

## Storage Tips & Tricks

**Peas**, store in a plastic bag. Use within a day or two before the sugar turns to starch

English peas add to rice or risotto or pasta. Add raw peas to your favorite potato salad. English Shelling Peas have a waxy shell, and they are the largest of the 3 varieties. Pull the stem end along the seam and the pod will open. You can also push along that edge to create an opening. All of the peas should have the strings removed before preparation and serving. Save the pods for stock. Serve sugar snap peas for a snack raw with or without a dip. Add sugar snap peas to a salad. Add the snow peas to a stir fry or open the pod and pipe an herb cheese or hummus for an appetizer.

Take a look at the Alstede Farms website for recipes we have printed throughout previous seasons. Click on “ways to eat fresh” Click, CSA recipe, and all vegetables and fruits are listed on the left side of the screen.

Broccoli -will keep in the refrigerator in a plastic bag for 4-6 days. No need to wash before storing, clean as needed. To prolong the life of broccoli, steam 6-8 minutes or blanch 4-6 minutes and allow to cool refrigerate or freeze and it is ready to add to your favorite recipes.

**Storing blueberries**, remove from the container. Do not wash, Place in a shallow pan or container lined with paper towel. The berries should not be washed before storage. Berries should keep for up to 5 days. It is time to make blueberry pancakes.

**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.

**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.

**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

**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 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

**Kohlrabi**- Remove the leaves, prepare store separately. Leaves may be prepared like kale or collards. Use the leaves in a few days. Kohlrabi will last up to two weeks however it is best to use within a week. Kohlrabi can become woody if stored for too long. Peel slice and salt to serve as a quick appetizer with or without dip. Peel slice toss with olive oil sprinkle in some herbs, garlic, and parmesan. Roast in a single layer on a baking sheet lined with parchment for 15-20 minutes, edges should be browned and crisp. Check the website for a kohlrabi slaw recipe.

## Week 10 Fresh Inspirations June 27th—July 3rd

I was so excited to read that many of you are enjoying the blueberries in the share this week. They were delicious. I find that I am eating them on the way home, and it is even easier than eating strawberries. Of course, I read how some of you were disappointed by the change last week. I had already turned in all of my work when I heard. We were all surprised and really caught off guard. Of course, the fields here at the home farm were busy over the weekend, however most of the strawberries that are picked for CSA and our markets are harvested on another property. All of the fruits and vegetables that we receive have nutritional value but keep in mind that blueberries do make that “super food” list every year. It is that fabulous color. Antioxidants are something that we hear about all the time. Blueberries can fight diseases such as cancer and heart disease. They can boost immunity; they can help to keep you hydrated with their high-water content will make you feel full and satisfied. Bonus they are low in calories. Start freezing now. Place them on a pan. Allow them to freeze and then move them to containers or freezer bags.

If you go out to pick blueberries, you will see how the blueberries change color as they become ripe. They are beautiful. First, the blueberries are green, then white, a deep pink next and then deep blue. Don’t pick until they are really deep blue, the entire berry has to be the same color. Berries are one of the fruits that will not ripen after you pick them.

This week there will be onions that have been bunched together in your shares. They are actually young white onions that have been harvested early. They will not be cured. Store these onions in the refrigerator.

I find it hard to believe that we are facing the fourth of July weekend. I am constantly saying “where did the time go. Didn’t we just celebrate Memorial Day.” All that being said, I am sure that there will be salad with lettuce from the organic fields on your menu. Add in a tomato from the green houses where the plants grow from pots on the ground, to the ceiling. Maybe coleslaw that can include a shredded kohlrabi. Blueberry pie, or hand pies, or tarts are sure to make your dessert table. It might be time to find a “star” cookie cutter to show the red or blue through the pastry. The fourth will be a true Monday holiday. I am hoping you will have a chance to enjoy the three-day weekend with your family and friends.

To reach Trish with your questions call 908-879-7189 or Trish@alstedefarms.com. To reach me, send ideas and recipes to jenn@alstedefarms.com

**Until next week, enjoy the freshness!**

*Jenn Borealo*



## Tortellini, Peas, and Prosciutto

¾- 1 c fresh shelled peas  
1 T butter  
1 T olive oil  
2-3 garlic scapes (when in season)  
1 clove garlic chopped, more if not using scapes  
3 oz Prosciutto, chopped  
¾ -1 c heavy cream  
9 oz Fresh Cheese Tortellini or pasta of your choice  
1/3 c vegetable stock  
Chopped fresh basil leaves  
Parmesan for serving

Shell the peas and boil for just a minute or so until the peas have risen to the top

So that you will know that they are ready or steam for 2-3 minutes until tender.

Heat butter and olive oil in a sauté pan over medium heat and cook the scapes and garlic until tender. Do not allow the garlic to brown. Add the heavy cream and the peas to the pan and simmer for just a few minutes.

Roughly chop the prosciutto and set aside

Meanwhile prepare tortellini according to package directions.

Drain the tortellini and return to the pan. Add the cream sauce and some of the broth. Allow the tortellini to sit for a few minutes over very low heat. The starch from the pasta will help to thicken the sauce just a little. Stir once or twice. Add a tablespoon or two of parmesan cheese.

Serve with extra cheese at the table. Stir in some of the basil leaves and ½ of the prosciutto.

Serve in pasta bowls. Top with some extra basil and prosciutto. Serves 2-3

## Week 10 Harvest!

Blueberries

Peas

Beets

Mint

Collard Greens

Swiss Chard

Kale

Kohlrabi

Broccoli

Radishes

Bunched Spring Onions

Lettuce

Assorted 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.*

## Blueberry Tarts

Frozen Puff Pastry  
1 ½ pints of blueberries  
½ c sugar  
1 T corn starch  
2 T lemon juice  
Powdered sugar  
Heavy cream for whipping  
Preheat the oven to 425

Open the frozen puff pastry, unfold one of the triple folded pieces of pastry and remove 2 sections of pastry.

Allow the pastry to soften slightly. Line a baking pan with parchment paper. Slit a border in the pastry about a ½" from the edge on all four sides. Do not cut all the way through. Pierce the pastry inside the rectangle with a fork. Pastry will puff best if cold. Bake in the middle of the oven until deep golden brown, about 15 minutes. Lower the heat to 375 if pastry browns too quickly.

Meanwhile in a medium saucepan whisk together the cornstarch and sugar. Add the blueberries and blend together and drizzle with lemon juice. Place the pan over medium low heat. Blueberries will release juice and a sauce will bubble. Allow the sauce to thicken. 15- 20 minutes. Stir as needed. Cut each strip of baked pastry into 3 pieces. Remove the center of the pastry which can become the top. Spoon in a some blueberry filling. Place top of pastry over blueberries, sprinkle with powdered sugar, top with whipped cream.

