

Storage Tips & Tricks

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.

Apples- apples should be stored in the crisper drawer of the refrigerator away from other produce as they emit ethylene gas. For the best flavor bring the fruit to room temperature for serving.

Pears are harvested when they are mature, however they are not yet ripe. Pears will ripen at room temperature for a couple of days, flavor will develop, and they will become sweeter as they ripen. Once ripe, store in the refrigerator up to 5 days

Remove peaches- from the plastic container when you arrive home. If the fruit is not quite ripe leave some on the counter to ripen further, checking each day. If you refrigerate remove the fruit in time for it to come back to room temperature for the best flavor.

Tomatoes- should be kept at room temperature. Use them within 3-4 days. They can be placed in the refrigerator to hold them a little longer. Bring them back to room temperature for the best flavor before serving. Remove cherry tomatoes from the container into a bowl or dish on the counter. Try to use them within a few days otherwise refrigerate. Tomatoes that get a little soft can be roasted or stewed or added to sauces, soups, stew. Remove cherry tomatoes from the container. Keep at room temperature, use within a few days. Plan to roast any tomatoes that get soft

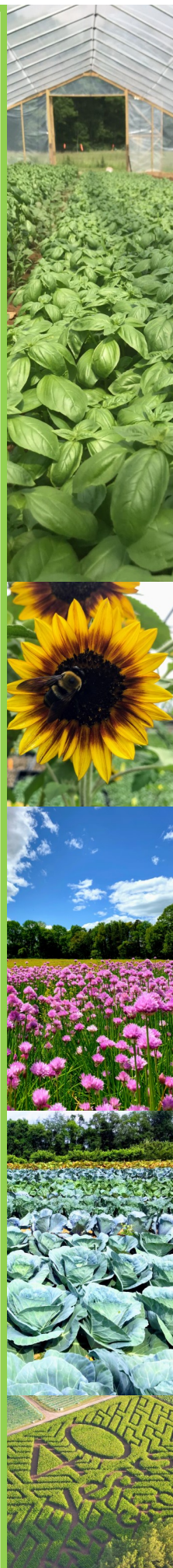
Peppers can be stored in a plastic bag in the refrigerator for up to two weeks. This week you will have a mix of sweet peppers to include bell, cubanelle, roasters, and possibly sweet Hungarian.

Eggplant – plan to use eggplant quickly. The best temperature for eggplant storage is around 50 degrees. You can keep it on the counter for a day or two if your house is cool and it will keep in the refrigerator for a day or two as well.

Carrots and radishes– remove the carrot tops from the root and store separately using the greens within a couple of days. Try something a little different: Best Carrot Cake Recipe (southernliving.com)

Spinach- can be washed and dried before storing. Store spinach wrapped in paper towel or in layers of paper towel. Dried leaves can keep up to one week. Wilted Spinach Salad, Creamed Spinach, Stir Fry, Sautee with Garlic, shallots, onion as a side or as a bed under Chicken, fish, sliced steak, Mix into eggs for omelets or fill the omelet, Wilt spinach into soups, stews, sauces, Greek Spinach Feta Pie, Spanakopita, Quiche, add spinach to smoothies, add to ricotta cheese for Lasagna for Spinach Stem Recipes, take a look at Pantryfun.com

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 lightly browned



Week 24 2023—October 3rd—October 9th

It is Saturday morning and I have the heat on to help take the chill out of the house. I am reading the list that Trish sent to me, and I am realizing that we are well into fall. Yes, we still have a little summer in the box but the addition of pears, cider, and especially acorn squash makes me fully understand that the summer season is behind us. If you are thinking about saving some summer, you might want to take a look at the jam recipes Alisa Vural has posted on Facebook.

Cider has been pressed quite a few times already this season. As our favorite apples become ripe the cider takes on those flavors and it just gets better and better. When taking school children out on tours you realize just how many apples drop to the ground. It seems that for every apple they pick and put into their bag, one falls to the ground. Some of those apples along with gently bruised, or an apple just past its prime go into cider. Washing and sorting is the first very important step when making cider before the apples become mash and the t apple mash gets pressed. Cider is shelf stable for a couple of hours. After that it should be refrigerated. If you would like to freeze some, directions are in the tips. This is the time of year when you can replace water or other liquids in some of your cooking and baking recipes with cider. I usually use cider in my pumpkin bread recipe, in apple pie filling preparation, in some squash soup recipes, and even stew. I am sure you will come up with some other creative ideas.

Acorn squash will be the first of our winter squash varieties this season. Winter squash is planted when the pumpkins are planted in June. This squash is harvested in the fall and should keep, in the right conditions, through the winter. All winter squash can be roasted, traditionally the simplest methods can be found in the tips this week. From there acorn squash is often sliced and roasted. Sometimes it is peeled, however other varieties are easier to peel. Acorn squash is often stuffed, and the stuffing can be sweet or savory. Cool evenings are the perfect time to prepare a roasted dinner with squash as the perfect side.

The new apple this week will be Macoun. It has been a favorite of mine for many years. I have often called it my birthday apple since it is usually harvested at the end of September. I, however, cannot be selfish. As I look at this week while you are picking up Trish, Scott, and Sarah will all celebrate birthdays. The Macoun, is often pronounced Macowan. It is named after the Canadian Horticulturist who took care of the orchard for the New York State Agricultural Center. The parents are the Jersey Black and the well known MacIntosh. They are best when just picked and they are loved I think because of their very short season and availability. It is considered an eating apple, they are known for the crisp, crunch, a little tart with a little sweet and it is said to have a touch of berry flavor.

Just as I was ready to send my letter and recipes to Trish this week, I received a note from CSA members Cathie and Gordon Ruiterman. They attached a recipe for Algerian Vegetable Stew. It sounds delicious and it should work with ingredients that you have from the share or vegetables you will receive in future weeks.

If you have any administrative questions Trish@alstedefarms.com or call 908-879-7189 for assistance. If you have something to share, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Many thanks to Cathie and Gordon Ruiterman for sharing this recipe with all of us.

KHALOTA (ALGERIAN VEGETABLE MEDLEY) 6 to 8 servings

2 TBS olive oil
1 small onion, finely diced
6 garlic cloves, minced
2 TBS minced fresh parsley
3 carrots, peeled and diced
2 medium potatoes, peeled and diced
4 cups vegetable broth
1 large zucchini, diced
1 medium eggplant, peeled and diced
12 oz green beans, cut into 1-inch pieces
8 oz frozen baby lima beans, thawed
1/3 cup fresh cilantro, coarsely chopped (for garnish)

Spice mixture:

2 ½ tsp paprika (preferably smoky)
1 tsp cinnamon
1 tsp turmeric
¾ tsp ground ginger
¾ tsp cumin
½ tsp ground coriander
¼ tsp allspice
¼ - ½ tsp cayenne pepper
2 tsp salt
¼ tsp ground black pepper

Optional: serve with warm pita or naan bread, with hummus

In a large saucepan (or Dutch oven) over a medium flame, heat oil and sauté the onions. Stirring occasionally, until tender, 6-8 minutes. Add garlic and cook for 1 minute, stirring continuously. Add spice mixture, stirring continuously for 1 minute. Add carrots, potatoes, and broth. Stir well. Cover and cook until carrots just begin to soften. Lower heat to medium-low and add zucchini, eggplant, green beans, and lima beans. Stir well. Cover and cook until all the vegetables are tender, 35-45 minutes. Serve immediately with a generous amount of fresh cilantro on each serving. Optional: serve with warm pita or naan bread, and hummus.

This recipe is partially based on the Kholata recipe from the cookbook *The Vegetarian Table - North Africa*, by Kitty Morse. While we loved the original recipe, we felt it needed additional spices for a richer flavor. After a lot of research, and trial and error, we found the above spice mixture to work very well. We also added more volume so that we could have leftovers. And we found fresh cilantro to be an especially flavorful addition. This is a forgiving recipe, so more of one ingredient, or less of another, will still work very well. Enjoy!

Week 24 Harvest

Fresh-Pressed Apple Cider

Peaches

Scallions

Kale

Eggplant

Beans

Plum Tomatoes

Macoun & Honeycrisp Apples

Spinach

Radishes

Sweet Peppers

Arugula

Carrots

Acorn Squash

***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.*

Sausage and Apple Stuffed Acorn Squash

Yield: 4 servings

2 acorn squash
2-3 links fresh chicken, turkey, pork sausage
1 small-medium onion, finely chopped
2 apples, cored and chopped
1-2 T butter (as needed)
1-2 T olive oil (as needed)
½ c apple cider
Kosher salt to taste
2 acorn squashed, halved; seeds removed
1/4 c water

Wash the winter squash. Using a sharp knife, cut in half. Scoop the seeds and pulp from the squash and set seeds aside to clean and roast later. Preheat the oven to 350. Line a baking pan with parchment paper and place the squash cut side down in the pan. Bake for 40-45 minutes until the squash is fork tender. While the squash is baking prepare the stuffing. Remove the sausage from the casing. Break the sausage meat into small pieces. Brown sausage meat on all sides. Remove meat from the pan onto a paper towel lined plate to drain. Heat a little olive oil, add 1 T butter, and allow to melt. Add the apples and onions. Sauté for a few minutes to become tender. The onion should be translucent. Return the sausage meat to the pan with the apple cider and allow to cook together for a few minutes. Remove from the heat. When the squash is ready, gently turn it over and fill each half. Cover loosely with foil and bake for an additional 25 -30 minutes.