

Hello Members,

September and October are the months here on the farm where we welcome lots of visitors of all ages who come to visit and partake in the harvest. Students pick apples and sugar pumpkins. Everyone else has the choice of tomatoes, eggplant, peppers, corn and so much more. With that being said here we are getting ready in November to celebrate the holiday that truly honors and celebrates the harvest. Thanksgiving is on the latest possible date this year and for the most part the weather has been warmer than usual, allowing the farmers to bring in the crops so that we can continue to fill the shares and supply our markets. Along with harvest they have also been planting in the high tunnels and the green houses preparing for the extended season this year. In the past this would be the week that most of us would part for the winter with some of you choosing to join us for the holiday extension. This year we will all be together for the next few weeks.

I believe that the list for this week has been posted for a few days so that you can make your final menu plans. Everything is packed in this share knowing that you are planning for Thanksgiving. I am planning to cook on Monday and Tuesday, Wednesday will be a travel day for me. While I am preparing the dishes that I take to Thanksgiving dinner I am roasting my own turkey and making some sides so that I have leftovers to come home to. Serving the Thanksgiving dinner menu, a second time works for me and then after that I have to come up with some creative ideas for leftovers. Pot pies or turnovers are usually on the menu within the week. Turkey Tetrazzini might be on the menu as well. Turkey sandwiches with a little dressing or some cranberry and a little brie will be a treat for lunch over the weekend too.

When I was teaching my classes, each would plan a Thanksgiving dinner. On the Monday after the holiday, I would plan for leftover recipes with all of them. Leftover cranberries become muffins or breads. Pumpkin puree would become my favorite pumpkin pancakes. Corn could become fritters. Broccoli could be added to frittata or quiche. Some of those ideas may work for those of you who will have guests who are staying for the weekend.

As you pick up your shares this week you will notice another transition here at the farm. We will see signs of winter. The farm will be all dressed up for December with wreaths, trees, and decorations. As the weather gets a little colder, we will all get into the spirit!

We, all of us here at the farm, wish all of you and your families a very Happy Thanksgiving. Enjoy a delicious dinner and take some time to relax. We are looking forward to seeing all of you this year in December.

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 31: Nov. 24, 2024 - Nov. 30, 2024

- Gallon Cider
- Apples
- Potatoes
- Carrots
- Brussel Sprouts
- Winter Squash
- Beans
- Broccoli
- Bell Peppers
- Tomatoes
- Rutabaga
- Turnips
- SJ Cranberries
- SJ Sweet Potatoes

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

More Rutabaga Recipes

Roasted Rutabaga:

1 Medium or 2 Small rutabaga

1-2 T Butter and Olive Oil

Salt and pepper

- Wash and peel the rutabaga. Cut into small dice.
- Preheat the oven to 425 degrees. Heat the olive oil in a large skillet. Melt the butter into heated oil over medium heat. Add the rutabaga and sauté until the edges and some of the sides start to become golden brown and caramelized. Move to a parchment lined baking sheet, sprinkle with salt and pepper. Roast in a single layer, for 20-25 minutes. Rutabaga should be deep brown and fork tender. Serve immediately.

Boiled Rutabaga:

1 Medium or 2 Small Rutabaga

Salt and Pepper

Butter

- Wash, peel, and cut rutabaga into a small to medium dice. Place into a medium saucepan. Fill with cold water half inch over the rutabaga. Bring to a boil. Add 1t salt to the water. Boil 20- 25 minutes until the rutabaga is fork tender. Drain and return to the pan add a tablespoon of butter, salt, and pepper.

I grew up eating boiled, mashed rutabaga. Craig our Farm Production Manager enjoyed the cubed, boiled recipe. Roasting is relatively new. Roasting brings out sweetness, but the other two recipes remain my favorites. The seasoning is simple for all of the recipes. There are options. Try nutmeg mashed or boiled. Rosemary, thyme, or sage on the roasted. Drizzle with honey or maple syrup. Roast with other root vegetables, winter squash, and sweet potatoes. Rutabaga can be a low carb replacement for potato in your meal plan. These are all side dishes.

Option: Add rutabaga to soup, stews, and pot pies.

*Happy
Thanksgiving*

Brussels Sprouts with Gorgonzola

Recipe created by Jenn Borealo

2 c Brussels Sprouts, cut in half

1/2 shallot chopped

2-3 T olive oil

2 strips of bacon cooked & drained

3 T crumbled Gorgonzola

- Cut the larger sprouts in half, remove any yellow or discolored outer leaves.
- Place Brussels sprouts in a steamer basket. Steam until almost fork tender.
- Meanwhile warm 1 T olive oil in a medium sauté pan over medium heat. Add the shallot and cook just until softened. Remove from the pan.
- Add another tablespoon of olive oil to the pan and add the Brussels sprouts.
- Allow the Brussels sprouts to brown a little. They should be cooked through.
- Top the Brussels sprouts with the cooked shallots, break the bacon into bits and sprinkle over the sprouts and top with Gorgonzola.
- Cover the pan or place the pan in the oven for a few minutes for the cheese to melt.



Pureed Rutabaga

1 Medium or 2 small rutabaga

Salt and pepper

1-2 t butter

Heavy Cream

- Wash, peel, and cut Rutabaga into a medium to large dice. Place into a medium saucepan. Fill with cold water half inch over the rutabaga.
- Bring to a boil. Add 1t salt to the water. Cook until fork tender 25-30 minutes. Rutabaga should be fork tender. Allow to cook for about 5 minutes more. Drain.
- Add 1-2 T butter and a little cream. Puree, in a food processor or blend/mash with a hand mixer. Season to taste with salt and pepper. Serve hot.

