

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. 20 Best Apple Cider Cocktails - Insanely Good (insanelygoodrecipes.com)

Winter Squash -To store fall or winter squash: Winter squash should be stored at room temperature in a dry location like the kitchen counter or cupboard. Some Tips- Use winter squash in place of pumpkin in your favorite muffin or bread recipes. Peel and cut into squash chunks- and roast with root vegetables or with apples Simple Roasted squash. Slice the squash in-half lengthwise from the stem to the bottom. Scoop out the seeds and place the squash face-down in a shallow pan with a little water (just a thin layer of water or cider will work) or without. Roast for about 40 minutes (until fork tender), then turn the squash face-side up, add a little butter season with and either cinnamon or sage, Sweeten a little with brown sugar is desired and roast until completely done, another 10-15 minutes. Roasted Pumpkin/Squash Seeds pumpkin seeds, pulp removed, rinsed, dried salt Preheat oven to 300 degrees F. Spread pumpkin seeds in a single layer on shallow baking sheet. Sprinkle with salt Bake for about 45 minutes, checking and turning occasionally, until light golden brown.

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 every day to see if it has fully ripened.

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.

Peppers -can be stored in a plastic bag in the refrigerator for up to two weeks. Mexican Stuffed Bell Peppers Recipe - Momsdish

Onions- store onions in a cool dry place. Do not store in plastic. French Onion Meatballs Recipe | The Kitchn

Radishes, Carrots, Parsnips – remove the tops from the root and store separately using the greens within a couple of days. Parsnips should come to you without the tops. Parsnip tops can be toxic so remove and compost. Roast root vegetables together and add some cubes of butternut squash to the pan too.

www.washingtonpost.com/food/2022/08/22/how-to-use-vegetable-tops-greens/



Week 31 2023—November 20th—21st

By now you have made a list and you have been working on the Thanksgiving dinner menu in one way or another. You may be the host, or you are a guest and you have been given an assignment or a few dishes to prepare. Looking at the menu, be sure that you are considering color, texture, and temperature. If you are using the items from the share, we have green, and orange covered. Be sure that you are ordering some cranberries so that you have that gorgeous red on the table and I am including a favorite recipe from a member, Jessica Micek for Cole Slaw. There should always be something cold when serving a hot meal and along with the cranberry sauce this coleslaw will be a refreshing addition to your meal plan. I am hoping that all of you will find a little time to relax during the weekend. Maybe it would be time to try an apple cider cocktail, take a look at the link in the tips.

An important plan for the production team when it comes to the shares this week is the apple or apples that have to be considered good and baking and for pies. You will find a mix of apples in your shares this week that will work well in all of your baking recipes, especially your pies.

Winesap is an old heirloom apple and the origin, and first mention of the apple is in New Jersey. The parents of the apple that we have discussed throughout the season are not known. Winesap is a late season apple. It is picked in late October, even early November. It is known to have a long shelf life so if this is going to be your last share for the season this is an apple you may keep for a bit.

The Braeburn apple will be one of the other apples in the share. The Braeburn is the offspring of the Lady Hamilton and possibly the Granny Smith. Braeburn apples are a New Zealand apple that has become a very popular. This apple, again, is a very late apple. It has been said to have complex flavors that many popular apples cannot match, and that the Braeburn apple can be considered the standard that many other apples will be judged against.

We have had a beautiful season of shares. A little too much rain in the late summer and early fall did cause some issues for winter squash. We know however that you cannot plan a Thanksgiving dinner without squash on the table. Butternut squash will be the variety in the shares this week. You can peel cube and roast it, or puree as in the recipe in the packet. If you have leftovers prepare the roasted butternut squash soup recipe that is on the website.

I am hoping that many of you will be joining us through December but if that isn't possible or part of your plan then it is time to say that we here at Alstede Farms are all happy that you were with us for the journey in 2023. We are already planning and working toward the 2024 season, and we hope that you will be along with us. Before we part, we, all of us here at Alstede farms, want to wish all of you and your families a very happy Thanksgiving and Holiday Season. We hope that if you have the chance you will stop by to see us during the winter months.

If you have any questions about the Holiday Harvest Shares or Season 2024 send a message to Trish@alstedefarms.com or call 908-879-7189. As always, if you have something to share, send to jenn@alstedefarms.com

Until next time, enjoy the freshness!

Jenn Borealo

Roasted Rutabaga

1 Medium or 2 Small rutabaga
1-2 T Butter and Olive Oil
Salt and pepper

Wash and peel the rutabaga. Cut into small dice.

Preheat the oven to 425 degrees. Heat the olive oil in a large skillet. Melt the butter into heated oil over medium heat. Add the rutabaga and sauté until the edges and some of the sides start to become golden brown and caramelized. Move to a parchment lined baking sheet, sprinkle with salt and pepper. Roast in a single layer, for 20-25 minutes. Rutabaga should be deep brown and fork tender. Serve immediately.

Pureed Rutabaga

1 Medium or 2 small rutabaga
Salt and pepper
1-2 t butter
Heavy Cream

Wash, peel, and cut Rutabaga into a medium to large dice. Place into a medium saucepan. Fill with cold water $\frac{1}{2}$ " over the rutabaga. Bring to a boil. Add 1t salt to the water. Cook until fork tender 25-30 minutes. Rutabaga should be fork tender. Allow to cook for about 5 minutes more. Drain. Add 1-2 T butter and a little cream. Puree, in a food processor or blend/mash with a hand mixer. Season to taste with salt and pepper. Serve hot.

Boiled Rutabaga

1 Medium or 2 Small Rutabaga
Salt and Pepper
Butter

Wash, peel, and cut rutabaga into a small to medium dice. Place into a medium saucepan. Fill with cold water $\frac{1}{2}$ " over the rutabaga. Bring to a boil. Add 1t salt to the water. Boil 20- 25 minutes until the rutabaga is fork tender. Drain and return to the pan add a tablespoon of butter, salt, and pepper.

I grew up eating boiled, mashed rutabaga. Craig our Farm Production Manager the cubed, boiled recipe. Roasting is relatively new. Roasting brings out sweetness, but the other two recipes remain my favorites. The seasoning is simple for all of the recipes. There are options. Try nutmeg mashed or boiled. Rosemary, thyme, or sage on the roasted. Drizzle with honey or maple syrup. Roast with other root vegetables, winter squash, and sweet potatoes. Rutabaga can be a low carb replacement for potato in your meal plan. These are all side dishes. Option: Add rutabaga to soup, stews, and pot pies.

Week 31 Harvest

Granny Smith & Pink Lady Apples

Apple Cider

Carrots

Kale

Parsnips

Brussels Sprouts

Cilantro

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.*

Mother-In-Law Slaw

1 small head of green cabbage
3 stalks of celery
1 green bell pepper
4 spring onions (scallions)
1/2 c white vinegar
1/4 c vegetable oil
3/4c-1c White Sugar (personal preference)
1 tsp celery seed
1/2 tsp dry mustard
1tsp salt

Shred the cabbage on a grater (same size grater as you would for mozzarella cheese). Chop celery, pepper, and scallions into small pieces. Put in a mixing bowl and toss in the rest of the ingredients. You can eat it right then, but it gets better if you let it sit in the for a day or so (as long as you can keep yourself from "quality control" sampling every now and then). Enjoy!

(Note: you can double the other ingredients if using a large head of cabbage.)