

Storage Tips & Tricks

Tokyo Bekana- is a tender Asian green. Wash as needed or when you receive it. Either way it must be stored dry, wrapped in or in layers of paper towel. It will last for up to one week. Add to, salads, stir fry. Chicken Stir Fry with Tokyo Bekana - Recipe (exceptionalcomfort.blogspot.com) - Or for a salad idea: <https://mcdougalsfarm.com/wp-content/uploads/2016/01/Crispy-Tokyo-Bekana-Salad>

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

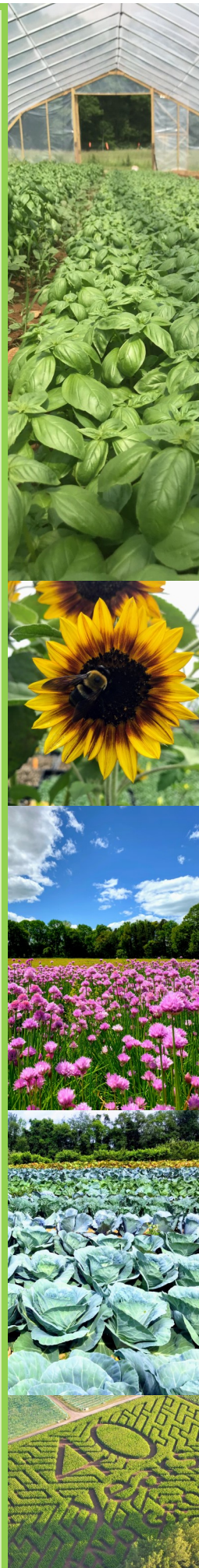
Onions- store onions in a cool dry place. Do not store in plastic.

Carrots – remove the tops from the root and store separately using the greens within a couple of days. Roast root vegetables together and add some cubes of butternut squash to the pan too. 30 Best Carrot Recipes & Ideas | Recipes, Dinners and Easy Meal Ideas | Food Network

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.

Spinach- can be washed and dried before storing. Store spinach wrapped in paper towel or in layers of paper towel. Dried leaves can keep up to one week. Wilted Spinach Salad, Creamed Spinach, Stir Fry, Sauté with Garlic, shallots, onion as a side or as a bed under Chicken, fish, sliced steak, Mix into eggs for omelets or fill the omelet, Wilt spinach into soups, stews, sauces, Greek Spinach Feta Pie, Spanakopita, Quiche, add spinach to smoothies, add to ricotta cheese for Lasagna for Spinach Stem Recipes, take a look at Pantryfun.com

Kidney Beans - the beans will come to you dry. Store in an airtight container in a cool dry place or prepare the beans and freeze. To prepare beans to be added to a dish you will first, boil them for 3 minutes remove from the heat. Allow the beans to sit for 10 minutes. Drain and rinse the beans and add back into a large pan. Cover 2" above the beans with fresh water and bring to a boil add a ½ Tablespoon of salt and lower to a simmer. Cover and simmer for up to 45 minutes. Stir occasionally and test for tenderness. If you have more beans than you can use this week, they can be frozen and they can also be canned. I often cook dried beans and freeze them in portions to use in pasta or rice dishes, or chili.



Week 2 Holiday Harvest 2023—December 8th

Almost every year in the first week of December some of the Alstede management team leave us for the first of the off-season conventions. The Grand Rapids Expo was attended by Craig, Rebekah, and Colin. Everyone attends classes each day and there is a Trade Show as well, so anything new and up to date might catch the attention of the farmers. This is the time of year when the production team can reflect on the season that is soon coming to a close while they plan for the next year. Never a moments rest! To make this year in Michigan just a little more special, Rebekah Alstede Modery was nominated and honored at a reception for young farmers, 40 under 40. Her proud dad, Kurt Alstede and Mary were present for the ceremony. Congratulations Rebekah! Actually, Colin and Rebekah are both under 40, high energy and learning everyday from Hector and Craig. They will be quite the force along with the production team as we move into the next generation of farming!

This past week, I had breakfast with Maxine from our marketing department. On the menu were pumpkin pancakes and roasted apples. For the most part the pumpkin season is over but there is a variety of pumpkin called Dickinson. Finally, after Thanksgiving I had a chance to cut it open, remove the seeds, roast, and puree it. It is an heirloom variety of pumpkin that is used in canned pumpkin. I think about this pumpkin in December because for the last couple of years Craig, our production manager, has purchased seeds for me, as one of my Christmas gifts. The seeds are planted along with the pumpkins hoping for a bumper crop! For two years now there has been a harvest of one. The flesh is a very deep orange, with just a touch of sweetness. For the size of the pumpkin, there are very few seeds. It is a beige pumpkin much like the color of the butternut squash in your share. Purred squash will work in this recipe if you don't have pumpkin. If you are looking for a great breakfast idea, try the pancakes. The recipe is gluten free, however it would work with traditional flour. I mixed up the apples I had left from a few different shares for the roasted apple topping. Another idea would be to think about preparing apple butter if you have some leftover apples from various weeks, it might be time to use them up. With cider in the share this week it is perfect timing. You will not believe the aroma in your house while it is cooking!

Early in the year, in the first shares, you might remember having dried beans as one of the options. For a few years we have grown and harvested French Horticultural Beans. This year we grew kidney beans and black beans as well. They are harvested and dried and can be stored through the winter. They will be on the swap list this week and possibly in shares before we end the season. Beans are a healthy alternative to meat; a great source of protein and they are found in many diets where people live the longest so consider the swap! A little more on this subject next week, stay tuned!

Trish is available to help you if you call 908-879-7189 or send your message to Trish@alstedefarms.com. If you have something to share in the newsletter. send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Pumpkin or Squash Pancakes

½ cup pumpkin or butternut squash puree
¼ c granulated sugar
2 T vegetable oil
1 large egg
½ t apple cider vinegar
½ cup buttermilk
½ cup milk, almond milk, or cashew milk
1 cup gluten free flour mix with xanthan gum*
1 t pumpkin pie spice
½ t cinnamon
1 t gluten free baking powder
½ t baking soda(sifted)

Preheat the griddle to 350 degrees. Pour the vinegar into a liquid measuring cup. Add the milk, or alternate milk and set aside for 10 minutes. In a medium bowl add the pumpkin or squash puree, sugar, oil, and egg. Whisk the ingredients together to be sure that they are well blended. Mix in the milk(s) and blend well.

In a large bowl mix together the flour, spices, baking powder, and baking soda. Add the liquid to the dry ingredients and mix only until blended. Do not overmix.

Using a quarter cup measure, ladle the batter onto a hot griddle. Allow the batter to start to cook around the edges and the centers should be bubbly. Turn the pancakes to continue cooking on the other side. Pancakes should be golden brown on each side. Do not turn pancakes more than once and never press pancake down with turner. Serve hot on warmed plates with roasted apples or all day apple butter, butter and maple syrup. *the mix I used did not have xanthan gum and I did not add it in and the pancakes were light, fluffy, perfect.

Holiday Harvest Week 2

Apples

Apple Cider

Carrots

Kale

Parsnips

Brussels Sprouts

Cilantro

Broccoli

Rutabaga

Kidney Beans

Tokyo Bekana

Bok Choy

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.*

All Day Apple Butter

5 -6 pounds apples - peeled, cored, and finely chopped

½ cup cider

4 cups white sugar

2 teaspoons ground cinnamon

1/4 teaspoon ground cloves

1/4 teaspoon salt

Place the apples in a slow cooker.

Add the cider and start to warm through.

In a medium bowl, mix the sugar, spices, and salt. Pour the mixture over the apples and mix well. Cover and cook on high, 1 hour, keeping a close eye on the pot, stir to be sure that the liquid does not completely evaporate.

Reduce the heat to low. Continue to cook 9 to 11 hours, stirring occasionally, until the mixture is thickened and very dark brown.

Uncover and continue cooking on low, 1 hour. Stir with a whisk, or immersion blender if desired, to increase smoothness.

Spoon the hot apple butter into sterile containers, cover and process or refrigerate or freeze.

*I added the cider to the original recipe. I felt that it was too dry to start off at high heat without any liquid. A little water will work, to start the process as well.

**There are similar recipes that prepare the apple butter overnight.

That way the butter will be hot and ready for canning in the morning.

***Apple butter will keep up to 3 weeks in the refrigerator. 6 months in the freezer.

Adapted from: Allrecipes.com