

## Storage Tips & Tricks

**Leafy greens-** Leafy greens have been washed and they will come to you damp.  
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 or layered in paper towel 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.

**Spinach-** can be washed and dried before storing. Store spinach wrapped in paper towel or in layers of paper towel. Dried leaves can keep up to one week. Wilted Spinach Salad, Creamed Spinach, Stir Fry, Sautee with Garlic, shallots, onion as a side or as a bed under Chicken, fish, sliced steak, Mix into eggs for omelets or fill the omelet, Wilt spinach into soups, stews, sauces, Greek Spinach Feta Pie, Spanakopita, Quiche, add spinach to smoothies, add to ricotta cheese for Lasagna for Spinach Stem Recipes, look at Pantryfun.com

**Apples-** Pink Lady apples have been in cold storage. Keep them in the refrigerator until you are ready to use them.

**Radishes-** and all root vegetables. When the root vegetable comes to you with the tops attached you should cut the tops from the root and store in two separate containers. Slice radishes into salads, cut in  $\frac{1}{2}$  and roast, or slice onto lightly buttered bread, sprinkle with salt and some chopped herbs for an English Tea Sandwiches.

Radish tops can be added to salads or give Radish Top Soup a try.

**Tomatoes-** should be kept at room temperature. Use them within 3-4 days. They can be placed in the refrigerator to hold them a little longer. Bring them back to room temperature for the best flavor before serving.

**Broccoli Rabe-**Store broccoli Rabe in a plastic bag in the refrigerator for just 3-4 days. Remove some of the stem that is tough. Stems can be cut in  $\frac{1}{2}$  or left whole.

Sauté in olive oil with garlic and some red pepper flakes and a little salt. Cover the pan and allow the broccoli rabe to cook through for about 5 minutes or so. A traditional Italian dish should be ready to serve. Options, sprinkle with lemon or parmesan cheese.

**Leeks –**should be tightly wrapped in the refrigerator so that their flavor will not be absorbed by other foods. Do not wash or remove roots before storing. They can keep up to two weeks.

Most recipes will call for the white bottom and the light green. Keep the tops for preparing stock. Be sure to clean leeks in cold water making sure that any soil or grit is removed from between the layers.

**Potatoes -**Store in a cool, dry, dark, place in brown paper bags.

The garden herbs in the share this week will be chives and mint. Actually, the variety of mint is chocolate. Chives can be planted along with almost any other herb. They are perennial so they will come back next year. The mint is the most invasive herb of all the plants in that you will find in the share. You may want to plant it alone, in a larger pot and then some of you may want to plant that new pot into the soil. There are also recommendations that if you are going to plant the pot in the garden you may want to line the soil with plastic.

**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.

**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.



## Week 1 Fresh Inspirations April 25th-May 1st 2022

First things first, welcome, and of course welcome back to the farm from all of us on the team! As always, we have been waiting for you. We spend the winter planning and prepping for the new season. Everything is waking up and we thankfully, have had some days that actually feel like spring. There are blossoms on the peach trees and the strawberries. Apples will be next. The production team has been busy for weeks pruning in the orchards. That job had to get done along with starting some crops in the greenhouses, and planting in the high tunnels. As the weather starts to cooperate, they can get out and plant in the fields as well. With every step that they take there is a promise of harvest in the future weeks and months.

Are you ready for the first share? Get ready for leafy greens. They are a part of spring, and they will be with us for the first few shares. So many shades of green. Some tender, some considered to be a little more tough. A rule of thumb, plan to use the most tender first. Some leafy greens are sweet like lettuce and spinach and some a little more bitter like arugula and dandelion. They can all be added to salads and most of them are known to be added to some olive oil and garlic for a quick sauté and then my favorite is to wilt them into a soup or stew.

For those you who were with us last year you know that the apple season was one of the best in recent memory. So, this addition to the first share of the season is truly a first. We are going to have Pink Lady apples in our shares this week. They are one of the latest apples of the season with a harvest in the last weeks of October, even as late as early November for some varieties. You may have noticed that Pink Ladies are one of the apples sold year-round in the supermarket. It is because some apples especially some of the later season apples including Pink Ladies are known to be great keepers. We have been able to keep them in cold storage, so they have retained their quality, both taste and texture over the winter. Add them to some of the leafy greens for salad or find those apple crisp recipes that you were preparing in the fall and enjoy.

And now after unpacking in the kitchen get ready to head out to the garden. We are starting the season with two herbs. Chives and chocolate mint will be in most of the shares this week. I have both herbs coming back from previous seasons in pots and in the garden. This will be a good time to plan and prepare pots or a garden space for planting. You will receive herbs for the first 8-9 weeks of the season. Large pots give herbs plenty of room to grow, they can live for a while in the small pots you receive but for full potential they do need to be transplanted. Take a look at the tips this week for info on planting these first two herbs, every week there will be an additional garden entry.

This weekly packet is designed to help you navigate through your weekly share. If you have any other administrative questions, you can reach Trish at 908-879-7189, or Trish@alstedefarms.com. If you have any ideas or recipes to share you can e-mail me, jenn@alstedefarms.com.

Until next week, enjoy the freshness!

*Jenn Borealo*

## Tomatoes, Potatoes, and Wilted Greens

2 Tablespoons Olive oil  
2 Medium Potatoes sliced thin  
2-3 cloves of garlic minced  
 $\frac{1}{4}$  large onion sliced  
1 large plum tomato chopped  
2 Medium Potatoes sliced thin  
 $\frac{3}{4}$ -1 c vegetable broth  
2 T white wine  
 $\frac{1}{2}$  T lemon juice  
 $\frac{1}{2}$  bunch (or more) spinach or arugula, cleaned and torn into pieces  
A pinch of hot pepper flakes  
Kosher salt to taste

Heat the olive oil in a medium skillet over low to medium heat. Add the garlic and allow to soften but not brown. Add the onion and sauté for a few minutes. Add the chopped tomato and sauté for a few minutes. Some of the liquid will evaporate. Add the potatoes and the broth and cover, allow to simmer for 10 to 15 minutes. Checking and stirring mixture during the cooking time. Add the wine and lemon juice and a sprinkle of hot pepper. Add a little more broth if needed, continue to cook until potatoes are fork tender. Top with the leafy green of choice and allow to wilt. Season with a little kosher salt and serve



## Week 1 Harvest!

Apple Cider  
Spinach  
Popcorn  
Radishes  
Parsley  
Scallions

Pink Lady Apples  
Arugula  
Lettuces  
Dandelion  
Leeks  
Broccoli Rabe

### Mint & Chive 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.*



## Spring Herbed Couscous

1 medium onion finely chopped  
4-5 cloves of garlic minced  
Olive oil  
 $\frac{3}{4}$  c of herbs or greens, basil, oregano, mint, chives, parsley, arugula, spinach, chopped  
1 six-ounce package pearl Couscous  
Broth  
Butter (optional)  
A sprinkle of lemon  
 $\frac{1}{2}$  cup crumbled feta cheese

Warm the olive oil in a sauté pan over medium heat. Add the onion and cook for a few minutes until the onion begins to soften. Add the garlic and cook for a few minutes longer until both are soft and gently browned.

Prepare the couscous according to the package directions. Boil water or broth, add the couscous and simmer until tender. Stir in a little butter and the chopped herbs, save some for garnish if desired.

Sprinkle with lemon and top with a little feta cheese.

Serve