnover can be on the menu. Meal planning rules suggest that something cold always be added to a hot meal. A little jewel red cranberry sauce or a refreshing salad or both should be added to the side.

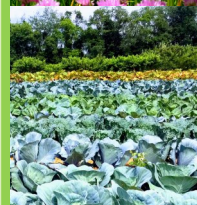
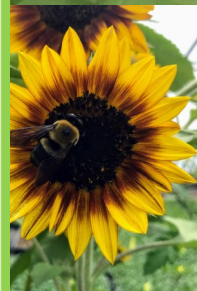
Some of you may be new to this part of the journey. During the fall season tomato and pepper plants are started in the greenhouse, much like they are in the spring. As they mature, they are transferred into large pots something like a patio pot that you might have. These pots are lined up in the greenhouses and the tomato plants that are trellised will grow to the full height of the house. We will be harvesting for our shares from these greenhouses that have what I call a "little bit of summer" for us in future weeks. This week we will benefit from lettuce growing in the high tunnels. High tunnels are greenhouses without heat where leafy greens will thrive.

Purple potatoes will make their debut this week in our shares. This variety has purple skin, a layer of white under the skin and then a purple center. These potatoes share about the same nutritional value as a russet potato except for the additional antioxidants that we know are abundant in foods with this amazing color. These potatoes are versatile and will work in most of your favorite recipes. They pair very well with garlic when they are sauteed, roasted, or mashed.

If you have any administrative questions or concerns, contact Trish 908-879-7189 or Trish@alstedefarms.com. If you have some creative ideas for leftovers or any recipes you would like to share please send them to me, jenn@alstedefarms.com. I am always happy to hear from you.

Until next week, enjoy the freshness!

Jenn Borealo



Hot and Spicy Broccoli

3 tbsp. olive oil

2-3 cloves of garlic minced

1-2 Tbsp. sriracha

½ Tbsp honey

Juice of 1/2 lime

1 medium to large head of broccoli, Broccoli stems cut into 1" pieces

Salt and pepper

2- 3 Scallions thinly sliced white and tender green, divided reserve ½ for garnish

Preheat oven to 425°.

Heat the 1-2 T olive oil in a medium skillet. Add the garlic and allow to soften -not brown -

1-2 minutes. Add the ½ of the sliced scallions and continue to sauté for a minute or two.

from the pan.

Preheat the oven to 425

Mix together the Sriracha, honey and lime juice. Add a little more olive oil to the pan and sauté the broccoli, 2-3 minutes. Stir in the sauce, garlic, and scallions, and toss broccoli until it is completely coated.

Line a pan with parchment paper. Transfer the broccoli into the pan. Tent with a piece of foil and roast for 8-10 minutes. Remove the tent and allow broccoli to roast an additional 8 minutes. Broccoli should be crisp/tender and a bit charred.

Season with salt and pepper to taste, sprinkle with remaining scallions for garnish

Serve warm from the oven or at room temperature.

Holiday Harvest Week 1

Cameo Apples

Carrots

Parsnips

Brussels Sprouts

Spinach

Beets

Broccoli

Turnips

Radishes

Potatoes

Winter Squash

Mizuna

***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.*

Roasted Garlic, Purple Mashed Potatoes

2 lbs. purple potatoes, peeled and cut into large chunks

3-4 T butter, softened

6 cloves of roasted garlic or more to taste

1/3-1/2 c warm milk or cream

Kosher salt to taste

Boil the potatoes in salted water until fork tender. Drain the potatoes and place them back into the pan or into a mixing bowl. Add in the butter, milk, and roasted garlic. Whip potatoes using a hand mixer starting with a low speed. Potatoes should be smooth and creamy.

Optional: add some chopped fresh basil. Serve

Apple Butter Apple Tart

1 Package Puff Pastry

½ cup apple butter

2-3 baking apples, peeled cored and sliced thin

2 T butter

1 -2 T sugar

Open the package of Pepperidge Farm puff pastry and unfold. Separate the sections of the puff pastry and cut each section in half. Spread dough with apple butter to within a ¼- 1/2" from the edge. Place sliced apples, overlapping slightly onto the apple butter and sprinkle with a little sugar. Dot with butter.

Bake @ 425 for 10-15 minutes. Glaze with warmed apple or apricot preserves.

Best if served the day they are prepared. Serve with just a little whipped cream or vanilla ice cream

