

Hello Members,

It has been quite a week worrying about frost or even a freeze overnight. There was the extra work of covering and uncovering crops and harvesting where it was possible to save the crop. Checking the temperatures in the early morning hours and then making the decision to be out with a heater in the fields where needed. By the time you pick up this share, we will be back to moderate temperatures, so another change is coming and that is going to be a good thing.

Apples, apples, apples! Thankfully, they have been fine through the cold spell. A little mix-up that I missed however, heard that the apple was the Empire last week and the Cameo made it into shares. The Empire will be in shares this week. Both apples are recommended for snacking and used often for sauce and salads. The parents of the Cameo are thought to be the Red and Golden Delicious. They are considered an accidental find by the Caudle family in their orchard in Washington State. I have had an apple or two left over in each of the last few weeks. Each year at about this time, I realize that it is time to make Apple Butter. I don't have any cider, so I am going to simmer the cores and skins and use that liquid to get the apples started. Later in the season, apple cider can be added.

We have something new and kind of special in the shares this week. Watermelon radishes are generally available through a CSA or at a farmers' market, but they are not usually seen in supermarkets. They have pale green skin, and the beauty is on the inside when you cut it to see the bright pink interior hence the watermelon look. They can be used like the radishes that have been in the shares. Added to salads, pickled, roasted, made into chips, and even radish toasts. Look at the tips for some preparation ideas. Try them. Watermelon radishes are rich in vitamins and fiber, they are a good source of antioxidants. Radishes can help the body with detoxification, and they can help to fight inflammation. They have properties that can be helpful in the fight against many major diseases.

Some of you will have Broccoli Rabe, some of you may swap it into your share. Broccoli Rabe is a leafy plant with smaller broccoli like flowers. Broccoli rabe is a member of the mustard family and is related to turnips. Where broccoli is sweet, broccoli rabe is bitter. Broccoli rabe is a staple in Italy and Spain and has gained popularity over the years in this country. Broccoli rabe was often prepared as I was growing up and I remember that it was always prepared the same way, It would be steamed and then added to garlic and oil with a little hot pepper added before serving.

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 26: Oct. 20, 2024 - Oct. 26, 2024

- Lettuces
- Beans
- Peppers
- Broccoli
- Potatoes
- Arugula
- Kohlrabi
- Carrots
- Kale
- Apples
- Watermelon
- Radishes
- Beets
- Onions
- Asian Greens Mix
- Broccoli Rabe

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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All Day Apple Butter

Recipe adapted by Jenn Borealo, from allrecipes.com

5 - 6 lbs. apples - peeled, cored, and finely chopped
1/2 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.

Broccoli with Lemon and Walnuts

Recipe adapted by Jenn Borealo, from cookscountry

3 T unsalted butter
1/2 c walnuts chopped fine
1 teaspoon lemon zest
2 teaspoon lemon juice
1 large head of broccoli



- Heat butter in a medium nonstick skillet. Add the walnuts and stir until butter turns golden brown, for about 2 minutes.
- Stir in the lemon zest and juice.
- Pour mixture into a bowl. Use a scraper to be sure you get all the walnuts out of the pan.
- Cut the florets from the stem of the broccoli, reserve the stems.
- In a large saucepan bring 1 c water to a boil over high heat. Add 1/2 t salt. Place broccoli stalks into the pan. Place the florets over the stalks so that they are not touching the water.
- Cover and cook until the broccoli is bright green. Broccoli should be fork tender. About 3-4 minutes. Drain completely.
- Toss hot broccoli with the walnut mixture until evenly coated.
- Season with salt and pepper to taste.

Produce & Storage Tips for the Week

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

scan here

