

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.

Potatoes-keep potatoes in a cool, dark, dry, place, in a paper bag. Potatoes should never be refrigerated.

Basil-Remove dead stems and leaves, snip ends and gently pat dry. Place stems in container filled with water, do not submerge the leaves. Cover over the top of the basil with a plastic bag to create sort of a greenhouse. Never refrigerate basil. Wash leaves as needed. If you change the water daily the herbs will keep for up to a week on the counter.

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 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 - Mommsdish

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

Radishes, Carrots, Beets– remove the tops from the root and store separately using the greens within a couple of days.

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.

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.



Week 29 2023—November 7th— November 13th

When the first CSA's became available to help farmers years ago, there was very little choice. Harvey certainly wasn't there to help. It had more to do with what the farmer had harvested in abundance. So, if we were still working from that original model, we could probably fill the boxes this week or for a few weeks with onions. Of course, that will not happen. I do find however that I appreciate onions in the shares. Aromatics help us to season and add flavor and texture to everything else in our shares and other parts of the meal as well. I have a hard time serving a steak or even a burger without caramelized onions. If I am preparing pierogies I want some onions to smother them. Think about most of the leafy greens and the green bean recipes you have prepared this season, you probably added onions. As we look toward Thanksgiving, I can think of a few recipes that would never be the same without the addition of chopped onion. This bulb vegetable can be the star in some favorite dishes like onion soup, onion rings, onion tarts, or the even the blooming onion!

Onions flavor our foods, and they are very good for us too. Most of us would be happy to know that onions are low in calories. Onions can help you fight disease due to the antioxidants and antibacterial properties. Onions are high in vitamin B, C, and potassium. It easy to add onions to your diet and onions are an ingredient that can be consistent in your meal planning throughout the year.

Even in the chilly weather that we have had in the past week we continue to tour bundled up school children every weekday morning at the farm. As a tour guide, for school tours, I realize that most of our guests, children and adults are not aware that different varieties of apples are not ready for picking or ripe all at the same time. We talk about some of the apples that are not ready until late in the season and believe it or not the first of those November apples are in the shares this week. I know that I mention farm favorites along the way, but this apple does take the cake around the farm. Well. the wait is over, the Pink Lady is in the shares this week.

I really didn't know much about this apple until recent years. It was, however, developed in the 1970's in Australia. Pink lady is a trademark name. The actual name is Cripps Pink. The apple was named after John Cripps who crossed the well known Golden Delicious with a lesser-known apple to us, the Lady Williams. I can only hope that all of you will love and enjoy this apple the way that so many of us do here on the farm! Pink Ladies are a great apple to eat out of hand. They can also be added to many of your baking and cooking recipes successfully so enjoy every bite!

It is hard to believe that is November and as I am writing to you on Saturday, we are thinking about how the clocks will change early tomorrow morning. We are coming closer every day to the end of our journey for 2023. If you have any questions about joining us in 2024 or you are thinking about extending the season and joining us in December contact Trish@alstedefarms.com or call 908-879-7189. If you have anything to share, maybe you have an exciting Thanksgiving recipe that we would all enjoy, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Caramelized Onion Tart with Gorgonzola

2-3 yellow Onions, sliced thin

2-3 T olive oil

1/2 t Salt

2-3 T white wine

Dolce Blue Cheese or Blue Cheese of choice

Heat oil in a non-stick skillet, do not allow oil to smoke. Add the onions and allow them to release moisture. Stir frequently. Onions will begin to brown, about 10-15 minutes. Reduce the heat to medium-low and allow the onions to continue to cook for 20 minutes or longer. Remove from heat and remove the onions from the pan. Add wine to the pan and de-glaze. Pour wine over the onions. Cool, yield, filling for 1- 8" tart or 12-15 mini tarts.

Cream Cheese Pastry

1 cup all-purpose flour

1/2 teaspoon salt

3/4 stick (6 tablespoons) cold unsalted butter, cut into bits

4 ounces cold cream cheese, cut into bits

Blend the dry ingredients add the butter and cream cheese, cut in using a pastry blender, your fingers, or set up in a food processor and pulse. Dough will form a ball, flatten slightly. Dust the dough with flour and chill it, wrapped in plastic wrap, for 1 hour. The dough may be made 1 day in advance and kept wrapped well and chilled. Roll out pastry to 1 1/2" larger than the tart pan, fold into quarters and fit into an 8" tart or spring form pan. Prick the dough with a fork and cover dough with buttered foil and dry beans or pie weights. Bake @ 450-10 minutes. Remove the foil. Bake @ 350 for 8- 10 minutes or until the crust is golden brown. Remove from oven, cool on a wire rack when cool completely, fill with caramelized onions, spoon dollops of dolce gorgonzola over onions. Return to oven and bake at 350 until the cheese is melted. Serve in small wedges.

***Puff pastry sheets or a thin pizza crust will work as alternates for this crust recipe.

Week 29 Harvest

Pink Lady Apples

Broccoli

Carrots

Kale

Basil

Beans

Cilantro

Apple Cider

Bok Choy

Radishes

Sweet Peppers

Beets

Lettuce

Green 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.*

Onion, Potato, and Apple Soup

2 T butter

1 T Olive Oil

4 yellow onions peeled quartered, and sliced thin

Caramelize onions slowly cooking over low to medium heat in the butter and olive oil, about 25 minutes.

add

2 apples peeled and cubed

1-2 large potatoes peeled and cubed

Pour in 1 cup of apple cider

And 3 cups of vegetable or chicken broth.

1 t of salt or to taste

Simmer for 30 minutes or until the apple and potato are tender

Serve