

Hello Members,

We are truly into fall the equinox was September 22nd. The cooler weather and the changing leaves are surly a sign of a new season. Guests on the farm are enjoying good weather while they harvest fruits and vegetables. The pumpkin patch and the corn maze are great attractions and fun for the whole family. Katie Skelley Mc Donnell had a good time with her family when they attended the Harvest Moon Hay Wagon Event, last weekend.

An apple a day has definitely become a habit lately. As I was having my favorite snack today with a little peanut butter I started thinking about John Chapman, better known as Johnny Appleseed. Just in time, it is his birthday today, September 26th. The perfect time for his birthday is when we have apples in the shares weekly, you can depend on it. The story is that he collected apple seeds from cider mills in Pennsylvania and then of course he planted them. Folklore or fact? It is easy to believe in him since much of our tree stock still comes from Adams County Pennsylvania where there are many orchards. Pears are quite plentiful as well, and they have joined the apples in the last couple of weeks in our shares. Colleen Ryan posted a pear crisp this week that looked delicious. I am trying and posting a recipe using the apples and pears in a crisp, either way the dessert is hard to resist.

Some of you attended the CSA event in August. Chef Johan had prepared some delicious dishes. I think it was the pasta salad with eggplant that was the favorite. The recipes were posted on Facebook this week and I will post them in the tips as well so that you will have them.

Jamie Jurgaitis posted a recipe for ABC smoothies. Since the shares have had apples and carrots a few times and for these 2 weeks, beets are in the shares. I cannot think of anything better to sip during the course of the day. These colors with so many nutrients can only be a boost to your health and well-being. We prepared a smoothie very much like this one a few years ago in a class that was getting attendees started on a health path for the new year. The ingredients for this smoothie will be around through much of the late fall and into the winter months so indulge. I heard from Arlene Stover this week. The beets in her share were quite large, over a pound for a couple of them. Too much for the week. They will last for a couple of weeks, they can be roasted, and then they can also be frozen. Once frozen they can be used in the smoothies or in soups or stews. The texture after freezing would not be recommended for a salad. I will post directions for a beet sandwich I once had at a farm to table event.

Until next week, enjoy the freshness!

*Jenn Boreale*



## Member Weekly Digest

Week 23: Sept 29, 2024 - Oct. 5, 2024

- Radishes
- Beans
- Peppers
- Broccoli
- Scallions
- Arugula
- Spinach
- Kohlrabi
- Squash
- Apples
- Pears
- Lettuce
- Beets
- Kale
- Cauliflower

**YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:**

**\*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.**



**if you need any assistance, please contact us:**

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## Polenta with Broccoli and Sausage

*Recipe created by Jenn Borealo,*

Prepare Polenta according to the package directions\*

- 1 link of Italian Sweet Sausage cooked and sliced
  - 1 small – medium head of Broccoli cut into florets; stems chopped
  - 2 T olive oil, more as needed
  - 3-4 cloves minced garlic
  - 1/2 t crushed hot pepper or to taste
  - 2 c vegetable broth
  - 2 T dry white wine
  - 1/2 T lemon juice
- Add oil to a large non-stick skillet and place over medium heat. Add garlic and cook, stirring frequently, about 30 seconds, garlic can be golden, not brown.
  - Add the broccoli florets and stems. Cook, stirring to coat the broccoli with oil and garlic, 3-4 minutes, broccoli will be bright green.
  - Add broth and simmer until the broccoli is tender. Sprinkle with a little hot pepper. Add wine and lemon, allow to simmer just a minute more. Salt to taste. Spoon the polenta into a serving bowl. Spoon over the broccoli mixture. Top with a few slices of cooked sausage.
  - Sprinkle with a little parmesan cheese to serve
  - Vegetarian or Leftovers, heat the polenta and broccoli and top with a poached or fried egg.

\*Bobs Red Mill Polenta Basic Recipe makes 3 cups. Add a little olive oil or butter and Parmesan to the prepared polenta

### \*Homemade Apple/Pear Juice:

Place peels and seeded cores into a small saucepan. Fill the pan with cold water to cover over about an inch above and bring to a boil. Lower the heat and simmer for about 30 minutes. Strain. Refrigerate.



## Apple & Pear Crumble

*Recipe by Jenn Borealo*

- 2 ripe pears
- 2 small to medium apples
- 1/3 c dried cranberries
- 2 t cornstarch
- 1/2 tablespoons freshly squeezed lemon juice
- 2 T brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 c homemade apple juice\* or cider

### Preheat oven to 375;

- Butter a small baking dish. I used a 6x8" rectangle, a small 7" round would work as well.
- Double as needed.
- Peel, core and slice the pears and apples. Add the cranberries, mix in the cornstarch to coat, sprinkle the mixture with lemon juice.
- Mix the brown sugar and cinnamon together and then add to the pear and apple filling. Spoon fruit into the prepared pan and drizzle with the apple/pear juice.

### Topping:

- 1/2 c flour
  - 1/4 c oats
  - 1/4 c brown sugar
  - 6 T cold butter cut into small pieces
  - 1/4 c chopped walnuts
- Mix together the flour, oats, and brown sugar. Cut in butter using a pastry blender, 2 knives, or your fingers or pulse in a food processor. Mix in walnuts. Spoon over the fruit filling.
  - Place the baking pan over a foil lined tray.
  - Bake in the preheated oven for 20 minutes. Lower the temperature to 350. If topping
  - Is getting too brown, gently cover with a piece of foil. Bake for another 25 minutes. Fruits should be bubbling, topping should be golden. Serve warm
  - Drizzle the plate with some caramel and sprinkle with some toasted chopped walnuts. Spoon over the crisp and garnish with a little sweetened whipped cream.

