

## Storage Tips & Tricks

**To store fresh arugula-** remove rubber bands rinse in cool water, drain and completely dry. Wrap in paper towel and store in a plastic bag or container refrigerate for up to 5 days.

**Store fresh cauliflower:** keep in a plastic bag in the refrigerator. Prepare cauliflower within a couple of days for the best flavor. Cauliflower will keep up to a week. Cauliflower Pizza Crust Recipe (Step by Step) - iFoodReal.com

**Rutabaga –** Store in a cool moist atmosphere. The refrigerator crisper drawer Wrap in a moist cloth or paper towel. Place into a plastic storage bag. Rutabaga should last for a couple of months.

**Tomatoes -**at this time of the year tomatoes can be picked from the field before frost and ripened in the packing house or they might have been grown and harvested from the greenhouses. If they are not quite as red as you like, place in a paper bag with an apple. Check the tomato everyday to see if it has fully ripened.

**Pumpkins-** these are sugar pumpkins, and they can last months in the right conditions. Pumpkins in the shares have been harvested over the fall season. Keep them in a cool place until you are ready to use them. See directions for roasting

**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. 13 Delicious Brussels Sprout Recipes to Try (realsimple.com)

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

**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.

**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. French Onion Meatballs Recipe | The Kitchn

**Radishes and Beets–** remove the 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/](http://www.washingtonpost.com/food/2022/08/22/how-to-use-vegetable-tops-greens/)

**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 30 2023—November 14th— November 20th

It is that time of year. You can't pass a magazine, a supermarket display, or flyer and even e-mail blasts without something being said about Thanksgiving dinner ideas. It is time to order Turkeys and to write menus so that you can get started with some early preparation now. To start you off there will be sugar pumpkins in the shares. This is the perfect time to roast the pumpkin and puree the flesh so that it will be ready to use in some of your favorite recipes.

The shares this week will have plenty of vegetables that can handle the colder weather. Brussel Sprouts, cabbage, cauliflower, kale, and kohlrabi are all from the same brassica family. Cauliflower stands out being one of the only white vegetables that are available. All of the vegetables in this family are known for being high in fiber and they are all loaded with antioxidants. Every one of these vegetables will be found on the lists for fighting heart disease and cancer. With only a trace of fat and cholesterol these vegetables are great for all diets.

Cauliflower has become more and more popular in the last few years with the development of some new innovative recipes including cauliflower rice, cauliflower steaks, and even cauliflower pizza crust. Gluten free, non-starchy, vegetarian, and depending on the recipe, vegan so everyone can enjoy!

From the first tour that I give, to the first day in the early fall that I work in the Pavilion the most asked apple question will always be, "do you have Granny Smith apples." In September and through most of October the answer is "not yet." Guests who are out in the orchard will pick Granny Smiths throughout the season, ignoring the signs that say, "Not ready yet." It always amazes me that the red delicious that was the number one apple for many years and now the gala that has taken that position over is never requested or sought after. No one really asks for them. Interesting to say the least.

Maria Ann Sherwood was married to Thomas Smith, so over the years she became known as Granny Smith. This apple was discovered on a tree found by chance in a compost pile in Australia where Maria lived. She, in a previous season, had thrown many scraps from some crab apples into the compost when preparing and baking apple pies. The parents are not known for sure, but the thought is that the crab apple was crossed with a domestic orchard apple to develop the Granny Smith. Some believe that the other parent could be the Rome apple. I would think that if that was the case Granny Smith apples would have at least a bit of red skin. Anyone who is looking for a tart apple is waiting for the Granny Smith. They are delicious, versatile, and good keepers. Granny Smith apples are great in salads, for baking, and for pies. I however like to mix apples in a pie if I am including Granny Smith.

Trish is available to answer any administrative questions that you may have. Call 908-879-7189 or [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com). If you have a recipe or anything to share, send to [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com).

*Until next week, enjoy the freshness!*

*Jenn Borealo*

## Roaster Cauliflower Steaks

Serves 2-4

1 head cauliflower  
1/2 teaspoon kosher salt  
1/4 teaspoon black pepper  
1/4 t garlic powder  
1/4 teaspoon paprika  
2 T olive oil  
1/2 T chopped fresh parsley  
Lemon wedges (optional)

Adjust one of the oven racks to the lower third position of the oven. Preheat to 500°F (260°C). Line a baking sheet with parchment paper.

Remove the outer green leaves from the head of the cauliflower and trim the stem. Using a large sharp knife, cut the cauliflower in half lengthwise through the center. Cut a 1-inch-thick steak from each half. If the head is large, carefully cut one more steak from each cut side. Trim any florets not connected to the stem. There should be 2-4 pieces in total. Place them on the prepared rimmed baking sheet.

In a small bowl mix together the dry spices. Brush both sides of the steaks with olive oil. Evenly sprinkle the seasoning mixture on both sides.

Tightly cover the baking sheet with foil and roast for 5 minutes. Use caution removing the foil and lower the temperature to 425. Turn the cauliflower steaks and continue roasting for 10 minutes. The stem should be fork tender. When ready to serve, transfer to a serving platter and garnish with parsley and lemon wedges. Use the remaining pieces of cauliflower to roast florets or cut for cauliflower rice. Adapted from: [Jessicagavin.com](http://Jessicagavin.com)

## Roasted Pumpkin Seeds

3/4 cup pumpkin seeds  
salt  
1-3 t olive oil

Preheat oven to 300 degrees F. Clean off pulp from the seeds, wash in deep water, allow the soaking seeds to sit for 10 minutes, seeds will float, pulp will sink. Using a slotted spoon remove the seeds onto towel or paper towel. Drain and dry the seeds. OR- Optional: soak overnight in lightly salted water or boil for 8-10 minutes in lightly salted water, drain and dry. Preheat oven to 325 degrees F. Toss the seeds with olive oil and salt. Add a little cayenne or chili powder for spice. A little cinnamon and brown sugar is delicious, but you will need to keep a closer eye on the oven, sugar can cause the seeds to burn. Bake for about 30-40 minutes, stirring occasionally, (about every 10 minutes) until golden brown. Seeds will become more crisp as they cool.

Adapted from: [bonappetite.com](http://bonappetite.com)

# Week 30 Harvest

Granny Smith Apples

Cauliflower

Carrots

Kale

Sugar Pumpkins

Beans

Cilantro

Onions

Arugula

Radishes

Peppers

Beets

Lettuce

Pink/Red 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.*

## Fresh Pumpkin Preparation

Fresh pumpkin can be roasted, pureed, and used in recipes. A fresh sugar pumpkin is going to be a little higher in water than you would find in a can so you will have to adjust other liquids accordingly. Cut the pumpkin in ½ and roast it upside down on a baking sheet lined with parchment paper. Bake at 350 for about 45 minutes to an hour. The pumpkin skin will brown, and the fork will pierce easily. Allow pumpkin to cool, scoop the pumpkin out of the skin into a food processor. Process for about 30 seconds or until smooth.

Canned pumpkin is not pumpkin but squash. I always thought that it was Hubbard squash, but it is a Dickinson Pumpkin, an heirloom variety. They look very much like a large butternut squash. If you like the thick dark orange of canned pumpkin especially in pumpkin pie use ½ fresh, ½ canned. Sugar pumpkins are also known as sugar pie pumpkins. They have a high ratio of seeds for their size. Years ago, the actual pumpkin was used to bake the pie filling in. Crust is the unhealthy portion of the pumpkin pie, maybe we should go back to that method. It would also make pumpkin pie a gluten free dessert. Pumpkin really doesn't have much of its own flavor. Once sweetened, it is the spice that creates the aroma that we identify with pies and breads and cooking and baking with pumpkin.