

## Storage Tips & Tricks

Check your refrigerator temperature. Lowering just 1 degree can help to keep fresh produce a day or 2 longer. If you are not going to cook and serve one of the vegetables in your share, just cook and store. It will give you a few more days to use it in a meal plan

**Asparagus-** To store, place the ends in a container of water. If storing for a couple of days leave room for possible growth and check the water level each day or wrap in a damp paper towel and store in plastic. Cleaning asparagus. Run under cold water gently rubbing the stalk and the tip. You may also soak in cold water. To ensure grit is removed, bring a pan of water to a boil, add a little salt. Add asparagus for 2-3 minutes to release any sandy soil remove and drop into an ice bath to stop the cooking. Store asparagus for later use. Use in salad, roast, or sauté in olive oil and serve with lemon.

**Root Vegetables -Radishes and Parsley Root -** Remove the green tops from the red roots before storing. Store in plastic storage bags together or separately. Use the tender greens within a couple of days. Shred radishes and parsley root into slaw or salad. Roast root vegetables together

Add parsley root to vegetable soups

**Radish and Parsley Root Greens -** Prepare Radish Green Pesto, Prepare Radish Top Soup or Wilt greens into soups. Add chopped radish greens to salads. Parsley root greens are Parsley, use as you would use the herb

To keep fresh herbs:

Wash herbs in cool water, remove dead stems and leaves, Snip the ends and gently pat dry.

Place stems in a container filled with water, do not submerge the leaves. Changing the water daily will help to keep the herbs fresh. They can keep up to a week on the counter. \*OR\*

Cover the container with a plastic bag and refrigerate. Change water if it becomes murky. Most fresh herbs (not basil) will last more than a week when stored this way.

Herbs that are dried in your own kitchen will have much better flavor than those that you purchase in the supermarket. Dry herbs in your oven. Place leaves or seeds on a baking pan with sides not more than 1 inch deep in an open oven at low heat less than 170 for about 2 to 4 hours. Leaves will be dry, brittle, they may crumble when you touch them. Allow the herbs to cool and then pack them in jars label and date.

Home dried herbs will last for years and they do make great hostess gifts.

Both herbs can be used in salads, salad dressings, marinades, use leeks to garnish any potato dish and soup. Use cilantro in tacos, prepare cilantro pesto for use with grilled chicken served with southwestern accompaniments. Add cilantro to black beans.

**Leeks:** Keep leek tops for stock, prepare creamed leek tops, recipe on the website, leek and Potato Soup is the favorite, Roast sliced leeks and carrots, radish, and parsley root

Cleaning leeks, slice, and place in a colander. Rinse pulling apart layers of each slice to remove soil completely

**Popcorn -** Place the ear of corn into a paper lunch bag, Fold the bag closed.

Set the bag in the microwave and set the time at 2.5 minutes. DO NOT LEAVE THE ROOM

Listen to the corn popping and if it slows, stop Then remove the bag from the oven, CAUTION, EVERYTHING IS HOT! Pour popcorn into a bowl and then top with butter or olive oil, salt, herbs, your choice.

**Leafy greens-** Leafy greens will come to you wet. They have been watered or washed or iced.

You may clean them when you receive them or as you use them. Either way before they are refrigerated, they should be dry, wrapped in paper and stored in plastic, bags, or containers

To clean greens: Fill a pan with cold water, plunge in the leafy greens, Swish the greens. Allow to sit. Gently, lift out the greens, check the bottom of the pan for grit/sand/dirt. Repeat until the water is completely clear, Drain and allow to dry.

Wrap in paper towel and place in a plastic bag or layer paper towel in a container, Refrigerate Use the most tender greens 1st within a couple of days.

**Garden notes-**Herbs can live in the 4" pots for a while. They need to be transferred to a larger pot for full potential - 3 or 4 herbs can be planted together in a 14"- 16" pot. If you are planting in pots, you should have at least 3 large containers.

## Week 1 Fresh Inspirations April 26th-May 2nd 2021

First things first, a warm heartfelt, long-awaited welcome to all of you! And of course, as always welcome back to those of you who have spent some time with us before. This is what we plan for and work toward all winter long. In the last few days, I have seen pictures of asparagus peeking through the soil, gorgeous pink peach and nectarine blossoms, and high tunnels that are full of root vegetables and leafy greens. Many of you may have had abbreviated work schedules or you may be working from home. Not so for our production team. They have not skipped a beat and except for a few short, very much so deserved vacations they have worked all winter long preparing for your arrival.

Two weeks ago, I received an e-mail from a long time CSA member, Beverly Hanson. She like many of you was just coming to an end of her frozen storage from last years harvests. I am noticing many posts on Facebook with similar messages. Freezers are close to empty and everyone is waiting for that first fresh box. For those of you who are new this year. We include recipes, tips for cleaning, storage, simple preparation techniques, and freezing directions throughout the season in the weekly newsletter that will always be in your box. It can also be found on our website, or you can e-mail me, and I will send one to you.

As a member of this CSA, you are not only a cook, but you are also a gardener. For me, the two skills go hand in hand. I love having fresh herbs growing outside my kitchen door in boxes and large pots. Before you even enter my kitchen, you know what I love most. You will receive herb plants for the first 5 to 6 weeks of the season. They will come to you in four- inch pots. They can survive for a short time in those pots however to reach their full potential they should be transferred to larger containers or they can be planted in your garden. This week you will receive mint and lavender. Both plants are perennial. The best place to plant lavender would be in your garden, if you prefer to plant in a large pot later you can add rosemary, thyme, sage, and or oregano. Mint can be planted in the garden or in its own pot. Just keep in mind that it is invasive.

Many of you already know that asparagus is the first vegetable that we harvest each year in our fields. It is a perennial. Many years we have had our own asparagus in our first shares. This year however we will partner with a farm south of here and they will provide the asparagus in our shares for this first week. You may find this asparagus to be a bit grittier since the soil is sandier. Read in the tips for cleaning instructions.

There is so much to tell so I am looking forward to the coming weeks. If you have any administrative questions, you can reach Trish at 908-879-7189, or [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com). If you have any ideas or to share you can e-mail me, [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com).

Until next week, enjoy the freshness!

*Jenn Borealo*



## Cranberry Bean Cassoulet

Dried cranberry/pinto beans can be frozen and prepared another time

1 1/2 c Cranberry beans pick through to remove stones and leaves darkened beans, rinse and drain

5 c water

1/4 c olive oil

1/2 t Rustic Herbs, Herbs de Provence, or Tuscan herbs

Add the ingredients to a large saucepan. Bring the mixture to a rolling boil for 15 minutes. Cover and simmer on very low heat for an additional 20 minutes. Check the texture.

Remove from heat and cover for 30-40 minutes. Add salt to taste. Beans should be ready to use in the recipe or they can be frozen, continue preparation at a later date

### Cranberry Bean Cassoulet

While beans are cooking prepare the remaining ingredients

3/4 lb. pork tenderloin cut into chunks

1/2-3/4 lb. smoked sausage or kielbasa cut into slices

2-3 red potatoes peeled and cubed

Heat olive oil in a medium skillet. Add the potatoes. Cook until lightly golden but not tender and cooked through

Remove and add a little more oil and 1/2 of the pork. Brown the chunks on all sides, do not cook through

Preheat the oven to 350

In a 2 qt casserole dish spoon in 1 c of beans with 1 1/2c liquid.

Top with 1/2 of the meat and 1/2 of the potatoes top with 1/2 of the slices of sausage

Measure about 3/4 c beans onto a plate and mash. Layer over the sausage.

Top with 1 1/2 c beans, meats, potatoes and 2 c bean broth

Stock or broth can be substituted if you don't have enough.

Cover with foil

Bake for 1- 1/2 hours Casserole should be bubbling.

Remove from the oven

Remove foil. Allow to sit 10 minutes before serving

Serve in warm bowls with crusty bread and a mixed green salad

## Week 1 Harvest!

Spinach

Popcorn

Radishes

Parsley Root

Scallions

Cilantro

Pinto Beans

Arugula

Kale

Dandelion

Leeks

Asparagus

Chives

Mint & Lavender Plants

*\*\*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.*



## Kale and Steak Quesadilla

1 bunch of Kale, tough stem and rib removed, chopped

3-4 T olive oil, divided

4 cloves of garlic sliced

1 small to medium onion, sliced

Vegetable broth or stock

1 T red wine or apple cider vinegar

Red pepper flakes

Kosher or sea salt

Grilled Flat Iron Steak or Steak of your choice

Or

Grilled or Roasted Chicken

4- 8" tortillas

Monterey Jack or Cheddar Cheese Shredded

In a skillet heat olive oil on medium heat. Add the sliced garlic and sauté until light brown and aromatic. Remove garlic with a slotted spoon. Add the kale to the olive oil and stir until coated with oil and starting to wilt. Add 2-3 T vegetable stock and continue to cook until kale starts to soften. Cover and continue cooking for 2-3 minutes. Kale should be bright green and tender. Add 1 T red wine vinegar, a pinch of red pepper flakes, and the garlic. Add a sprinkle of salt to taste. Set aside. Wipe out the pan so that you can sauté the onion.

Thinly slice the onion, reheat the pan and add a Tablespoon of olive oil, sauté the onion until softened and lightly browned. Remove from the pan. Meanwhile thinly slice the steak or the chicken. Grate the cheese. Place Tortillas out on a cutting board. Sprinkle 1/2 of the tortilla with cheese. Top with some kale spreading to cover almost to the edge, add some onion and steak or chicken if using. Sprinkle with a little more cheese. Fold tortillas to cover filling.

Place the skillet over medium heat adding some oil if necessary. Place 2 quesadillas in the pan straight side in the center rounded side along the edge of the pan. Lift the center of the rounded side with tongs enough to see under the quesadilla, it should be golden brown, cheese should be starting to melt. Using the tongs turn the quesadilla. Brown on the second side. Remove from pan. Add a little oil if necessary. Repeat.

Cut each quesadilla in 1/2 using a pizza wheel or very sharp knife. Serve with rice and beans. Garnish with salsa, avocado slices, or guacamole.

**Vegetarian option:** Meat in this quesadilla is optional. Add beans or refried beans to the turnover. Vegan cheeses may be substituted.

Spinach or chard could be used in place of kale.

our own homegrown  
**ALSTEDE**  
fresh

