

Hello Members,

Even in one of our last weeks of farming for 2024 we have had weather issues. It rained and the temperatures were 60 degrees yesterday and tonight the prediction is for 18 degrees. Cover, uncover all the extra time to keep everything in the fields safe until harvest. I guess we should be happy that the rain wasn't all snow. A white Christmas is always fun, but it can cause us to slow down when we have so many extra holiday errands to run. Have you been shopping. Maybe there are some items at the farm that would fit into your gift list. A jar of honey for the tea drinker on your list. Pure maple syrup for the pancake lover, jelly or jam for the baker who is making cookies or of course toast, and salsa for the fan of southwest flavors. Some of these items are on the sale for the celebration of "Twelve Days of Christmas." Stop by to check it out.

Have you been shopping. Maybe there are some items at the farm that would fit into your gift list. A jar of honey for the tea drinker on your list. Pure maple syrup for the pancake lover, jelly or jam for the baker who is making cookies or of course toast, and salsa for the fan of southwest flavors. Some of these items are on the sale for the celebration of "Twelve Days of Christmas." Stop by to check it out.

We all have our own special plans and traditions for the holidays. Some of your share, I am sure, will be a part of the holiday menu. You might be planning to use a portion of the share for good luck in the New Year. Twelve grapes at midnight, long noodles that represent longevity, even donuts, that could be Alstede donuts, represent a full circle. The greens in your share represent money and financial prosperity. One of my favorite recipes is a lentil soup where the bean represents coins and the greens added just before serving, of course represent dollars! The most common ritual on New Year's Eve is to make a resolution. A resolution usually has to do with self-improvement, the most popular resolutions have to do with food. Dieting, elimination of certain foods, adding better foods to your diet, eating in, eating healthier, and of course losing weight. Many resolutions will not last more than the month of January. For success with your resolution take baby steps, make small changes, and make a place for the change in your lifestyle, start now!

This will be our last week together in 2024. All of us here at the farm wish all of you a very Merry Holiday Season and a New Year blessed with good health and happiness. As always, I hope that you have some time to enjoy family and friends while you relax a little during your time at home. As for me, this is a very personal last, after 15 seasons of writing to you each week I find that it is time for me to move onto a different path. This position has been a very special and unique opportunity. It has been my pleasure to be a part of the team that helps to fill your share each week. I hope to continue with educational tours in the spring and fall so I can only hope that our paths may cross from time to time.

Until next time, enjoy the freshness! *Jenn Borealo*



Member Weekly Digest

Week 34: Dec. 15, 2024 - Dec. 21, 2024

- Apples
- Potatoes
- Carrots
- Dry Beans
- Broccoli
- Brussel Sprouts
- Onions
- Peppers
- Cilantro
- Lettuce
- Rutabaga
- Beets
- Turnips
- Romanesco
- Baby Arugula
- 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

Easy Smashed Brussels Sprouts

Recipe adapted by Jenn Borealo from allrecipes.com

Ingredients:

- **2 lbs. Brussels sprouts**
- **¼ cup olive oil**
- **Sea salt, black pepper, and red pepper flakes (optional)**
- **1 cup Pecorino Romano cheese, grated**
- **½ medium lemon**

Instructions:

- Boil Brussels sprouts for 7–9 minutes, then transfer to an ice bath. Drain and pat dry.
- Preheat oven to 450°F. Line a baking sheet with parchment and brush with olive oil.
- Smash sprouts on the sheet with a jar or measuring cup. Pat dry, drizzle with olive oil, and season with salt, pepper, and red pepper flakes.
- Bake for 5 minutes at 450°F. Reduce heat to 425°F, flip sprouts, top with cheese, and bake 10–15 minutes until browned.

Serve warm with lemon wedges. Enjoy!



scan here



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

Lentil and Brown Rice Soup

Recipe & Photo by Jenn Borealo

Ingredients:

- **8 cups broth (more as needed)**
- **2 cups lentils (picked and rinsed)**
- **1 cup brown rice or barley**
- **1 cup crushed canned tomatoes**
- **3 carrots, halved and sliced**
- **1 ½ onions, chopped**
- **2 celery stalks, chopped**
- **4 garlic cloves, minced**
- **¼ tsp each: dried basil, oregano; pinch of thyme, 1 bay leaf**
- **3 cups fresh kale/spinach or 10 oz. frozen greens**



Instructions:

- Sauté carrots, onions, celery, and garlic in ½ tbsp. olive oil until softened.
- Combine broth, 3 cups water, lentils, rice, tomatoes, veggies, and herbs in a large stock pot.
- Bring to a boil, then simmer (covered) for 45–55 minutes, stirring occasionally, until lentils and rice are tender.
- Add greens and simmer: fresh (5-7 minutes) or frozen (10-15 min).
- Adjust broth to desired consistency. Enjoy!