

Hello Members,

Halloween is behind us and Thanksgiving is coming quickly. Just because it is a little later this year doesn't mean that it won't sneak up and we need to be ready. I know the farmers and the entire team are planning for the holiday. I spent a few days in New York City this week and many places are already decorated for Christmas. Probably this will be one of the few times that the farm will have holiday items ready the week before Thanksgiving. It is a year that we will be working on both at the same time. So, I have lists for both and I have already started checking not just once, but twice! I am hoping that most of you have the apples you need for pie, and you will probably have the winter squash that you need for your holiday dinner. Beans continue to be covered. I wonder if we will have them for Thanksgiving.

Some of you will be planning the entire meal, some of you might be bringing a dish or two to contribute to someone else's menu. Either way be sure to think about the basic rules of meal planning. It usually isn't difficult on a holiday with so many traditional dishes. As always, the production team will try to supply you with vegetables that will add color to your table. Cranberries have often been available for purchase, and they will be that beautiful jewel color on your table. Cranberries also fill another rule, temperature. When serving a hot meal, there should always be something cold. Try not to repeat flavors and add texture where possible. In recent years it seems that dietary needs have become most prevalent. Take the time to find out if guests have diet restrictions.

Planning ahead will help get you through the busiest times. Roast the pumpkin now if you haven't done it already, find some make-ahead recipes that you can refrigerate or freeze for a few days. I am thinking that this is the perfect time to freeze an apple pie to be baked on Thanksgiving morning. With some recipes you can find the breaking point where you can start the preparation process and stop at a place where you can hold the recipe for a day or two before you complete it.

The apple this week is the Fuji. This is a sweet juicy apple late variety. Fuji is a Japanese apple with American parents. The Red Delicious, that we all know well, is one parent and the Ralls Janet that dates back to the days of Thomas Jefferson is the other parent. This is a versatile apple that holds its shape when baking or cooking. I am sure it will find its way into some of your recipes.

Last but not least, as I said before, we are looking at two holidays coming up. After Thanksgiving those of you with children might want to check the website for details about Santa Brunch.

Until next week, enjoy the freshness!

Jenn Borealo



Member Weekly Digest

Week 30: Nov. 17, 2024 - Nov. 23, 2024

- Peppers
- Onions
- Leeks
- Bok Choy
- Turnips
- Radishes
- Arugula
- Broccoli
- Apples
- Fennel
- Lettuces
- Beans
- Basil
- Carrots
- Potatoes
- Butternut Squash

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

Loaded Cauliflower Casserole

2 (1 1/2-lb.) heads cauliflower, trimmed and cut into bite-size florets
1 (8-oz.) package cream cheese, softened
1 (8-oz.) container of sour cream
1 tsp. garlic powder
6 oz. sharp Cheddar cheese, shredded (about 1 1/2 cups), divided
6 oz. pepper Jack cheese, shredded (about 1 1/2 cups), divided
8 bacon slices, cooked, drained, and coarsely chopped, divided
1/4 cup thinly sliced scallions, divided

- Prepare oven and baking dish: Preheat oven to 425°F.
- Lightly butter a 13 x 9-inch baking dish with cooking spray. Set aside.
- Place cauliflower florets into a pan fitted with a steamer. Sprinkle cauliflower with a little salt. Cover and bring water to a boil. Reduce heat to medium, and steam until cauliflower is fork tender, about 15- 20 minutes. Remove from heat, and carefully remove the steamer basket from the pan.
- While cauliflower is steaming - Break cream cheese into small pieces into a large bowl. Add the sour cream and mix until smooth.
- Mix in the garlic powder, 1 cup each of Cheddar and Pepper Jack, half of the bacon, and 3 tablespoons of the scallions. Fold in warm cauliflower
- Spoon the mixture into prepared baking pan.
- Sprinkle with remaining bacon, Cheddar, and Pepper Jack
- Bake the casserole until the cheese is melted and the top starts to brown. 15-20 minutes
- Garnish with remaining sliced scallions before serving.

Adapted by Jenn Borealo from SouthernLiving.com

Produce Care & Tips

Apple Cider- is shelf stable for a couple of hours. It should however be stored in the refrigerator. If freezing, move into individual containers for serving or to freeze the bottle remove a bit of cider to allow for expansion. When defrosted run through a strainer.

For more helpful tips, please visit our website by scanning the code to the right:



Roasted Root Vegetables

Use the root veggies that you have on hand. Change the ingredients as the season progresses.

Recipe created by Jenn Borealo

3 - 6 T olive oil
Salt and pepper
1 or beet or turnip, peeled, sliced
2 carrots, peeled and cut into chunks
2 parsnips peeled and cut into chunks
1 bunch radishes, halved
2 potatoes or sweet potato, cubed
1 onion, yellow or red cut into chunks or sliced leek (white bottom)
Fresh thyme leaves

- Preheat the oven to 425
- Pieces of vegetables should all be about an inch or so with similar thickness.
- Place all vegetables into a large bowl toss with oil and salt and pepper
- Line a baking sheet with parchment and spread vegetables in a single layer.
- Roast for 20-25 minutes. Sprinkle with thyme leaves, toss, stir, roast an additional 15-20 minutes. Vegetables should be tender, with lightly browned edges.
- Serve hot or serve leftovers tossed with arugula and a vinaigrette or use leftovers in soup

*Note- Although not a root vegetable, however winter squash can be added to the mixture.

**We have also added chunks of apples to the sheet pan for a different touch.

***Slice a leek instead of onion



Thanksgiving Week Update:

Thursday pickups will be moved to

***** Mon. Nov. 25th *****

Tuesday pickups will stay the same