

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.

Radishes and beets. 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 ½ 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. Wrap the beets in aluminum foil and roast until fork tender when you receive them. That way they will be ready to use in your recipes.

Basil- Remove dead stems and leaves, snip ends and gently pat dry. Place stems in container filled with water, do not submerge the leaves. Wash leaves as needed. If you change the water daily the herbs will keep for up to a week on the counter. The top of the plant can be covered with a plastic bag. Do not refrigerated basil. Cilantro – Place stems in a container of water and cover the top/leaves with a plastic bag and secure with a rubber band. Place in the refrigerator. Change water every day or so. Cilantro should keep over a week with this method.

Mint- can be in a jar/container of water on the counter for up to a week. Change the water daily. You can also use the same method as the cilantro just leave the plastic bag loose do not secure with the rubber band.

Herbs—Oven Drying— Conventional ovens can also be used to dry herbs. For quick oven drying, take care to prevent loss of flavor, oils, and color. Place leaves or seeds on a cookie sheet or shallow pan not more than 1 inch deep in an open oven at low heat less than 170 if possible for about 1 to 3 hours. It can take less time and it can take longer. Check the herbs every ½ hours. Dry small bunches of herbs in an open paper bag We have cut your own herbs in the farm store greenhouse available. One afternoon I cut a small bunch of parsley and placed it into a brown paper lunch bag. Much like the popcorn bags you might be using.

The bag was open on the counter and was then moved to a basket. I neglected to get back to it for about a week. To my surprise the parsley was perfectly dried. I pulled out the stems. Crushed the leaves a little and poured this bright green herb into a jar. I have since done the same with cilantro, dill, and oregano.

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.

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, Sautée 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

Week 3 Fresh Inspirations May 9th-May 15th 2022

First things first, before I say anything else, I am asking all mom's to please pardon my forgetfulness! I did not send out a wish for a Happy Mother's day to all of you, so please consider this my belated wish to everyone. We here at the farm, all of us, hope that you had a great day. I am happy to say that I did get the chance to see some of our members in person at brunch on Saturday and Sunday. For those of you who might have missed out, there is a Father's Day Event planned for both Saturday and Sunday June 18th and 19th. Some of you ask about breakfasts, if you are marking your calendars, the first Pancake breakfasts of the season, which will celebrate strawberries are planned for June 5th and 12th.

This week all of you will receive the long-awaited homegrown asparagus. Finally, they are cutting enough to fill all the shares. There is a noticeable difference if only in the preparation and cleaning. With home-grown asparagus I usually don't blanch when cleaning unless my recipe calls for it or of course if I am going to be freezing. Blanching before freezing vegetables stops the enzymes that can lead to the vegetable spoiling. Vegetables that are blanched will keep their vibrant color, texture, and nutrients. It is a step that should not be skipped. Full instructions are in the packet this week. Our seasoned members very often can tell you that they have enough vegetables in their freezer to take them all the way through winter, often they run out just a week or days before the first distribution of shares in April. I hope our new members are inspired by them and follow in their footsteps.

Gardening again this week. This week we will plant dill and curly parsley. Dill is one of the herbs that is a bit fragile. It can bolt in the heat and reseed and come back but it might not make it through the entire season for you/me/us. I always say, never fear, the farmers usually have it growing so it very often will be available in the farm store. The other good news is that parsley has often lasted for me into the winter. Dill and parsley need sun, but they don't need to be in direct sun they will work well together. Be sure to start pinching back so that the plants will flourish, and your plants will grow to full potential. We filmed a video this week unpacking a share. You will see our pot with both varieties of parsley, dill, and we did put the chives in the center of this large pot. Something I have not asked for before, if you have been collecting your empty 4" pots and you are not sure what to do with them, return them to us. Like anything else the price for them is higher than ever and we all know how difficult it is to get supplies! The production team will be so thankful!

You spoke and we heard you. Some of you did not feel that the apples in the shares were the quality that they should have been. Please note that there will be cider in the shares this week as a replacement for the apples.

If for any reason you need administrative help get in touch with Trish@alstedefarms.com or call 908-879-7189. If you have any ideas or recipes to share, contact jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo



Exotic Mushroom Tarts

4 T unsalted butter
2-3 T olive oil
1 medium-large shallot chopped
1 Quart Container of Exotic Mushrooms-chopped
1 T Cornstarch
½ cup heavy cream
2 T white wine
1-2 t lemon juice
2 T finely chopped scallion
½ T chopped parsley
½ T fresh thyme leaves
Salt and pepper to taste
Parmesan cheese

In a medium sauté pan, over medium heat, melt the butter and add the olive. Add the shallots and allow them to become translucent. Add the mushrooms and cook until they are softer and slightly browned. About 8-10 minutes. Mix in the cornstarch and stir to coat all of the mushroom mixture. Add the cream and stir to thicken and allow the mixture to bubble. As the mixture thickens, add the wine and the lemon juice. Remove the mushroom filling from the pan and place in a small bowl or container to chill. Yield 4-4" fluted tart pans with removeable bottoms, ¾-1" deep

Cream Cheese Pastry

1 c flour
½ t salt
6 T cold unsalted butter cut into tiny pieces
4 oz cold cream cheese, cut into small pieces

Measure the flour and the salt into the bowl of a food processor, pulse to blend. Add the butter and the cream cheese and pulse to form a soft dough. Do not overmix. Remove the dough from the bowl. Gently flatten into a disc. Wrap in plastic and chill for at least a couple of hours or overnight. The dough can be prepared a day or two ahead. If you have leftover dough it could be used for another recipe or frozen for a later date.

Assembly: Butter the tart pans and line with a circle of parchment paper that will cover halfway up the sides of the pans. Roll out ½ of the dough at a time. Place the bottom of the pan onto the dough as a guide and cut a 5" circle of dough. Gently fit the dough into the pan. Cut any extra dough on the side of the pan. Repeat to fill all tart pans. Place pans in the freezer for pastry to become cold and firm. 1 hour or overnight.

Preheat the oven to 425. Add the mushroom filling to the pans, sprinkle with a little parmesan cheese. Place the tart pans on a lined baking sheet and bake in the middle of the oven for 12 minutes, checking halfway through the baking time. When the crust looks golden brown on the edges lower the heat to 350. Bake an additional 8-10 minutes. Filling should be bubbling. Allow to cool for a few minutes. Remove from the pans, remove the parchment. Sprinkle with chopped parsley and a tiny dollop of sour cream, optional. Golden Oyster and shitake- keep stems for stock Chestnut, King Oyster Royal Trumpet, Italian Oyster Mushroom, Enoki, Black Pearl Oyster chop the tops and stem.

Week 3 Harvest!

Apple Cider

Spinach

Popcorn

Radishes

Collard Greens

Scallions

Dill & Curly Parsley Plants

Asparagus

Kale

Chives

Dandelion

Leeks

Swiss Chard

***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.*



Pancetta & Asparagus Strata

Savory Bread Pudding

Italian Bread
French Baguette
Hallah Bread Loaf
Asparagus (blanched)
Butter Salted
Diced Pancetta (rendered)
Gruyere Cheese Shredded
Grated Parmesan Cheese
Eggs
Heavy Cream
Whole milk
Salt & Pepper, Fresh Tarragon

Diced all breads into larger crouton size. Lightly Toast.
Blanch Asparagus in salted water, Shock in ice water. Let Drain.
Dice Pancetta render in pan, save fat.
Combine egg, heavy cream, whole milk, Salt & Pepper, tarragon.
Pour Mixture over cut bread in Hotel pan, make sure all bread is saturated in egg mixture.
Bake 325 Degrees for 35-40 minutes

our own homegrown
ALSTEDE
fresh