

Storage Tips & Tricks

Broccoli -will keep in a plastic bag in the refrigerator for 4-5 days. Steam the vegetable and store to extend the keeping time.

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.

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. To prepare beans to be added to a dish you will first, boil them for a few minutes and simmer about 20 minutes or until tender in a broth with aromatics such as chopped onion and garlic, and other herbs such as basil and oregano, even a bay leaf. The aroma will be fabulous. If you have more beans than you can use this week, they can be frozen and they can also be canned. I often cook dried beans and freeze them in portions to use in pasta dishes, soups, and stews. For those of you who might prefer canning you can find directions at http://www.pickyourown.org/canning_fresh_beans.php 2 of our favorite recipes are on the website. <https://www.alstedefarms.com/recipe-category/cranberry-beans/>

Peppers- keep in a plastic bag in the refrigerator up to 5 days

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.

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

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 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.

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 2 2022

As previously promised there will be a harvest from the greenhouse this week. So, a little bit of summer returns to our shares with some green bell peppers. Greenhouse harvest along with the lettuce and arugula that has a continued harvest from the high tunnels will make this share look very spring like fresh. Usually as the weather turns cold in December, fresh local produce is not readily available. Most farms have ended their CSA deliveries and their markets and stands are closed. Not here at Alstede Farms. With some extra planning and preparation on the part of the production team we have been able to extend our season for the past few years. The extended season keeps us together with you a little longer so that we will only be apart for 16 weeks! Keep in mind that the farm store doesn't close in the winter. We are here if you want to stop in to see us!

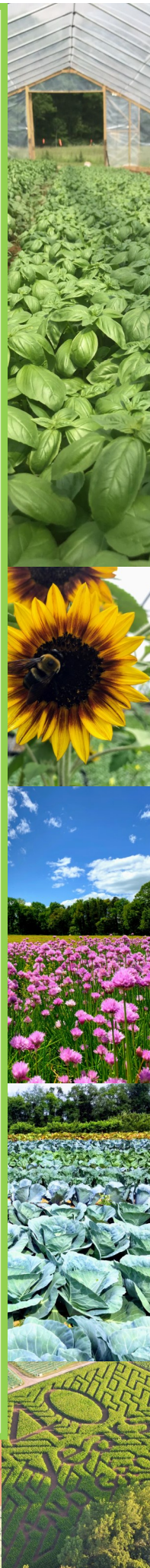
This is the time of year when we plan, and we also attend more gatherings and parties. It is always fun to get together and at the same time you need to think about what you are eating. We know that appetizers and snack foods in general are higher in fat and calories than most of the other menu choices we have. In many cases you will be preparing, or you may be asked to bring along a dish. Here is your chance to add something fresh and locally grown to the menu. Cider will be in the shares this week along with a recipe for Apple Cider Sangria. Perfect for the designated driver, for someone limiting the amount of alcohol they drink, and certainly for the young guests attending the party. The grilled or even roasted brussels sprouts from previous recipes could be skewered along with a little cooked bacon or pancetta or some sauteed mushrooms and served along with a dipping sauce. Kale could easily be roasted for chips and fresh popcorn is always an option. You might even be able to add butternut squash soup or roasted root vegetable soup if you have the little disposable cups and spoons. You may have corn in your freezer that could easily become salsa. Chips are available here at the farm if you need them. Tomasello Winery is open inside the farm store every day. With a little thought and imagination, I am sure you could come up with some great ideas! Share them with all of us if you have a chance.

A treat this week will be the French Horticultural Beans that can also be known as Cranberry Beans, Pinto, or even Borlotti Beans. They are shelling beans. The beans are a creamy color and they have deep red spots or stripes. They are harvested in a stage between fresh and dried. As the name suggests these beans are popular in French Cuisine. We can thank the production team for doing the most tedious of jobs. The beans will come to you shelled. Plan to cook the beans within a few days. To prepare beans to be added to a dish you will first, boil them for a few minutes and simmer about 20 minutes or until tender in a broth with aromatics such as chopped onion and garlic, and other herbs such as basil and oregano, even a bay leaf. The aroma will be fabulous. If you have more beans than you can use this week, they can be frozen and they can also be canned. I often cook dried beans and freeze them in portions to use in pasta dishes, soups, and stews. For those of you who might prefer canning you can find directions at http://www.pickyourown.org/canning_fresh_beans.php I have a recipe for the beans in a gratin this week. I am sure that you have a favorite soup, stew, chili, hummus, or salad recipe where you could incorporate these beans.

If you have questions or concerns, contact Trish@alstedefarms.com or call 908-879-7189. If you have recipes or ideas to share, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Parmesan Brussel Sprouts

- 1 pound brussels sprouts, from the share, trimmed
- ½ cup vegetable oil
- 1 cup Panko or Italian Seasoned Breadcrumbs
- ⅓ cup freshly grated Parmesan
- 1 tablespoon cajun seasoning (optional)
- ½ cup all-purpose flour
- 2 large eggs, beaten

Steam brussels sprouts over boiling water for just a few minutes. Remove from heat and allow to cool. Heat vegetable oil in a large skillet over medium high heat.

In a large bowl, combine Breadcrumbs, Parmesan, and cajun seasoning; If using. Set aside. Measure the flour onto a piece of waxed paper or paper towel. Cut larger brussels in ½. Frying should be done in small batches so that the oil will maintain temperature and the food will not absorb oil. Dredge brussels sprouts in flour, dip into eggs, then coat with breadcrumb mixture. Gently add brussels sprouts to the hot oil about 5 or 6 at a time, and cook until evenly golden and crispy, about 2-3 minutes.

Remove with a slotted spoon onto a paper towel-lined plate. Serve immediately or transfer to a baking pan and crisp in a 350-degree oven for a few minutes.

Adapted from: damndelicious.net

You can purchase Cajun seasoning, or you can prepare your own with simple ingredients that you probably have in your pantry.

Add 1 T Mayonnaise to the beaten eggs for just a little extra richness.

These Brussel sprouts can be served as a side dish, or they could be an appetizer served alone or with a Recipe: Louisiana Remoulade Sauce - Marla Meridith

Holiday Harvest Week 2

Alstede Fresh Apples
Carrots
Parsnips
Brussels Sprouts
Arugula
Beets

Broccoli
Turnips
Onions
Potatoes
Winter Squash
Rutabaga

***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.*

Apple Cider Sangria

- 2 apples
- 1 orange
- 1 pear
- ½ lemon and ½ lime sliced
- 1 pomegranate
- About a quart of apple cider
- 16 oz lemon lime sparkling soda
- 1-2 T sugar (optional)

Chop apple and pear into cubes or small slices [with skin on]. Cut orange into slices and peel the pomegranate. Add the chopped fruits to a pitcher (reserve some for garnish). If you are using sugar warm a cup of cider and add the sugar to dissolve. Set aside to cool. Add the remaining apple cider to the pitcher and stir to combine. Add sweetened apple cider when it comes to room temperature. Place the pitcher in the refrigerator to chill. Just before serving add the sparkling soda. pour into serving glasses and garnish with the remaining fruits. Enjoy! Adapted from: cookwithmanali.com

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

