

Hello Members,

As I am writing to you tonight the farmers are planning to stay late. Every day is busy but today when looking at the overnight temperatures they became concerned. If vegetables could be picked today, they were harvested and brought inside. Row cover for the first time since May has been carried out to some of the fields. Plants will be protected from the cold and then uncovered in the morning. The next few days look a little warmer with some cold coming back in when you are collecting shares next week. The full moon will be appreciated on the nights when the team is working hard to protect the crops!

Red apples will always be the most popular. Empire apples fill that order perfectly. They are a beautiful apple, and the deepest, richest red of them all. These are considered the best lunchbox apples if for no other reason they are the perfect size. Of course they are great for eating out of hand, they do make the perfect snack. They are recommended for apple sauce and if I am baking and I have one it is okay to add it, but it would not be the apple of choice for a pie. Empire Apples are sweet with just a touch of tart. The parents are McIntosh and Red Delicious. They are best eaten shortly after picking so they are not keepers. If you are thinking about making a salad with an apple this would be a good choice. Empire apples do not brown quicky, they will remain white and beautiful for your fresh dish.

With apples a consistent addition to shares these days “an apple a day” must be your new habit. Of course it is a good one. One of the keys to good health is that you eat the entire apple. Much of the beneficial nutrition, including the benefit of many nutrients are in or very close to the skin. Apples can be beneficial to your blood vessels and blood pressure, help your brain and memory, and there should be an improvement in gut health as well. Reaching for an apple will always be a healthier alternative to highly processed snacks.

By now you have received an email telling you that Harvie will be with us until the end of the season. There will be a new platform that will support your share choices for next year. We will only use the renewal process this year. Membership renewals will start toward the end of this month. During my classes with the children who come to the farm for the harvest of pumpkins and apples I tell them that seeds are a promise. Seeds that are collected and ordered at this time of the year are a promise of crops here on the farm next year. I am hoping that you will promise to be along with us for the 2025 season.

Until next week, enjoy the freshness!

Jenn Borealo



Member Weekly Digest

Week 25: Oct. 13, 2024 - Oct. 19, 2024

- Lettuces
- Beans
- Peppers
- Broccoli
- Potatoes
- Arugula
- Spinach
- Kohlrabi
- Cucumbers
- Apples
- Radishes
- Beets
- Onions
- Cauliflower
- Collards

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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Mixed Green Apple Salad

Recipe created by Jenn Borealo

- **1 bunch mixed salad greens**
- **1 apple sliced thin, skin on**
- **1 sliced roasted beet (in season), cut into strips**
- **1 c cubed winter squash (in season), roasted**
- **1/4 cup toasted pecans or walnuts**
- **1/3 cup dried cranberries**
- **1/2 lemon**

Dressing:

- **1/3 cup olive oil**
- **1 tablespoon lemon juice**
- **2 tablespoons apple cider vinegar**
- **1 tablespoon maple syrup**
- **1 teaspoon Dijon mustard**
- **1 pinch kosher salt**

- Slice the apple into quarters around the core. Slice the quarters into thin slices, then cut those into batons or matchsticks leaving a bit of peel on both ends.
- Place the apples in a bowl and squeeze half a lemon over them. Toss to coat.
- Place mixed greens in the bowl.
- Place the dressing ingredients in a small jar with a tight-fitting lid. Shake to combine.
- Toss the greens and apple with the dressing. Top with thin strips of beets or cubed squash.
- Garnish with nuts and dried cranberries.
- Serve.

Broccoli and Cauliflower Cavatelli

*Recipe & photo created
by Jenn Borealo*

- **1 link of Sweet Italian Sausage**
- **1/2 - 3/4 lb. cavatelli**
- **About 1/4 c olive oil**
- **4-5 cloves garlic, minced**
- **2 cups broccoli florets**
- **2 cups cauliflower florets**
- **1 1/2 cups vegetable broth**
- **Juice from 1/4 lemon**
- **A splash of white wine**
- **A sprinkle of hot pepper flakes (optional)**
- **1/2 lb. cavatelli**



- Place the sausage in a small frying pan and brown on all sides. Sausage should be cooked through completely. Slice and set aside.
- Bring a pan of water to a boil and follow the package directions for cavatelli or pasta of choice.
- In a deep frying pan over medium heat, warm the olive oil. Add the garlic. Allow the garlic to become lightly browned.
- Add the broccoli and cauliflower to the pan and stir to coat with the garlic and oil. Sprinkle with a little kosher salt.
- Pour in 1 1/2 c of vegetable broth. Cover and simmer for 6 minutes. Checking about halfway through. Broccoli should be tender.
- Just before serving, stir in lemon juice, white wine, and hot pepper flakes.
- Spoon vegetables over the pasta, top with a few slices of sausage and serve. Add a little of the reserved broth as needed.
- Serve with freshly grated Parmesan Cheese

Please visit our website to find information on how to store and prepare your weekly share contents.

scan here

