

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 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

Tomatoes- should be stored at room temperature if you are using them in the next few days.

Refrigerate if needed and bring back to room temperature before serving for the best flavor.

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.

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.

Kale 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. Once they are cut, refrigerate if you need to store a portion.

Holiday Harvest Week 4 2022

Are you making a list, checking it twice? How many lists do you have? If you are in charge of the meal planning and the gifts I would say, quite a few. Hopefully by the time you pick up your share you are feeling organized and ready to celebrate. Bring your lists with you, maybe you will find that last minute host or hostess gift or a stocking stuffer while you are at the farm store. There will be cider in the shares, the day after you pick up your share is the first day of winter, the perfect time for a cup of hot cider. That is my plan for sure, a chance to sit back for a few minutes and relax and hopefully check a few items off my list.

Just like the rest of the season, at this late date in the year, with some of the coldest weather upon us we have a share that continues to have beautiful color and variety. Perfect for meal planning. For the first time this year we will have home grown popcorn. It is planted in the spring and harvested in the fall however it has to be dried in order to prepare it. Homegrown ears of popcorn are a snack for two or it can be strung for an old-fashioned tree decoration. They make a great gift, attach a brown lunch bag and a recipe card with directions and it will be a new family treat. It should be stored in a cool dry place. I will include directions for taking the kernels off the cob in the packet as well.

After all the celebrations it is time to make a New Year Resolution? Very often they are about food or diet. I am hoping that you will choose to do something simple, something that you can add to your diet or routine that you will be able to continue throughout the year.

Remember, it is a good idea is to start with baby steps. You likely be successful. You can always take a step further as the year progresses. Most people make resolutions that fail within a few weeks. You will have a better chance of remaining on track.

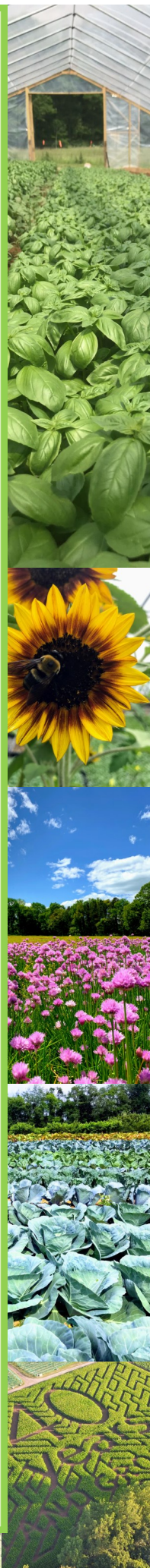
No matter what holiday you may celebrate this December, this is the time of year that many of us pay close attention to family traditions. Many traditions have to do with the foods that we serve to family and friends. It is always heartwarming to hear the story that goes along with the dish that your grandmother or even great-grandparent prepared. Maybe this year with some of the items in the share you and your family will start a new tradition, find a new recipe that will be used for many years to come. If you have some time, share recipes old or new, with me, jenn@alstedefamrs.com . If you have administrative questions or concerns call Trish 908-879-7189 or Trish@alstedefarms.com.

Remember that we are all here through the winter, however each of us will take a much-needed break along the way. The farm store is open every day except for Christmas and New Years Day. We will miss you in the coming weeks while we are working on making the 2023 season our best ever. After we celebrate and relax a little, we will be planning and preparing for the spring. As we all know, the time passes quickly, and we will all be back together before you know it!

As always, we all of us here at Alstede Farms, wish you a very Happy Holiday season and a New Year filled with joy, happiness, and of course good health. During this holiday season, enjoy the freshness and take good care until we meet again.

Until next week, enjoy the freshness!

Jenn Borealo



Popcorn

Planted in May and harvested in early to mid-October. Popcorn is its own specific seed, it is not sweet corn that is left to dry. The husk is brown when harvested. The corn is husked and left to dry for weeks after harvest making it the perfect winter snack and holiday stocking stuffer.

There are 2 varieties grown at Alstede Farms. The smaller kernel and slightly smaller ear is the butterfly, and the larger kernel and ear is the mushroom. Both varieties will fill the bag with corn. Both varieties are great for movie night but for stringing your tree garland the mushroom variety is recommended as there is a starchier area to place the needle and thread.

Storage and preparation: Store popcorn in a cool dry place until you are ready to prepare it. Making popcorn with the corncob is just as easy as making microwave popcorn and it is so much better for you. There are no additives and no preservatives.

Corn is harvested in mid to late October. It is dried until ready to pop

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.

If preferred, popcorn can be removed from the cob and stored in a cool dry place and then popped using the stovetop method. To remove the kernels from the cob so that you can pop on the stovetop or in a hot air popper or just a handful in a brown paper bag in the microwave.

You will need a bowl or container where you are working. Choose 1 line of kernels and put a little pressure on the first kernel. It will become loose and fall into the bowl. Continue to remove the kernels just from that row. Once they are all removed, you can then put just a little pressure on the next row or (rows) 1 or 2 at a time and the kernels will easily come off into the bowl. Continue until all the kernels are removed. They will keep in a dry place in a tightly sealed jar 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. Pour the contents into a bowl. Drizzle over olive oil and sprinkle with Pink Himalayan Salt or the Salt of your choice. Or add 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

Holiday Harvest Week 4

Alstede Fresh Apples

Carrots

Parsnips

Brussels Sprouts

Arugula

Beets

Apple Cider

Broccoli

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.*

Potato, Tomato, Onion Bake

4 large potatoes, peeled and finely sliced

2 large tomatoes, thin sliced, or any tomatoes from the share

1 large red, yellow, or white, onion, finely sliced

1-2 cloves of garlic minced

1 cup vegetable stock

Olive oil

Butter

Salt

Pepper

Dried oregano

Parmesan (optional)

Preheat oven to 375. Place the potato slices in a pan of water and bring to the boil, reduce heat and simmer for 5 minutes. Drain and set aside.

In an ovenproof dish, lightly oil the bottom and sides. Place a layer of potatoes on the bottom of the dish slightly overlapping one another. Season with a pinch of salt and pepper. Scatter some onions and a little garlic over the potatoes, followed by a layer of the tomatoes. Sprinkle with some oregano and a few small pieces of butter. Continue to layer the ingredients like this, finishing with a layer of tomatoes. Season generously with salt, pepper and oregano.

Drizzle with some olive oil and pour over the stock so it fills just half of the dish.

Place in the oven and cook for around 1 hour or until golden and a little crispy on top.

Once cooked, carefully take the dish out of the oven and drain out any excess stock. Drizzle olive oil on top of the tomatoes sprinkle with a little parmesan and put back in the oven for a further 5 minutes or so until the top becomes golden and crispy. Adapted from: IndulgeandDevour