

## 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.

**Asian Pears** are harvested when they are ready to eat. Store in the refrigerator for up to a week. Server cold or at room temperature

**Broccoli** – Keep the broccoli in a plastic bag in the refrigerator for 4-5 days.

**Cherry Tomatoes** – Remove the cherry tomatoes from the plastic container or bag. Keep at room temperature for a couple of days. Longer storage may require refrigeration. Bring the tomatoes back to room temperature before serving for the best flavor. For some cooking ideas take a look at [Urbanfarmandkitchen.com](http://Urbanfarmandkitchen.com). “what to do with all those cherry tomatoes.”

**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.

**Carrots and radishes and beets**– remove the carrot tops from the root and store separately using the greens within a couple of days. Beans- Be sure that the beans are dry. Remove them from the plastic bag and place into a paper bag or between layers of paper towel in a plastic container. Store for 2-3 days, blanch, if using later and they will be ready for salads and other recipes. One of my favorite green bean recipes: [The Best Green Beans Ever Recipe | Ree Drummond | Food Network](#) It starts with bacon grease, I change it to olive oil.

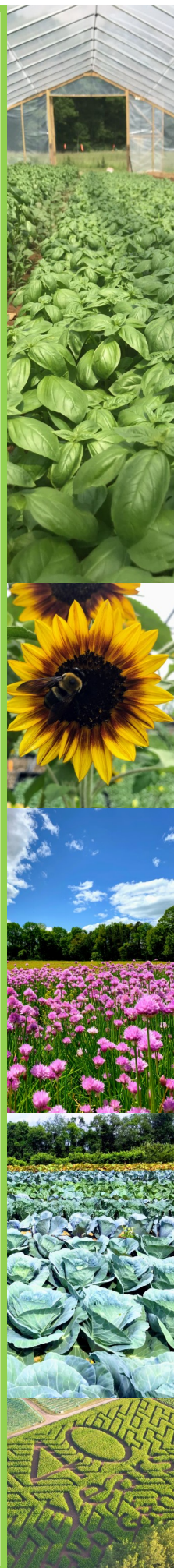
**Eggplant** – plan to use eggplant quickly. The best temperature for eggplant storage is around 50 degrees. You can keep it on the counter for a day or two if your house is cool and it will keep in the refrigerator for a day or two as well.

**Leeks** – Refrigerate leek unwashed with roots attached for up to two weeks. Wrap tightly in plastic so the flavor isn't absorbed by other foods. Try roasting leeks with eggplant and tomato and a little chopped garlic. Most recipes will call for the white bottom and the light green. Keep the tops for preparing stock. Be sure to clean leeks in cold water making sure that any soil or grit is removed from between the layers.

**Cilantro:** wrap the cilantro in paper towel and then place in a bag in the refrigerator for up to a week. Cilantro will also keep in the counter for up to 3-4 days. Trim the stems, place in a jar or vase of water, change the water every day or Cover over the top of the cilantro with a plastic bag and place the jar in the refrigerator. [25 Fresh Cilantro Recipes With So Much Flavor - Insanely Good \(insanelygoodrecipes.com\)](#)

**Kohlrabi-** remove the leaves and store in a separate plastic bag in the refrigerator. Use the leaves within 3-4 days. The kohlrabi will last up to 2 weeks.

To store fresh cucumbers-be sure cucumbers are dry, place in a plastic bag and store for up to 5 days in the vegetable crisper.



## Week 26 2023—October 17th—October 23rd

Thank you to Jennifer Barone for her Facebook post thanking and celebrating farmers on their day. The team certainly appreciates being recognized for all that they do. As a group I know that we realize the work that continues throughout the year is a benefit to all of us. It means everything to everyone to see the boxes each week filled with beautiful fresh produce. A little-known fact is that many of the farmers at times change hats and they are helping with school tours. Their role changes from planting and harvesting to driving a tractor that pulls a hay wagon filled with children, teachers, parents, aides, school nurses and sometimes bus drivers. Everyone is always thrilled with the beauty of the farm. As a guide and a teacher, I realize how our roles change constantly when giving information and leading every different age group, from age 3 to 17.

As I take the hayride each day with children out to the pumpkin patch, I can see everything growing and I see so many crops coming to the end of the season. After picking a sugar pumpkin our tour groups walk toward the compost pile to reboard their hay wagon. This gives me a chance as a guide to explain that if we cannot sell the produce it is put to good use by going back to eventually give nutrients to the soil that will help the plants to thrive. I am including a recipe this week that uses the broccoli stems. Just one more way to decrease the waste of produce in the kitchen!

The new apple in the shares this week is Empire. This apple was named after the state where it was developed. Actually, Cornell University is given credit for this apple that has been around since 1940. Most of the Empire apples grown in this country still come from New York State. A popular apple if for no other reason the gorgeous deep red blush. The parents of the Empire are Red Delicious and Macintosh, the Empire has the best features of both parents. This is another perfect lunch box apple, if they get moved around a bit, don't worry, they don't easily bruise. Most of these apples are just the right size for snacking on. They are well known for eating out of hand. Empire apples are not keepers, they are best eaten sooner rather than later. They do appear on many lists as one of the top ten apples in the country because of their flavor profile and their texture when baked. I can find sights where they are recommended for a pie or a crisp so enjoy. It is the perfect weather to have an apple dessert baking and giving off that well-known aroma!

Today I read an email about Thanksgiving Pies. It made me think about how close we are to the holiday. I am hoping that in the next few weeks you will start to post some apple desserts that you have tried and enjoyed. I think of Thanksgiving as a weekend. Not just one big dinner. There always seems to be other guests. Some may be spending just an afternoon however some may be with you for a few days. It is always inspirational to get ideas from the group.

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

*Until next week, enjoy the freshness!*

*Jenn Borealo*



# Week 26 Harvest

Empire & Gala Apples

Pears

Broccoli

Summer Squash

Scallions

Radishes

Kale

Sweet Peppers

Eggplant

Beets

Beans

Carrots

Cilantro

Fresh-Pressed Cider

*\*\*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 Root Vegetables

Use the root veggies that you have on hand. Change the ingredients as the season progresses.

3-6 Tbsp. olive oil

Salt and pepper

1 beet, peeled, sliced

2 carrots, peeled and cut into chunks

2 parsnips peeled and cut into chunks

2 turnips or kohlrabi peeled and sliced. Cut into thick slices or chunks

1 bunch radishes, halved

2 potatoes or sweet potato, cubed

1 onion, yellow or red cut into chunks

Fresh thyme leaves

Preheat the oven to 425

Pieces of vegetables should all be about an inch or so with similar thickness. Place all vegetables into a large bowl toss with oil and salt and pepper. Line a baking sheet with parchment and spread vegetables in a single layer. Roast for 20-25 minutes. Sprinkle with thyme leaves, toss, stir, roast an additional 15-20 minutes. Vegetables should be tender, with lightly browned edges. Serve hot. Or serve leftovers tossed with arugula and a vinaigrette or use leftovers in soup.

\*Note- Not a root vegetable, however winter squash can be added to the mixture.

\*\*We have also added chunks of apples to the sheet pan for a different touch.

\*\*\*Slice a leek instead of onion

## Broccoli Stalk, Celery, and Radish Salad

3 or 4 large broccoli stalks (from 2 to 3 lb. broccoli; reserve florets for another use)

6 medium radishes, thinly sliced or cut into wedges (about 1 cup)

1 celery heart (about 3/4 lb.), trimmed and thinly sliced on the diagonal (including the leaves)

1/3 cup loosely packed parsley leaves, chopped

1-1/2 Tbs. extra virgin olive oil

1 Tbsp. fresh lemon juice

Fine sea salt and freshly ground black pepper

1-1/2 oz. Parmigiano-Reggiano, shaved with a vegetable peeler (about 3/4 cup)

Using a vegetable peeler, remove the tough outer layer of the broccoli stalks, so that you have the tender interior. Trim away any tough ends and edges. Cut the stalk in 1/2 lengthwise creating a flat surface. Slice the stalk as thin as possible. Transfer the slices to a medium bowl. Add the radishes, celery, and parsley. Toss the vegetables with oil, and lemon juice. Season to taste with salt, and pepper. Chill for 30 minutes before serving. Sprinkle with the cheese just before serving.

Adapted From: [Finecooking.com](http://Finecooking.com)

## Kohlrabi Carrot Fritters with Avocado Cream Sauce

2 kohlrabi

1 carrot

1 egg

1/4 teaspoon kosher salt

1/4 teaspoon cayenne

1/2 cup grapeseed or vegetable oil (enough for 1/4-inch depth in a large skillet)

1/2 avocado

1/4 cup plain yogurt

1/2 lemon

1/4 teaspoon kosher salt

Green onions (for garnish)

Cut the leaves off the kohlrabi and peel the bulb. Peel 1 carrot. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth or paper towel to remove moisture. In a medium beat 1 egg, 1/4 teaspoon kosher salt, and 1/4 teaspoon cayenne. Add the vegetables and mix to combine. Place 1/2 cup oil in a large skillet (enough for 1/4-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then turn to brown the other side.

Remove to a paper towel lined plate or tray. In a small bowl, mash 1/2 avocado, add the 1/4 cup plain yogurt, juice from 1/2 lemon, and 1/4 teaspoon kosher salt to make the avocado cream (or ingredients can be combined in a food processor. Serve fritters hot or at room temperature with avocado cream and sliced green onions. Adapted from: [a couple cooks.com](http://a couple cooks.com)