

Storage Tips & Tricks

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.

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

Peppers can be stored in a plastic bag in the refrigerator for up to two weeks.

Mexican Stuffed Bell Peppers Recipe - Momsdish Use the cilantro in the share to garnish the dish when serving.

Onions: store onions in a cool dry place. Do not store in plastic.

Carrots and radishes and beets– remove the carrot tops from the root and store separately using the greens within a couple of days. www.washingtonpost.com/food/2022/08/22/how-to-use-vegetable-tops-greens/

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.

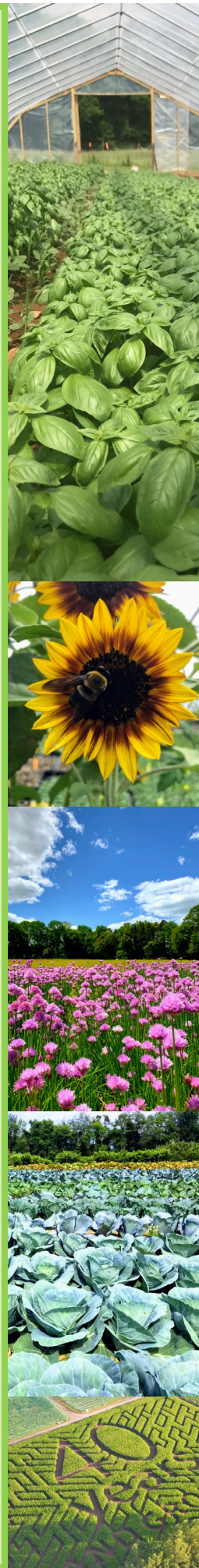
Cilantro: wrap the cilantro in paper towel and then place in a bag in the refrigerator for up to a week. Cilantro will also keep in the counter for up to 3-4 days. Trim the stems, place in a jar or vase of water, change the water every day or Cover over the top of the cilantro with a plastic bag and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

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.

Lettuce: lettuce must be dry before storing. Lettuce is best stored wrapped in a dry paper towel in a plastic container or plastic bag in the refrigerator for up to 5 days.

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

Tomatillos- can be stored at room temperature for a few days. To store in the refrigerator a paper bag is preferred. Remove husks when ready to cook.



Week 27 2023—October 24th—October 30th

The Hunters Full Moon on Saturday, October 28th will light the sky giving the farmers a chance to finish their work while visitors will have an evening Harvest Moon Hay ride with the same beautiful light. It is a busy time of year putting some of the fields to bed and keeping some of them alive through the colder weather. We are still growing, even the high tunnels and green houses have some crops growing as we plan for the shares to come until Thanksgiving and the Holiday extension. Early in the week we will have a chance for the first frost of the season.

The weather is changing, and we are getting closer to the end of our journey. If you are thinking about extending the season with fresh produce, take a look at your e-mail and think about signing up for the Holiday shares. Along with that information you will find the automatic sign up for next year at the best prices available. We hope that you are all planning to join us in 2024.

There will be some Macoun apples in your share this week and the new apple will be the Cameo. Once again this is an apple that is usually found only on farms and at farmers markets. The parents are believed to be the red delicious and the golden delicious as the seedling was a chance find in between the two orchards in Dryden, Washington State in 1987. The Cameo apple is most probably a cross between the two varieties. The Cameo apple is a little sweet and a little tart with hints of honey, and some say a hint of pear. They are the perfect eating apple, will work well in sauce and many do recommend for baking and even as an addition to your pies.

I think that the treat this week will be red peppers. It is late in the season, and we have not had a frost, so these peppers have had a chance to develop from green to this gorgeous flavorful red! They, are actually green peppers that are left on the plant to ripen further, and they could not be sweeter. Not only are they delicious, but they are also even better for you than the green variety. Red peppers are higher in vitamin C and vitamin A, so all good things come to us as we were willing to wait! There are enough bell peppers in the shares for most of you to cut in half and stuff for a main dish. With eggplant in the shares, it might be a good time to try AnnMarie Di Chiara Guenther's recipe post on Facebook. It is a recipe that you could make your own adding ingredients as they are available. There are so many vegan choices of cheese the recipe could probably be adjusted to that diet as well.

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

Garlic Butter Rice with Kale

MARINATED KALE:

7 cups kale sliced leaves, tightly packed (1cm / 2/5" slices) (Note 1)
2 tsp extra virgin olive oil
Salt and pepper

GARLIC BUTTER RICE:

1 Tbsp olive oil
1 tbsp (30g) unsalted butter
3 - 4 large garlic cloves, minced
1 1/2 cups uncooked white rice
2 3/4 cups chicken broth (or vegetable)

FINISHING:

1 - 2 tbsp (15 - 30g) butter (Optional)

1/3 - 1/2 cup chopped or slivered almonds (or other nuts / seeds of choice) Place kale in a large bowl. Drizzle the kale with olive oil, sprinkle with a small pinch of salt and pepper and massage using your hands for 30 seconds to a minute and set aside. Heat olive oil and add the butter in a large pot over medium heat. Add garlic and stir for 1 minute or so until the garlic is just starting to turn golden and is very fragrant. Add the rice, stir for 10 seconds. Add the broth, stir, and then cover.

Turn the heat down to low so the liquid is simmering very gently. Cook for 12 - 15 minutes until most of the liquid is absorbed (tilt the pot to check). Quickly toss all the kale on top of the rice, put the lid back on then remove from heat. Rest for 10 to 15 minutes. Rice should be tender. All liquid should be absorbed. Fluff rice with fork, stirring kale through. Lastly, stir through extra butter (optional) and add salt and pepper to taste. To serve, sprinkle with nuts (or stir nuts through rice). Adapted from: recipetineats.com

Note: Remove kale leaves from the stem by grasping the thick base of the stem then running your hand up the stem to remove the leaves. Discard thick stalk. Roll up the leaves tightly then slice. Use about 7 handfuls which is about 7 cups jam packed with chopped kale leaves.

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

Week 27 Harvest

Cameo Apples

Broccoli

Scallions

Kale

Eggplant

Beans

Cilantro

Spinach

Summer Squash

Radishes

Sweet Peppers

Beets

Carrots

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.*

Sheet Pan Garlic Parmesan Roasted Broccoli and Green Beans

2 heads of broccoli, stems removed and cut into florets
12- ounces green beans, ends trimmed
1 cup grape or cherry tomatoes or 1 cup cubed tomato
1/3 cup freshly grated parmesan cheese, divided
1/4 cup olive oil
Juice of half a lemon
1 tablespoon minced garlic
Salt and pepper, to taste

Preheat the oven to 425°F. Spray a baking sheet or tray with non-stick cooking oil spray or line the pan with parchment paper.

Place the broccoli and green beans in a large bowl and add 1/4 C of the parmesan cheese and drizzle with olive oil and lemon juice. Toss to cover the vegetables completely with dressing.

Move the vegetables to the prepared tray and spread into a single layer.

Add the tomatoes to any remaining dressing in the bowl. Sprinkle with salt and pepper and set aside. Roast the broccoli and beans for 15 minutes. Carefully remove the sheet from the oven. Place the tomatoes around the vegetables on the pan. Flip any vegetables that are browning. Lower the temperature to 400 and return the pan to the oven, rotate the pan if necessary to cook evenly. Continue to roast for an additional 15-20 minutes, or until the broccoli is tender (the florets should have a nice crisp edge). Top with the remaining 1- 2 tablespoons of parmesan cheese and serve immediately! Salt and pepper to taste.

Adapted from: cafedelites.com