

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!

Rhubarb- 1st, remove the leaves and discard they are toxic and should never be eaten!

To store fresh rhubarb - Place the stalks in a plastic bag to retain moisture and store for 3 to 5 days in the refrigerator crisper drawer. To freeze, cut the rhubarb stalks into 1-inch chunks and seal drawing out air as you close the bag. Frozen rhubarb can keep up to a year at 0 degrees F.

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.

Lettuce-Be sure lettuce is dry, wrap in paper towel, place into a plastic bag or container. Lettuce will keep 4-5 days

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 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 7 Fresh Inspirations June 6th – June 12th

This week was really about the strawberries. I had the pleasure of taking some school tours out to the fields. The container in the share is always appreciated but getting out and seeing the fields is the true farm experience. It is early in the season, and it felt more like mid-season where you can stand at one plant and fill your container. Strawberries, of course are plentiful and in your shares but if there is a fun family childhood memory that is a favorite it is picking strawberries. The extras can be frozen for future use after this very short season comes to an end. This would also be the time to prepare jam or a strawberry rhubarb pie filling that can be frozen and baked at a later date. Simple directions will be in the packet this week. Did someone day rhubarb, yes, it will be in the shares. It pairs well with strawberries of course but it can stand alone in recipes as well. There is a recipe in the packet this week or add rhubarb to your strawberry jam and of course pie filling.

The first crop of the season, asparagus, could be coming to the end of production next week. If you haven't saved any now would be the time to do so. I noticed a recipe on Facebook using shaved asparagus. The original recipe on Smitten Kitchen is for an actual pizza. Hadassah Michelle Margolis takes the recipe to another level with the addition of eggs. The posted picture is beautiful and appetizing!

Jamie Jurgaitus posted a pancake using up all the ingredients at the end of the week. The recipe is vegan. A frittata might be another idea. They are recipes that you will want to keep close at hand throughout the entire season so that you can incorporate what you have on hand late in the week into a dish that will eliminate waste.

Broccoli will be in the shares this week. This is a first the season for this vegetable where we eat the flower of the plant. Be sure to keep the stems and use them in recipes like the pancake, frittata, omelet, maybe even a quiche. The leaves are edible too. Sauté with garlic for a great side dish.

Get out in the garden when you can. There will be lemon basil in your share that can be added to the pot with basil. Rosemary, another tender perennial can be added where you have sage and thyme.

I have noticed that some of you post your questions on Facebook. The most direct way to reach Trish is probably by phone 908-879-7189 or e-mail Trish@alstedefarms.com. If you have a question or something to share you can e-mail me, jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Upside Down Cornmeal Rhubarb Cake

¼ cup unsalted butter
½ c light brown sugar
2 1/2- 3 cups sliced rhubarb
Zest of ½ orange (use a zester or a peeler and paring knife)
1 ¼ c flour
½ c yellow cornmeal
¼ t salt
1 ¼ t baking powder
½ t baking soda
2 eggs
¾ c sugar
½ c oil
1 1/2 t vanilla
½ c sour cream
Zest of ½ orange grated with a microplane
Sweetened Whipped Cream
Strawberry Jam or Orange Marmalade

Preheat the oven to 350

Prepare the pan. Grease a 9" springform pan. Line the pan with parchment paper. The paper should cover the bottom of the pan and 1" of the sides. Butter the parchment paper. Cover the outside bottom/1" up the side of the pan with foil and place the pan onto a baking sheet.

Melt the butter in a sauté pan. Add the brown sugar to the melted butter and stir over low heat until well blended. Add the rhubarb and allow to cook for 4-5 minutes, rhubarb will soften slightly. Add the orange zest. Cool.

In a large bowl blend together the first 5 dry ingredients. In another bowl beat the 2 eggs and add the sugar and the remaining ingredients mixing well. Make a well in the dry ingredients and pour in the liquid mixture. Stir gently just enough to completely blend, do not overmix.

Pour the rhubarb and all of the sauce into the bottom of the springform pan. Top with the batter. Spread to cover over the rhubarb. Bake in the middle of the oven for 30-35 minutes until a tester comes out clean.

Allow the cake to cool for 5 minutes in the pan. Remove the outer ring of the springform. Place a plate over the cake and turn the cake over onto the plate. Remove the parchment paper. Cut into wedges, serve warm.

To serve: Prepare sweetened whipped cream. Warm some strawberry jam with a little juice, brandy or even a bit of water. Drizzle the plate with jam. Garnish with a generous dollop of whipped cream and sprinkle with some powdered sugar.

Week 7 Harvest!

Asparagus

Spinach

Beets

Mint

Collard Greens

Swiss Chard

Strawberries

Rhubarb

Radishes

Carrots

Dill

Lemon Basil & Rosemary 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.*



Strawberry Kiwi Salsa

2 cups Strawberries diced
1 kiwi peeled and diced
½ mango diced
1-2 green onion sliced, white and tender green
½ yellow or red bell pepper, small dice
½ English or seeded cucumber, small dice
1 cup cilantro chopped
1 green jalapeño, seeded, tiny dice
Juice from 1 lime
Salt to taste

Place all chopped ingredients in a bowl. Toss together in lime juice. Serve with corn chips or toasted pita wedges. Adapted from: Ripe-life.com

