

Storage Tips & Tricks

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.

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 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.

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.

Fennel- wrap fennel in a paper towel and place in a plastic bag. Keep in a warmer part of the refrigerator, like the door or in a drawer. Store the bulb separate from the stems and the fronds. www.foodnetwork.com/how-to/packages/food-network-essentials/what-is-fennel-and-how-to-cook-it

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/
For a black radish slaw, shred carrots, black radish, and an apple. Dress with a little lime juice and honey and oil, salt, and pepper. Optional, add a little chopped cilantro

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.

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



Week 1 Holiday Harvest 2023—December 1st

Writing lists and planning and cooking and baking seemed to go on forever in the last few weeks. It is always so hard for me to believe that Thanksgiving or any holiday is over so quickly. When Thanksgiving ends, we are all looking at the December holidays ahead of us. It will mean more of the same preparation. My plan is to take little breaks so that I can enjoy the season.

If you come out to the Farm Store to pick up your shares take a look around. They are all dressed up for the holidays with trees, wreaths, and decorations. Pies are baking in the kitchen daily and there are goodies that you may be able to use to serve at your holiday parties. You may want to look around for items that could be hostess gifts. I always find that a visit to the farm store at this time of year can put me into the holiday spirit. For a real treat, especially for all of the mini members, take a look at the Alstede website. Think about joining Santa at brunch over one of the next couple of weekends. Reservations are required so make a plan soon.

Snow flurries during the day today and yet we will still have many farm fresh items in the shares this week. We know that some of the crops like Brussel sprouts and broccoli can handle the cold. In some cases, crops are covered in the fields. In the last few years, the farmers have been able to plant in green houses or even in the high tunnels, also known as hoop houses. They are actually greenhouses without heat so sometimes those crops might need to be covered as well. This week we could have lettuce, black radishes, and fennel from the tunnels. The tunnels helped us to start the season early and now they extend the end of the season as well. As always, by now we are starting to make plans for the 2024 season and a new tunnel in Middle Valley is a part of that plan.

One of the varieties of radishes growing in the tunnels is black. A little larger than the traditional radish, stronger in flavor, and with a slightly tougher texture. I have found recipes that shred the radish for slaw, or salad, they can be roasted or sauteed or you can simmer for a soup. It will be a new experience for all of us.

We know that radishes are good for us, and these are no exception. They are loaded with nutrients! They have a high fiber content, and they are great for the immune system and bonus they are low in calories. They might even lower the risk of cancer and heart disease.

Fennel is in the shares this week and I would describe it as small and tender. I did cut off the end and then sliced up from there and added to salad. Slightly thicker slices could be roasted.

This week I am including directions for blanching and freezing Brussel sprouts. It was a question on Facebook. Often when there is a question from one of our members, many of you have the same question. I hope that this information is helpful

During the next four weeks Trish will be available to answer your questions. You can send to Trish@alstedefarms.com or call 908-879-7189. If you have ideas or recipes that we can share, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Brussel Sprouts and Potatoes

1 medium onion, chopped
2 tablespoons butter or 1T butter and 1 T olive oil
1 large potato, peeled & cubed (about the size of hash browns)
1 lb. Brussels sprouts
1 bay leaf
1 sweet red pepper, cut into 1/2-inch x 1-inch strips
1/4 cup chicken or vegetable stock
salt and pepper
chopped parsley (for garnish)

Cut an x on the stem end of the sprouts. Cut large sprouts in 1/2 so that they will all cook in about the same amount of time.

Melt 1 T butter with 1 T oil in a skillet and over medium heat cook the onions.

Remove from the pan and add the remaining butter and the potatoes with the bay leaf. Cook until almost tender. About 10 minutes. add the onion back to the pan along with the brussels sprouts and stock. Cover and simmer for about 5 minutes. Add in the pepper and continue to cook until sprouts and potatoes are tender, and the pepper will be just a little crisp.

Season to taste with salt and pepper and garnish with parsley. Be sure to remove the bay leaf before serving. Adapted from: food.com

Black Radish Chips

1 bunch of black radishes
1-2 tablespoons extra virgin olive oil
salt and pepper to taste

Preheat oven to 425.

Using a mandolin, or a very sharp knife slice the radishes 1/8 " . Place in a large mixing bowl and toss with the oil, salt, and pepper.

Arrange the radishes on a single layer on a baking sheet lined with parchment and coated with cooking spray. Bake at 425 10 to 15 minutes, turn once, until lightly browned and slightly crisp. Remove to a wire rack to cool completely. Serve with your favorite dip. Adapted from: bostonorganics.grubmarket.com

Holiday Harvest Week 1

Apples

Apple Cider

Carrots

Kale

Parsnips

Brussels Sprouts

Cilantro

Broccoli

Rutabaga

Radishes

Tokyo Bekana

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.*

There are recipes that call for blanching Brussel sprouts before roasting so these will be ready. Blanching protects and helps to preserve the color, flavor, texture, and nutritional value of the vegetable.

Trim the ends and remove and discard any outside discolored leaves

Clean in clear cool water.

Divide the sprouts into even sizes

Prepare an ice bath

Bring a gallon of water to a boil and add salt

Never add more than a pound of vegetables to the water at one time.

Small batches work best

Place the largest sprouts into the boiling water and allow the water to come to a boil and time for 5 minutes for large, medium for 4, small for 3.

Remove from the boiling water immediately submerging into an ice bath.

Move into a colander and then onto towels to completely dry

Place the sprouts onto baking pans in a single layer and place in the freezer for a few hours. Move the sprouts into freezer bags and use the straw method to draw out and remove as much air as you can as you close the bag.

Frozen sprouts should last for up to one year

The sprouts will be ready for roasting or Saute recipes, however they will not work in salads after being blanched and frozen.