

Hello Members,

As I said last week, in the past some of you would have been along for what was called the December Holiday extension. This year is different, we will all be together. At this time of the year, there is so much happening here at the farm. There is the activity that you can see, which mainly consists of harvested produce and a busy market. However, out of sight, pies are baking constantly to keep up with the holiday season orders. Grave blankets and wreaths are being decorated and trees of course are for sale. For the first time this year, we offer fresh-cut trees from our property. The first Christmas trees were planted here on the farm 7 years ago. I believe that the tallest of those trees would be about 6 -7 feet tall. If you choose to join us for this activity, a wagon will take you to the Christmas Tree barn and the production team will be there to assist once you arrive. Take a look at the website for details and tickets. As always, call with any specific questions that you may have about trees.

At this time of the year, it isn't difficult to find an article about weight gain during the holiday season. The objective is to get your attention and give advice on how to maintain weight and good health from Thanksgiving through the New Year. Thanksgiving is one of those holidays where there are so many delicious choices. We want to try everything leaving us beyond full and wishing we had not eaten so much. It is easy to make it a day when we regret overeating. Depending on the article you might read, it is easy to gain between 2-5 pounds and it is often weight that is never lost.

Looking forward through December as you now navigate this holiday season, make a plan to practice mindful eating. Read menus before you go out to dinner and make a plan to eat light when possible. Control portions when you can. Eat slowly. Some say using a smaller plate when possible. Choose fresh vegetables and fruits for appetizer parties and desserts. When attending a covered dish event bring something you know that would be a healthy choice. Eat lighter meals but don't skip meals either. As always keep hydrated, look for sparkling water and herbal tea even a little apple cider.

As always, the food in the share is all natural and fresh from the fields. Avoiding processed food is easily a part of the plan. Keep in mind that the holiday season will never be a time when you are going to lose weight. Maintaining your weight and sticking with your own modified diet will always work best. After Thanksgiving, we plan the December holidays. You may need some gifts for friends, family, or a hostess. Stop into the market and see if there is something that might fit with someone on your list.

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 32: Dec. 1, 2024 - Dec. 7, 2024

- Apples
- Potatoes
- Carrots
- Brussels Sprouts
- Winter Squash
- Onions
- Rutabaga
- Fennel

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

Leftover Thanksgiving Hand Pies

Recipe provided by Jenn Borealo, Culinary Specialist

2 tbsp. onion, minced	leftover vegetables
1/4 red pepper, finely diced	two slices of cooked bacon, crumbled
1 tbsp. butter	Pie crust or puff pastry
2 cups cooked Turkey, diced	shredded Cheddar cheese
leftover stuffing	1 egg
leftover mashed potatoes	thyme and parsley, finely chopped

- Preheat oven to 400
- Line a baking pan with parchment paper.
- Combine onion and pepper and butter in fry pan and sauté until translucent and soft. Remove from heat.
- On each half piece of pastry, sprinkle a little cheddar cheese on the bottom portion of the dough.
- Top with chopped turkey, dot with some stuffing and mashed potato and spoon over leftover vegetables. Pull the dough over to fold in half and seal first with your fingers, and then with a fork.
- Cut slits in the top of you turkey turnover pastry so steam can escape.
- Beat an egg with a little water. Brush egg wash onto the top of the dough.
- Bake in the oven (on parchment lined baking pan) for 6 minutes, lower the temperature to 350 and continue to bake until the turnovers are golden brown.) Allow the turnovers to sit for a few minutes before serving. Makes 8 Turkey Turnovers.

Produce & Storage Tip for the Week

Apples should be stored in the crisper drawer of the refrigerator away from other produce as they emit ethylene gas. For the best flavor bring the fruit to room temperature for serving.

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



scan here>

Apple Cider Sangria

Recipe adapted by Jenn Borealo, from cookwithmanali.com

- 2 apples
- 1 orange
- 1 pear
- ½ lemon, sliced
- ½ lime sliced
- 1 pomegranate
- 1 quart of apple cider
- 16 oz. lemon lime sparkling soda
- 1-2 T sugar (optional)
- cinnamon stick garnish



Chop the apple and pear into cubes or slices, leaving the skin on, slice the orange, and peel the pomegranate. Reserve some fruit for garnish. If using sugar, warm a cup of apple cider and stir in the sugar until dissolved, then let it cool to room temperature. Combine the chopped fruits and remaining cider in a pitcher, stirring in the sweetened cider once cooled. Chill the mixture in the refrigerator. Just before serving, add sparkling soda, pour into glasses, and garnish with the reserved fruits and cinnamon stick, if desired. Cheers & enjoy!

Farm Kitchen Tip from Jenn Borealo:

To preserve the color, flavor, texture, and nutrition of **Brussels sprouts** before roasting or storing, blanch them in these easy steps:

- 1 Trim ends, discard discolored leaves, and clean in cool water.
- 2 Divide into even sizes. Prepare an ice bath.
- 3 Boil salted water (1 gallon). Cook sprouts in small batches: large for 5 min, medium 4, small 3.
- 4 Transfer immediately to the ice bath, then drain and dry thoroughly.
- 5 Freeze in a single layer, then transfer to freezer bags, removing air. Store for up to 1 year. Perfect for roasting or sautéing—note, not for salads!