

Hello Members,

This past week brought its share of challenges, with temperatures plunging into the 20s, snow squalls, and strong winds. Our team worked hard to protect the crops with covers, double covers, and by utilizing greenhouses and high tunnels. You may notice some changes in your boxes as a result of the extreme cold, but the snow has added a festive touch to the holiday decorations around the farm.

While the season is full of celebration, planning for the New Year is also in motion. The production team is already placing seed orders for 2025, fulfilling the promise of fresh crops next year. As I often share with school groups, “seeds are a promise that there will be crops next year.”

This time of year also invites reflection—both on the farm and in our lives. On the farm, we evaluate what went well and consider ways to improve for the next season. Personally, many of us begin thinking about healthier habits. Superfoods for 2025 feature many fruits and vegetables from our shares, such as Brussels sprouts, sweet potatoes, pumpkin (and seeds!), berries, tomatoes, garlic, leafy greens, and beans. Eggs, now recognized as a superfood for their brain health benefits and complete protein, are also a great addition to any diet. Preparing and freezing beans can help maintain their nutritional value well beyond the harvest season.

This week, we’re excited to introduce Gold Rush apples. Known for their use in cider, these apples are a cross between Golden Delicious and varieties like Winesap and Rome Beauty. A row of Gold Rush trees near the gate of the farm was planted years ago when Rutgers was involved with some of the research. Since then, trees have been planted in other areas of the farm. They’re excellent for juicing, cooking, baking, and long-term storage—a perfect addition to your holiday table.

Until next week, enjoy the freshness!

Jenn Borealo



Member Weekly Digest

Week 33: Dec. 8, 2024 - Dec. 14, 2024

- Apples
- Potatoes
- Carrots
- Dry Beans
- Butternut Squash
- Cabbage
- Onions
- Peppers
- Beets
- Tomatoes
- Kale
- Turnips
- Lettuce
- Rutabaga
- Mint
- Apple Cider

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

Potato Kugel

Recipe by Jenn Borealo

2 Tbsp. butter	1¼ cup flour
2 Tbsp. oil	2-3 large Alstede Russet Potatoes
1 medium onion, minced	(about 21/2 lbs.)
3 large eggs	2-3 Tbs. fresh snipped chives, more
1 ¼ tsp. salt	for garnish
¼ tsp. pepper	

1. Heat 1 Tbsp. butter and 1 Tbsp. olive oil in a small sauté pan. Sauté minced onion until soft and translucent, then cool.
2. Preheat oven to 375°F. Place an 8" baking pan in the oven with 1 Tbsp. butter and 1 Tbsp. olive oil until butter melts (do not brown).
3. In a large bowl, beat 3 eggs with salt, pepper, and flour. Stir in cooled onion.
4. Peel and shred russet potatoes, drain excess moisture, and mix immediately with the egg mixture. Add chives and combine well.
5. Spread potato mixture into the hot baking pan. Bake for 20 minutes, then reduce heat to 350°F and bake for 45 minutes more. Cover with foil if browning too quickly.
6. Let kugel rest for 10 minutes before serving. Cut into squares and top with sour cream and chives or scallions.

Produce & Storage Tip for the Week

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. Serve hot or cold.

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

scan here→



French Onion Grilled Cheese

Recipe adapted by Jenn Borealo,
from Purewow.com

- **1 Tbsp. extra-virgin olive oil**
- **2 yellow onions, thinly sliced**
- **2 Tbsp. white wine or balsamic vinegar**
- **Kosher salt & freshly ground black pepper**
- **3-4 Tbsp. unsalted butter, at room temperature**
- **8 slices sourdough bread**
- **1 Tbsp. Dijon mustard, plus more for serving**
- **8 ounces Gruyère cheese, shredded**

1. Heat olive oil in a skillet over medium-low heat. Cook onions with a pinch of salt, stirring frequently, until deeply caramelized (30–40 minutes). Adjust heat as needed and add white wine if cooking too fast. Store onions in the fridge for up to 5 days.
2. Butter one side of each bread slice and place butter side down. Spread mustard on half the slices, season with pepper, and layer with cheese and caramelized onions. Close sandwiches with remaining bread.
3. Cook sandwiches in a skillet over medium-low heat until golden brown on one side (about 5 minutes). Flip and cook the other side until golden and cheese is melted (about 3 minutes). Serve with extra mustard for dipping.



Farm Kitchen Tip from Jenn Borealo:

This time of year, embrace the hearty flavors of root vegetables and winter greens in your weekly produce share. Roast diced carrots, rutabaga, and turnips with a drizzle of olive oil and your favorite spices for an easy side dish or salad topping. For greens like kale or cabbage, sauté with garlic and a splash of lemon juice to brighten the flavors. To save time, prep your veggies in advance—peel, chop, and store them in airtight containers, ready to cook or toss into soups, stews, or grain bowls throughout the week.