

## 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.

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](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.

Spinach and Chard – remove the rubber band. Wrap or layer in paper towel place in a plastic bag or container in the refrigerator for up to 5 days.

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

Potatoes-keep potatoes in a cool, dark, dry, place. Potatoes should never be refrigerated. Store fresh cured onions- at room temperature.

## Holiday Harvest Week 3 2022

There are times that we say that unpacking a share is like unpacking a gift. What could be better than picking up a share, in the cold temperatures of December, that defy the season. It is hard to believe that we have vegetables from every category represented. Broccoli is a flower, peppers and squash are fruit, lettuce, spinach, and chard, are leafy greens, Actually so are brussels sprouts. Beans are seeds, carrots and parsnips are roots, potatoes are tubers, and onions are bulbs. Because of cold storage we also continue to have apples.

A week or so ago I had an appointment with my primary care doctor. He asked how many fruits and/or vegetables do I eat in a day. My answer was 6 or sometimes more. I had never been asked that question in a Dr's office before and he was happy with the answer. It is not often that patients are serving or eating enough fruits and vegetables. I explained my work for the farm and how I incorporate the produce into my meal plan. I usually include 2-3 vegetables in my menu for dinner and I prepare the leftovers for breakfast or lunch. Sometimes adding an egg. There is always a fruit in season so that will account for most of my snacks. When I was teaching, I would include a project using the basic four food guidelines and in later years MyPlate became the guide. There are fewer and fewer households preparing meals at home and dining out usually means that there will be very few fresh fruits and vegetables. You should all feel proud that you are preparing for your families, and they are getting the nutrients that are required daily. It is a gift that you are giving, every day, throughout the entire season.

It is the time of year when we are all shopping and thinking about gifts for friends and family. When picking up your shares this week, take a look in the farm store. I am sure you will find something to bring to a hostess or to wrap for friends and family. I was speaking with a friend who said that she was going to include honey as a part of her gifts this season. Gifts from the farm are always a special treat and honey is more than that. Added to your diet it can be a gift of good health. Honey that is local can help to control allergies. Honey contains plant chemicals that can contribute antioxidants. Honey has antibacterial and antifungal properties and immune boosting benefits. It is always a "go to" addition to tea when you have a sore throat. The only health warning having to do with honey is that it should not be given to infants, or children under 12 months old.

If you have any questions, concerns, or if you need any administrative help, anytime during the year, give Trish a call 908-879-7189 or [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com). If you have any ideas or recipes that you want to share with me [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com). I would love to hear from you!

**Until next week, enjoy the freshness!**

*Jenn Borealo*



## Apple and Apple Cider Recipes

### Apple Sauce

1 ½ lbs. of Alstede Farms Apples

¼-1/2 t cinnamon

¼ c or more apple cider

Peel, core, and cut apples into chunks. Place apple pieces into a saucepan. Pour in the cider and sprinkle with the cinnamon.

Cook apples over medium heat. Lower the heat if they are cooking too fast. Check evaporation of the Cider, add a little extra if needed. Apples will become very tender, about 20 minutes.

Mash gently with a fork or masher to desired texture.

Optional: Add sugar, brown sugar, or a little honey

### Apple topping or filling

3 medium apples

2T butter

½ cup apple cider, divided

2 T cup brown sugar

1 T corn starch

1/2 teaspoons cinnamon

A sprinkle of nutmeg

2 teaspoons lemon juice

1/3 cup of raisins (optional)

Peel and core the apples, cut the quarters in ½ and slice. I used Jonagold and Pink Lady

Melt the butter in a large skillet and add the apples and stir to coat with butter. Mix in the brown sugar and ¼ c cider and allow the mixture to cook until the apples start to soften. If making a pie or tart allow the apple to soften just a little. If using as a topping continue to cook to desired texture.

Stir in the spices and raisins if using and cook a few minutes longer. Mix the corn starch with the remaining ¼ c cider and mix it into the apples. Drizzle with the lemon juice. Continue to cook a few more minutes, allowing the mixture to thicken, stirring as needed.

Keep warm to use as a topping

Or

Remove the pan from the heat and pour the filling onto a large plate or rimmed baking pan in a single layer to allow the filling to cool quickly. The filling should be cool before it is used to prepare the pie/tart/strudel. This can be done a day in advance, refrigerate.

## Holiday Harvest Week 3

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.*

## Spaghetti Squash with Sausage and Vegetables

1 spaghetti squash, halved lengthwise and seeded

2 tablespoons olive oil

1 medium onion, chopped

1-2 cloves garlic, minced

2 links of hot or sweet sausage

1 cup chopped fresh or canned plum tomatoes

1 bunch of spinach or arugula, or chard, cleaned and torn

¾ cup crumbled feta cheese

2-3 tablespoons sliced black olives

½ t dried basil or 2-3 T fresh from the share

½ t dried oregano

Parmesan cheese (optional)

Preheat oven to 350 degrees F, Line a baking sheet with parchment paper. Place spaghetti squash cut side down on the prepared baking sheet, and bake 30-40 minutes in the preheated oven, until fork tender. Remove squash from the oven and set aside.

While the squash is baking, remove sausage from the casing and break into small pieces. Cook the sausage completely through, remove from the pan onto paper towel to drain.

Add the chopped onion to the warm pan, add a little olive oil as needed. Cook until tender. Add the garlic and cook, just a few more minutes. Stir in the tomatoes and herbs and allow to simmer on low for 10-15 minutes. Remove from the heat. Add the sausage back into the pan. Add the spinach and allow it to wilt.

Using a fork, scrape the squash to remove the strands of spaghetti and place on a platter or into a medium bowl. Top with the squash with the sausage/vegetable mixture, cheese, olives. Serve warm.