

Hello Members,

This has been a busy week all over the farm. School children of all ages have been taking over the pumpkin patch, the apple orchard, and even the corn maze. After their tour they come to the classrooms where Miss Maxine, Colin, Rebekah, and I share the responsibility of teaching about what we grow and how it grows. The weather has been perfect for all of these fall activities. Everyone is having a great time! Later in the day, the production team continues to double-cover the crops like green beans so they can continue to harvest, and we can have a little summer in our shares as we pick up even in this first week of November.

The lettuce crop is certainly enjoying these cooler temperatures. Salads continue to be a part of my weekly menu planning. This week I enjoyed trying a new salad posted on Facebook by Chef Daniel Rosati. The salad was prepared in a cooking class at Tenuta La Bandita in Tuscany. Chef Daniel hosts trips to Europe a few times a year, certainly something that might be on every "bucket list." I was able to use lettuce, arugula, some mizuna, green beans, and some potatoes. This would fit well into the "5 ingredients from the share recipe challenge" that we have discussed in the past. Not to mention that those of you with egg shares will use six items.

Salad is a dinner that is on the lighter side and potato dumplings would be considered quite the opposite. I had some leftover mashed potatoes this week and I was remembering a recipe that my aunt would prepare with Sunday dinner. I grew up in an Italian family and for the most part a potato dumpling would be gnocchi. After a little research and some experimenting, I was happy to have a recipe to share. I served some with broccoli and some of them buttered with breadcrumbs with roasted chicken. Traditionally on a German menu they would be served with Sauerbraten or even Rouladen both recipes with delicious gravies to accompany. A bonus fact about these dumplings is that they are gluten free.

Last but certainly not least, the apple of the week is the beloved late season, Pink Lady! Beautiful name for a fabulous apple that is certainly worth waiting for. A little sweet, a bit tart and extremely hard to resist. They are of course, delicious for eating out of hand, however they are useful in recipes for cooking and baking including pies. One of the parents is the well-known Golden Delicious and the other is Lady Williams.

It is time to think about 2025. You will be using the new platform to sign up. I know that Trish and Kyle have been busy answering questions and helping with any and all concerns. It looks like many of you will be along for the journey in the new year.

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 28: Nov. 3, 2024 - Nov. 9, 2024

- Lettuces
- Beans
- Cheese Pumpkin
- Carrots
- Potatoes
- Radishes
- Arugula
- Kale
- Broccoli
- Apples
- Cauliflower
- Baby Bok Choy
- Onions
- Tokyo Bekana
- Brussels sprouts

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

email: csa@alstedefarms.com

Composed Chicken Salad

8 small chicken breasts pan seared or grilled, chilled and thinly sliced
6 cups of salad greens
3-4 cups torn arugula leaves
1/2 lb. green beans cooked until tender, chilled
4-6 small red potatoes, boiled to tender, chilled peeled and quartered
1 pt cherry tomatoes, halved
1/2 cup toasted pine nuts
2 roasted red peppers cut into thin strips
1/4 lb. prosciutto di Parma cut into 1" matchstick pieces
8 large eggs, hard boiled, chilled, peeled, and quartered
1/4 – 1/2 lb. parmigiano cheese flaked

Dressing:

1/2 cup red wine vinegar
2 T honey
1 T Dijon mustard
2 small garlic cloves, minced
1 large shallot, minced
2 t minced thyme
1 t salt
1 t black pepper
1 cup olive oil



- Toss the potatoes with 2 T of dressing
- Arrange greens on large plates, top with green beans, potatoes, tomatoes, peppers, and Prosciutto and chicken.
- Drizzle with dressing when ready to serve.
- Garnish with eggs and flaked Parmigiano

Recipe courtesy of Chef Daniel Rosati, Lavillacucina.com

Photo by Jenn Borealo

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

scan here



German Potato Dumpling

1 C leftover mashed potatoes*
1 egg
1/2 t salt
1 C + 2 T cup potato starch



- I used leftover mashed potatoes; they will work in this recipe. Add the egg to the mashed potato, and mix to blend completely.
- Mix in 1 cup of the potato starch stirring gently until well blended. Add the additional 2 T of potato starch as needed.
- Continue to bring the dough together with your hands. Pat the dough into a rectangle about 1" thick on a board sprinkled lightly with potato starch or potato flour.
- Cut the dough into 10 pieces. Coat your hands with a little flour and roll each piece of dough into a ball, using a little extra potato starch as needed.
- Meanwhile a saucepan filled with water should be coming to a boil. Lower the heat to a simmer. Salt the water. Drop in 3-4 dumplings.
- Gently add the dumplings to the water. They will not float for a few minutes. Once the dumplings come to the surface, make sure the water is simmering, not boiling. Cook for 20 minutes.
- Lift dumplings from the pan with a slotted spoon. Serve with a little melted butter, breadcrumbs, or stew or pot roast and gravy.

*2-3 medium russet or Yukon gold potatoes, peeled, cut into large chunks, boil to fork tender. Rice or mash and then continue with recipe adjusting amounts as needed.

Recipe & Photo by Jenn Borealo, Culinary Specialist at Alstede Farms

Produce Tips for this Week

Cheese Pumpkins for years have been one of the most recommended pumpkins for baking and making pies. Seeds can be scooped out and roasted and then the pumpkin halves can be placed on a baking sheet with sides to roast. When fork tender scoop out The pumpkin and puree in a food processor. Pumpkin puree can be used within a few days or frozen.