

Hello Members,

I would say that you will probably notice that except for green beans we have a share this week that does not have any hints of summer left. We had a cool week and then a warm one and now the farmers are back to doing a little covering. Some of the plants like peppers were picked completely so that gave us some extra peppers in our shares last week. The weather is changing enough to say that many crops will complete their season while crops that can tolerate the cooler temperatures will continue to be harvested.

Leafy greens do well in the cool weather and our shares will reflect that. Lettuce and arugula continue to fill our boxes and our salad bowls. Get ready for Tokyo Bekana that we had in some shares in the spring. This green is a Chinese cabbage that has been described to have buttery leaves that will add a crunch to your salads. I hope that some of you have had the chance to try the recipes for salad dressings that I posted in the tips last week. Don't forget kale, somewhat of a constant in our shares can be added to soups or stews in the cooler weather. That option is always certainly welcome.

Last week we had watermelon radishes in our shares, this week we will have black radishes. The taste is going to be a little stronger than a traditional radish and they are said to be a little tougher. A simple recommended recipe is to just sauté in a little butter. They can be added to a soup, and they can also be roasted. There are also recipes for black radish chips. The popularity of black radishes is attributed to the many benefits that they bring to your diet. They are especially high in fiber and vitamin C. They are very low in calories!

When we think of winter squash, we think of that gorgeous orange color and sweet taste on our harvest tables. Mary Alice Levy Landau posted a recipe on Facebook for Double Chocolate Bars. They are gluten free, and they use ½ cup of acorn squash. Keep in mind that the butternut squash in your share will work just as well. Except for the spaghetti squash the winter squashes are interchangeable in a recipe. I am printing a recipe for butternut squash soup this week. Save a bit of squash and try this recipe for dessert, it looks delicious!

A true sign of fall in the shares this week as some of you will receive a sugar pumpkin. Sugar pumpkins will also be available for swap on Harvie. Some of you may use it as a decoration for Halloween and then you will be ready to enjoy the pumpkin recipes of harvest. I will include some directions for a trending recipe, for preparing the pumpkin puree (puree can be frozen for Thanksgiving recipes) and seed recipe in the tips.

Until next week, enjoy the freshness!

*Jenn Boreale*



## Member Weekly Digest

Week 27: Oct. 27, 2024 - Nov. 2, 2024

- Lettuces
- Beans
- Carrots
- Potatoes
- Onions
- Arugula
- Kale
- Broccoli
- Apples
- Cauliflower
- Baby Bok Choy
- Butternut Squash
- Tokyo Bekana
- Sugar Pumpkin
- Lemon Balm
- Black Radishes

**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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## Roasted Winter Squash Soup

**1 medium butternut or acorn squash washed (cut in half from stem to base)**

**1-2 tablespoons olive oil**

**2 tsp butter**

**half medium onion, chopped**

**4-5 cloves of garlic, minced**

**3 carrots, diced**

**1/2 tsp coriander**

**1 tsp curry**

**Up to 1/8 tsp cayenne pepper**

**3-4 cup vegetable stock**

**2-3 Tbs. cream or sour cream**

**(optional)**

**Chopped mixed fresh herbs:**

**chives, parsley, cilantro for**

**garnish**

- Preheat the oven to 375. Remove the seeds and set aside to prepare later.
- Place the squash cut side down onto a parchment lined pan that has sides. Place the pan in the middle of the oven and roast for 40-45 minutes. Squash should test fork tender. Remove from the oven and allow to cool so that the squash is easy to work with.
- While the squash is roasting, heat the oil and melt the butter in a large saucepan. Add the onion, and carrots and allow to cook over low/medium heat until they start to become tender, stir occasionally. Add the garlic and continue to cook another 4-5 minutes over low to medium heat, do not allow the garlic to brown. Remove the pan from the heat.
- Scoop out the squash and add the roasted squash to the vegetables.
- Mix in the seasonings and the vegetable stock. Simmer 20-25 minutes. Puree the soup with an immersion blender or in a traditional blender on a low speed 2-3 cups at a time. Serve or add cream or sour cream to the soup. Or serve soup and pass sour cream. Sprinkle with herbs for garnish.

Farm Kitchen Tip: This is a great recipe to transform your Thanksgiving squash table decorations into a delicious and warming soup. Serve as is or add a dash of cream or sour cream to the soup and stir. Or you may prefer to serve soup with a sour cream dollop on top for a festive presentation. Sprinkle with herbs.

*Recipe and photo by Jenn Borealo, Culinary Specialist at Alstede Farms*

## Crispy Smashed Pumpkin

**Sugar Pumpkin**

**Olive Oil**

**Parmesean Cheese**

- Pierce the pumpkin in a few places with a fork or a sharp knife. Microwave the sugar pumpkin for 3 minutes just long enough to soften. Cut the pumpkin in half and remove the seeds.\*
- Cut the pumpkin into large chunks. Bring a stock pot  $\frac{3}{4}$  full of water to a boil. Place the pumpkin into the boiling water for 10 minutes. Remove and drain. Allow to cool so that it will be easier to handle.
- Preheat the oven to 400
- Remove the skin from the pumpkin and cut the pumpkin into slices and then into large cubes.
- Toss the chunks of pumpkin into a bowl and sprinkle with salt and pepper and a little garlic powder.
- Drizzle with olive oil. Toss to coat.
- Line a baking sheet with parchment paper, drizzle with olive oil and then sprinkle generously with shredded parmesan cheese. Place the chunks of pumpkin onto the cheese fairly close together.
- Smash the chunks of pumpkin with the bottom of a cup or glass to flatten.
- Bake for 20 minutes.

\*Save the pumpkin seeds for roasting.

*Recipe by Jenn Borealo, Culinary Specialist at Alstede Farms*



For produce tips on this week's share, please visit our website.

**scan here** .....

