

Storage Tips & Tricks

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.

If you haven't started already, it is time to save scraps for vegetable stock. Your stock will change as we work through the season. Scraps can be frozen until you are ready to use them.

Home-made Vegetable Stock: 4c vegetable scraps = 2 quarts of stock, Veggie peels, ends, tops, roots, vegetables a little past prime, Be sure they are not spoiled, moldy etc.

The three vegetables always found in stock are: Onion, Celery, and carrot. Save, leeks, scallions, parsnips, asparagus ends, mushroom scraps, Lettuce, spinach, and kale leaves and stems. Parsley, cilantro, Later in the season, pepper, squash, eggplant, and corn cobs. Add a bay leaf and some black peppercorns

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 chives to garnish any potato dish and soup. Use cilantro in tacos, prepare cilantro pesto or chimichurri for use with grilled chicken, fish, steak served with southwestern accompaniments. Add cilantro to black beans

Prepare and freeze herb butter. Add chives to cream cheese. Mix chives into eggs for an omelet
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: A tip from my friend Therese. Fill a pan with warm water, plunge in the leafy greens, you will find that most of the grit, dirt will just fall away. Swish the greens. Allow to sit. Gently, lift out the greens, check the bottom of the pan for grit/sand/dirt Repeat cold water 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.

Planting in the garden: Do you have a large pot, at least for now, about 14-16"

Plant parsley in there and wait for basil and cilantro to join. This is flat leaf parsley. Perfect to add to all of your favorite dishes.

In a separate pot plant the thyme and wait for rosemary and sage to join there



Week 2 Fresh Inspirations May 2nd-May 9th 2022

This week we celebrate because we have the crop that is the first awaited perennial vegetable to peek through the soil and be harvested each spring. There have been years when homegrown asparagus has been found in the first shares. The cool weather, not to mention the cold nights have slowed the chance for a harvest that would bring us enough to share. We may have some asparagus from our partners in South Jersey for Tuesday and we are hoping that by Thursday we will be able to fill the shares with all homegrown asparagus. Not to worry. The season is just starting. I can never promise, however next week we should all have home grown. The difference that you will notice is in the cleaning. Take a look at the tips this week for cleaning and storing advice. The asparagus from South Jersey will have a bit more grit to eliminate. You may be asking, how long is the season? Asparagus season is generally over shortly after the first week of June. This spring as usual is bringing us plenty of leafy greens. If you haven't started a stock container now might be the time. Some of the stems however can be prepared separately. We have previously posted recipes on the website for chard and spinach stems. Your shares will also have the first herbs of the season. Chives may be used for garnish or addition to potato soup and dishes. Mint is just in time for the Kentucky Derby mint julip or if you are celebrating Cinco de Mayo, a Mojito. It seems that nature and the production team have perfect timing!

Once again, this week you will find an apple that we harvested in the fall. Another late apple, the Granny Smith that is very much so awaited each year for anyone who loves to bake. Apple strudel is one of my plans for this week. I will post the recipe so that you will have it.

Before I close, I have to tell you that I spent most of my weekend with a friend who lives in Northeastern Pennsylvania. Her name is Therese Inverso and if you "Google" her name you will learn anything you have ever wanted to know about knitting and felting. Why am I telling you about her? She is an avid gardener who eats opportunistically. <https://www.timesleader.com/features/678569/wilkes-barre-gardener-grows-diverse-array-of-crops-eats-opportunistically>. Her kitchen is lined with crocks with sauerkraut fermenting at various stages. She is rising bread. Her kombucha is warm in the corner. Her home is an old 2 story Victorian with fabulous porches and a small yard that is divided into patches with garlic growing, Jerusalem artichokes, radishes, lettuces, arugula, dandelion, and peas. I can't forget the compost pile. If you take a walk with her through the patches you will notice that she allows the weeds to grow. She can identify which of the weeds are edible and she adds them to her salad greens. She sent me home with sauerkraut, canned dandelion greens, Jerusalem artichokes to plant in my garden, homemade bread, and a book (from her huge collection) with recipes I hope to share throughout the season. She did share a tip of her own with me and I will share it in the tips this week. She is an inspiration to me, and I hope that her philosophy of trying something new and different can be an inspiration to all of us during our journey this season.

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

Until next week, enjoy the freshness!

Jenn Borealo

Apple Strudel

6 medium apples or enough to equal 6-6 1/2 cups

5 T butter

1/2 cup brown sugar

2 T flour or 1 T corn starch

1 3/4 teaspoons cinnamon

2 teaspoons lemon juice

3/4 cup of raisins (optional)

Peel and core the apples and cut into a medium dice. We used Cortland and Jonagold or Jonaprince.

Melt the butter in a large skillet and add the apples and stir to coat with butter. Mix in the brown sugar and allow the mixture to cook until the apples start to soften. Stir in the cinnamon and cook a few minutes longer. Sprinkle with the flour/corn starch and mix it into the apples. Drizzle with the lemon juice. Continue to cook a few more minutes, allowing the mixture to thicken, stirring as needed. Add the raisins if using

Remove the pan from the heat and pour the filling onto a large plate or rimmed baking pan in a single layer to allow the filling to cool quickly. Filling should be cool before it is used to prepare the strudel. This can be done a day in advance, refrigerate.

To Prepare the strudel:

1/2 package phyllo frozen pastry, defrosted and at room temperature

3/4-1 c melted unsalted butter (or more as needed)

1/2-3/4 cup of unseasoned fresh breadcrumbs

Phyllo should be defrosted in the refrigerator. Do not unwrap until you are ready to use.

You will need: 2 slightly damp towels (will keep the pastry from drying out) A pastry brush , Rimmed baking sheet lined with parchment

Melt the butter in a small pan or in the microwave. Unwrap the phyllo and place a damp towel over the dough. Place the second damp towel down on the counter.

Remove a single sheet of phyllo onto the towel on the counter. Brush with butter. Do not allow butter to pool and be sure to concentrate on the edges. Sprinkle with breadcrumbs. Repeat with 8-9 more sheets of pastry. Do not butter or put breadcrumbs on the final sheet.

Pour over 1/2 of the apples, leave a border of 1 1/2 -2" of pastry around the apples. Using the towel to help lift the long end and start to roll. Tuck in the short edges as you are rolling the strudel. Butter the parchment paper. Brush the outside of the pastry with butter and lift onto the baking sheet, placing seam side down. Cut slits every 2" across the pastry. Place the pan in the freezer.

Repeat to prepare a second strudel using the remaining ingredients. Add to the pan in the freezer and allow the strudel to chill for 1/2 hour.

Preheat the oven to 425. Bake in the middle of the oven for 10 minutes. Lower the heat to 375 and bake for an additional 20-25 minutes. Strudel should be golden brown. If browning starts too early tent the strudel with a little aluminum foil. Allow pastry to cool before cutting. Sprinkle with powdered sugar. Serve with Alstede Farms Vanilla Ice Cream. Best served the day it is made.

our own homegrown
ALSTEDE
fresh

Week 2 Harvest!

Granny Smith Apples

Spinach

Popcorn

Radishes

Parsley

Scallions

Asparagus

Arugula

Chives

Dandelion

Leeks



Thyme & Parsley 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

4 T butter (divided)

3 T olive oil

1 chopped shallot

2 cloves of garlic chopped

1-2 cups of blanched asparagus cut into 1" pieces

2 cups of Arborio Rice

5 cup of Vegetable broth

1 c dry white wine

Salt and pepper to taste

2 t fresh thyme leaves

1/2 Parmesan or Romano plus more for serving

Heat the olive oil and butter in a medium-large sauté pan over medium heat. Add the shallot and garlic. Meanwhile start to bring the broth to a boil. Add the rice and stir constantly until the rice is slightly browned. Add the wine and allow it to be absorbed completely. Stirring constantly.

Add 1 1/2 cups of broth and continue to stir. Broth will completely absorb into the rice. Repeat with another 1 1/2 cups of broth and stirring.

Add the remaining broth, 1 cup at a time, continuing to stir gently. Add the asparagus with the last addition of broth. Stir until broth is absorbed. Rice should be tender.

Add in a tablespoon or two of butter and gently stir in the parmesan. Serve

Adapted from: The Monastery Garden Cookbook