

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.

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, develop a strong cabbage flavor if stored for too long. Simple roasting: cut the tough stem. Sprouts may drop a few leaves. I like to cut the large sprouts in ½. Place all sprouts and leaves into a bowl. Preheat an oven to 425.

Drizzle with a Tablespoon or two of olive oil and sprinkle with salt. Toss. place in a single layer on a parchment lined pan. Roast for 20-25 minutes and move around, shake pan 1/2 way through. Leaves will caramelize before the sprouts. Optional, before roasting- add some chopped garlic, thin slices of red onion, small pieces of partially cooked bacon or pancetta when seasoning. After roasting: drizzle with a little lemon juice just before serving.

To store Bok Choy or Baby Bok Choy wrap in damp paper towel and place in a plastic bag. Store in the hydrator drawer of the refrigerator for up to 5 days

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 - Momdish

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

Radishes– remove the radish 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.

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.

Cherry Tomatoes – Remove the tomatoes from the plastic container. Store at room temperature and use within a few 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. “what to do with all those cherry tomatoes.”

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 28 2023—October 31st—November 6th

Another busy week at the farm with hay wagons full of children of all ages taking a ride out to the apple orchard or the pumpkin patch. It is such a beautiful time of year and the view from the wagon is spectacular. Add the full moon that kept the sky light this weekend in the evening and I think that we have experienced a few perfect fall days here on the farm.

As for shares we are still receiving the last that summer has to offer along with Brussels Sprouts that give us that touch of late fall. I hope that you will start to post your favorite recipes on Facebook as you prepare them. Brussel Sprouts have been a fixture on Thanksgiving tables for years now. In recent years they have been received with much more enthusiasm since we have been using dry heat methods instead of moist. For years they were boiled or steamed bringing out the cabbage flavor. Roasting or sautéing brings out the sweetness that we all love. The changes didn't stop there. There are many recipes using them in salads as well.

It is no secret that cruciferous vegetables should be included in our diets. High in fiber and low in calories and fat will always be considered a winning combination. Vitamin C, A, and K are all present. The antioxidants are strengthening immune systems. This family of vegetables has always been sighted for their cancer fighting properties. With broccoli in the share we could be serving this family of vegetables every night this week.

Fuji is the apple in our shares this week. Fuji apples are said to be one of the sweetest apples available. This apple is one that was developed in Japan and the original seedling is still in an orchard there. Red delicious is one of the parents, and Rall's Janet the other. The apple was released in 1930. Fuji apples are later season apples, and they are considered to be good keepers so they are a variety that can be found in supermarkets year-round. They should work well in the “Rose” recipe this week.

If you have questions about renewal or extending the season, call 908-879-7189 or send a message to Trish@alstedefarms.com. If you have a recipe or something to share, send to me, jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Apple Rose Pastries

3 apples
2 sheets of puffed pastries thawed
6 Tablespoons of apricot preserves
4 Tablespoons of water, or cider or 2 T brandy and 2 T water or cider
juice of ½ a lemon or 1 Tablespoons of lemon juice
1 t cinnamon
¼ c sugar

Thaw the puff pastry according to package directions. Cut the apples in half and remove the core and core ends. Slice the apple halves very thin. Place apples into a microwaveable bowl. Cover with water. Squeeze in the lemon juice and stir gently. Microwave for 5 minutes, apples should be slightly tender, they will have to bend without breaking when rolled

Drain the apples and set aside. Line 12 muffin cups with a square of parchment paper. Unfold the puff pastry. Cut each of the 3 sections in ½ lengthwise, sprinkle with a little flour as needed. Roll to so that the pastry is a couple of inches longer and a little wider. Warm the jam and added liquid to make it a little easier to spread. Spread the apricot jam onto ½ of the strip of pastry. Check the apples, they should be completely dry. Blot with paper towel as needed.

Place 8-9 slices of apples slightly overlapping along the length of the pastry, the peel should be visible along the outside edge, the core side in the middle. Sprinkle a teaspoon of cinnamon and sugar over the apples. Fold the pastry in ½ to cover the apples, peel should be visible. Starting at the end, roll the apple filled pastry gently to create the rose. Place the spiral into the lined muffin pan. Continue until you have filled the pan with 12 roses.

Cold pastry will puff better than pastry at room temperature. Place the muffin pan into the freezer for an hour. When ready to bake preheat the oven to 400. Place the pan in the middle of the oven and bake for 10 minutes. Lower the temperature to 375 and continue to bake for 30 – 35 minutes.

Allow to set for a few minutes before removing from the pan. If pastry is getting too brown cover lightly with a sheet of foil. Sprinkle lightly with powdered sugar. Serve with a little whipped cream or ice cream. These are great right out of the oven and best eaten the same day. Re-heat in the oven if needed. Adapted from: tosimplyinspire.com

Week 28 Harvest

Fuji Apples

Broccoli

Scallions

Kale

Eggplant

Beans

Cilantro

Spinach

Bok Choy

Radishes

Sweet Peppers

Beets

Lettuce

Cherry Tomatoes

***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.*

Absolutely Delicious Brussels Sprouts and Apples

2 lbs. brussels sprouts

2 fuji apples, diced

¼ c olive oil

¾ t kosher salt

¼ t pepper

Preheat the oven to 400.

Rinse the brussels sprouts and trim the stems. Remove any brown or damaged leaves. Drain and dry the sprouts. Cut the brussels sprouts into halves and quarters depending on size.

Place the brussels sprouts into a bowl and add the apples. Drizzle with olive oil and season with salt and pepper. Line a baking sheet with parchment and spread the mixture into a single layer.

Roast in the center of the oven for about 40 minutes, tossing every 15 minutes to be sure all sides brown evenly.

Adapted from: theprettybee.com