

Hello Members,

Today is Thursday and I just got home from the farm. I was helping with tours this morning. There were quite a few school children on tours today. They were picking apples and pumpkins, and some were even enjoying the corn maze. If I didn't know what day it was, I would have said it must be a Saturday. Families were out early with boxes that resemble our half share boxes in tow ready to pick produce out in the fields and the apple orchards. The corn maze was busy and lots of hungry people are in line at the Hen House and at the ice cream counter, yum! Music from the band made everyone feel festive.

Red Jonaprince is the apple this week and it is considered to be a sibling of the Jonagold apple. The Jonaprince was discovered as a chance seedling in an orchard in the Netherlands. They both have the same parentage, Jonathan apples and Golden Delicious. There are some differences. First, the Jonaprince ripens about 2 weeks ahead of the Jonagold. Another difference is that as the name suggests, the Jonaprince is almost completely red and the Jonagold has a little gold and light green coloring. Both apples are considered to be good for baking, something we all have been waiting for, so enjoy! Jonathan apples have always been considered an early season good baking apple and the Golden Delicious is a later apple that has a good baking record as well.

I was in touch with Arlene Stover who had some large beets in her share this week. I suggested roasting and she was thinking about steaming. She was saying that she always steams vegetables so that they retain more of their nutrients. Absolutely True! When you steam vegetables for a short amount of time with indirect heat you are retaining vitamins and minerals. Years ago, we were boiling most of our vegetables. Nutrients would be lost when draining the water. Some cooks would save the water that they drained from the vegetables and use that as their liquid when preparing soup. Steaming became popular within my adult years and roasting has been on the scene for quite a while now. If you read about roasting, most writers talk about nutrition vs. taste and how taste is such a major part of enjoying a meal. As for the beets. I could probably go either way. If I am making a salad and I am going to dress them anyway. I would probably steam.

I have read that coating the vegetables with a little oil, leaving on the skin, and cutting in large chunks to cut down on surface area will also help to retain nutritional value. I like some recipes that start with sauteing the aromatics, add the vegetables and then some broth and steam to complete the preparation. Many times, those recipes have some of the best flavor and all of the nutrients have been retained as well!

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 24: Oct. 6, 2024 - Oct. 12, 2024

- Radishes
- Beans
- Peppers
- Broccoli
- Potatoes
- Arugula
- Spinach
- Kohlrabi
- Squash
- Apples
- Kale
- Lettuce
- Collards
- 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:

phone: 908-879-7189

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Unstuffed Pepper Skillet

Recipe adapted by Jenn Borealo from allrecipes.com

- 2 T olive oil
- 2-3 peppers from the share, cut into large chunks
- 1 C chopped yellow onion
- 1 lb. lean ground beef or turkey*
- 1-2 T minced garlic
- 1 1/2 tsp Italian seasoning (or herbs from the garden)
- 1 (15 ounce) can tomato sauce
- 1/4 cup water
- 3 T hot cherry pepper hoagie spread (such as Cento) or fresh hot peppers chopped
- 3/4 teaspoon kosher salt
- 1 (8.8 ounce) package microwavable white rice (such as Uncle Ben's), crumbled
- 1 C shredded Italian cheese blend or some Mozzarella and Parmesan
- 1 T chopped fresh basil and flat-leaf parsley



- Over medium heat, place a large skillet and warm the olive oil. Add peppers (add hot peppers if using) and onion and cook, stirring occasionally. Peppers should be softened. Onion should be translucent.
- Remove peppers and onions from the pan. *Break apart the beef as you add it to the pan. Cook until lightly browned. Add in the chopped garlic and cook for a few more minutes. Add the Italian seasonings and allow to cook for a minute or two. Stir in tomato sauce, water, hoagie spread, and salt. Add the peppers and onions back into the pan. Bring the mixture to a boil over medium-high heat.
- Stir in rice until coated evenly with sauce. Cover, reduce heat to low to maintain a simmer, and cook until rice and vegetables are tender, about 8-10 minutes, stirring gently once halfway through to prevent sticking
- Uncover, remove from heat, and sprinkle with shredded cheese. Re-cover and allow to sit until the cheese melts, 1 to 2 minutes. Serve hot sprinkled with basil and parsley.

Optional:

- *Reduce the ground meat about quarter lb. for each sausage link. Remove the sausage from the casing. Add pieces of Italian sweet or hot sausage to the skillet and allow to cook almost completely. Add in half - 3/4 lb. ground beef and continue to cook as recipe directs.

Amish Apple Fritter Bread

Topping:

- 1/3 cup light brown sugar
- 1 teaspoon ground cinnamon

Bread Batter:

- 1/2 cup butter (1 stick) softened
- 2/3 cup granulated sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 cup milk

Apple Filling:

- 2 cups apples peeled, cored, and chopped
- 1 teaspoon ground cinnamon
- 1 tablespoon granulated sugar

- Preheat oven to 350F. Prepare an 8.5×4.5×2.5-inch loaf pan by greasing it with non-stick cooking spray. Line with parchment paper and spray again.
- In a small mixing bowl, whisk together the brown sugar and 1 teaspoon cinnamon; set aside.
- In another small bowl, whisk together the flour and baking powder. Set aside.
- In a large mixing bowl, use an electric mixer to cream together the 2/3 cup granulated sugar and butter until light and fluffy. Beat in the eggs and vanilla, just until combined. Add the flour mixture and the milk and stir gently just until combined.
- Pour half of the batter into the prepared loaf pan and spread out evenly.
- In a small mixing bowl, combine the apple filling ingredients. Spoon half of the apples over the batter in the pan, then spread on the remaining batter. Top with the remaining apples pressing the apples down slightly.
- Sprinkle the brown sugar and cinnamon mixture over top of the bread.
- Bake at 350F in the center of the oven for 1 hour, or until a toothpick inserted into the center comes out clean. Cool in the pan for about 30 minutes. Move to a wire rack.
- In a small bowl, whisk together the glaze ingredients until smooth. Drizzle over the cooled bread. Serve. Bread is best served the day it is prepared.



Glaze:

- 1/2 cup powdered sugar
- 1 tablespoon milk

Recipe adapted by Jenn Borealo from Kitchenfunwithmy3sons.com