

Storage Tips & Tricks

Strawberry Care-Remove the strawberries from the farm container. Do not wash the berries before storing! Line a flat plastic or glass container with a paper towel. Place a single layer of fresh strawberries into the container. Cover with paper towel and seal with the lid or plastic wrap. Strawberries will last up to 4 days or longer depending on your refrigerator. Wash or clean them when you are ready to serve. Strawberries, should be cleaned and hulled before freezing. I like to just wipe them with a soft moist cloth and then let them dry on paper towel. Place strawberries on a tray to freeze and then move them into a zip lock freezer bag or an air-tight container and be sure to get out most of the air out of the bag and they should be good for up to six months!
Lettuce-Be sure lettuce is dry, wrap in paper towel, place into a plastic bag or container. Lettuce will keep 4-5 days or use the

Foil method: Wash and use salad spinner, lay on paper towels (use layers if there are a lot), roll up paper towels and place in HEAVY DUTY foil (buy the name brand really heavy and wide), and label with name and date. the greens are easy to access when preparing a meal and already cleaned and ready to go. The heavy-duty foil is a must, and the great news is that because the foil is thick, you will be able to reuse the same piece over and over. Reuse the paper towels as they dry out too.

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.

How to Freeze Asparagus

Prepare the following items:

Bring 1 gallon of water per pound of asparagus to a boil

Prepare an ice bath ice and ice water

Freezer containers / zip lock bags

Clean the asparagus to remove any grit, soil, and snap or cut off the woody ends

Bring the water to a boil, keep the heat on high and immerse the asparagus, water should come back to a boil in one minute

Boil 1 ½ minutes for thin stems, 2 minutes for medium and 3 for fat.

Immediately remove and submerge into the ice bath. This will stop the cooking process.

When cold, drain, allow to dry on paper towels

Pack in airtight containers or bags

If using bags, close the bag almost to the end. Stick a straw into the bag and draw out as much air as possible from inside the bag. Press down on the

Straw as you continue to close the bag and pull the straw out.

Label and date bags or containers.

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. 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.

To revive wilted greens- Place wilted greens in a bowl of ice water, with ice. Allow to sit for at least 30 minutes. Then drain or spin, dry and store in the refrigerator in paper towel and plastic.

Week 6 Fresh Inspirations May 30th – June 5th 2022

I don't know if I am ever more excited, than in the late spring when I get the opportunity to tell you that we will have strawberries in our shares this week. The announcement for me was really unexpected. We, all of us here at the farm are so happy to have the first fruit coming into season! Not only is it great to have the berries in our shares, but it is also fun to see the "Pick Your Own" activities starting. It is like the farm is waking up. If you don't eat all the berries on the way home, take them out of the container that you receive them in when you get home. There will be complete directions for storage in the packet this week. On the website we have some recipes that have been favorites for a few years. Strawberries can be a part of your dessert, but we have added them to some salads in the past years. Give that a try

The plant that will be in all the shares this week will be basil. Most years I keep one pot just for basil. Later you may we may have lemon basil that can be added to the pot or planted along side parsley, they love the same conditions. Some experts recommend planting basil with tomatoes. It has been said that the practice can enhance the flavor of both, the herb, and the vegetable. Sage plants can join the thyme and oregano.

Almost every week on the farm we receive one of the root vegetables, radishes, beets, carrots, later maybe parsnips, or turnips even bunched onions that are actually bulbs. A couple of leafy greens can also come under this same heading, like arugula and spinach. These crops have a name here on the farm. They are called itsy bitsy's. Cute name, right? In rotation these crops are planted once a week, most of them are fairly fast growing, making them available in our markets and of course in our CSA shares for most of the year.

Just a little while ago I heard from long time CSA member Beverly Hanson. Sadly, she is not with us this year. She wrote to me and to Trish this summer letting us know that she had moved out of state and misses our CSA. She was thinking as she was preparing these mushrooms that we might have them in our shares as we have had for a few years in the early weeks. Just like always she sent the recipe so that we could share it with everyone. She says that she freezes the cooked mushrooms in silicone cube molds for use in later recipes. We will miss Bev, and we are happy that she continues to stay in touch and of course, that she is still sharing. <https://damndelicious.net/2015/08/02/slow-cooker-garlic-herb-mushrooms/>

Trish is available to assist you with any of your questions or needs, she can be reached at 908-879-7189 or Trish@alstedefarms.com. I look forward to hearing from you when you have an idea or a recipe to share, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Radish Ideas

Make a salad with sliced radish, cucumber, red onion, and Feta. Add a simple vinaigrette.

Prepare a radish toast with an herb cheese or butter top with sliced radishes and garnish with chopped radish tops or some parsley.

Take a look at the web site and prepare radish top soup. Slice fresh radishes for garnish.

Stir fry radishes or sauté in a little olive oil on medium heat for about 10 minutes. Remove and add the greens and wilt up to 5 minutes. Add a little garlic and cook until softened, not browned. Salt to taste.

Roast sliced radishes with some sliced leek, carrots, beet, olive oil and a sprinkle of salt. Garnish/season with some fresh thyme leaves after roasting.

Pickled radishes: Easy pickled radishes - Simply Delicious (simply-delicious-food.com)

Prepare radish top pesto. Substitute the greens for basil. Add some parsley, and continue with garlic, pine nuts, parmesan or Romano cheese. All of your favorite pesto ingredients.

Beet, Radish, Carrot Citrus Salad

Serves 2-3

- 1 small beet, 1 medium Carrot
- 1 large Radish, 2-3 large lettuce leaves
- ½ bunch torn arugula, ¼ c olive oil
- 2 T orange juice
- 1 T lime juice, 1 T lemon juice
- 1/8-1/4 t Dijon mustard
- 1 T honey, or to taste, Kosher salt
- Chopped parsley, Zest of ¼ orange rind

Peel the beet and carrot. Cut the beet in half and the carrot into 3-4 pieces. Using the grater attachment of your food processor, shred the radish first, remove and shred the carrot, remove, and shred the beet. Place a large leaf of lettuce on each salad dish. Dress the arugula with some of the citrus dressing and a sprinkle of salt, toss. Top each lettuce leaf with a portion of the arugula. Top with some of each of the shredded vegetables, drizzle with dressing, and sprinkle with salt to taste. Top with some orange zest and chopped parsley.



Week 6 Harvest!

Asparagus

Spinach

Beets

Mint

Collard Greens

Dill

Strawberries

Kohlrabi

Radishes

Carrots

Leeks

Swiss Chard

Basil & Sage 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.*



Garbanzo Bean Salad with Red Onion, Mint, and Chives

- 1- 15 oz can Garbanzo Beans
- ¼ red onion, minced
- 1/3-1/2 cup mint leaves, chopped
- 3-4 T snipped chives
- Red wine or apple cider vinegar
- Olive Oil

Salt and pepper to taste

Drain and rinse a can of Garbanzo beans. Add the onion and prepared herbs.

Drizzle with ½ T vinegar and 2 T of olive oil.

Salt and pepper to taste, Stir to combine.

Prepare a couple of hours early or the day before allowing flavors to blend.

