

Storage Tips & Tricks

Garlic scapes can be kept up to a week in the refrigerator. To freeze garlic scapes, cut them into 1” pieces and then blanch for 2-3 minutes, transfer to an ice bath and then dry. Freeze the scapes in portions in airtight containers or freezer bags removing as much air as possible as you close the bag.

Prepare garlic scape pesto- Cut the scapes and add to the processor, add olive oil, pine nuts or a substitute, parmesan cheese, and I add a few basil leaves (optional). Sauté pieces of garlic scape with some onion to add to your quiche recipe or sauté and then prepare an omelet or scrambled eggs. Add scapes to mashed potatoes or risotto or couscous.

Kale- Wrap in a paper towel and place in a plastic bag or container. Kale will keep 5 days or more
19 Best Kale Recipes and Ideas | Food & Wine (foodandwine.com)

Root vegetables- carrots- remove the greens or the tops from the root. This prevents the greens from taking moisture from the vegetable. These greens would be considered tender. Use them in salads, soups, smoothies, within a few days. Carrots will last for weeks.

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. This recipe was given to me from a friend who wanted to incorporate more vegetables into her children’s diets.

Broccoli Butter Sauce: This recipe uses the stems and pieces that you might otherwise discard.

Chop the broccoli stems and bring them to a boil in either salted water or broth, just enough liquid to cover the vegetable. Broccoli will be fork tender. Pour into blender and puree, add a tablespoon or two of butter. Pour over steamed florets, warm through and serve over pasta.

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.

Mint-Store on the counter in a container with water. Remove leaves from the lower stems so that they are not in the water. Change water daily. Or Place a plastic bag over the top of the mint and store in the refrigerator. Store in the refrigerator with damp paper towels in a plastic bag or container. Chop washed mint, add to ice cube trays, and fill with water, freeze. Remove to zip lock bags. Store in the freezer ready to add to iced tea or other summer drinks. Remove the leaves from stems, Place in a single layer on a parchment lined pan. Place in an oven set at 170 leaving the oven door open. Check every fifteen minutes or so. Drying can take 2-3 hours. I find that it is usually much faster than that. Be sure leaves are dry. Store in airtight containers.

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!

Asparagus- This could be your last chance: 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

Week 8 Fresh Inspirations June 13th – June 19th

As I am writing this week, we have just concluded our second Strawberry Breakfast. The event I am looking forward to now is next week when we will honor all the dads who come out to the farm to celebrate. Seating is available for either Saturday or Sunday. The barbeque style menu will be served in our Christmas Barn. It will be a new experience with beautiful views and a great breeze all the time. Whether you join us or not, we of course celebrate you this week. Hoping all the “fathers” have some time to relax and enjoy their families.

Asparagus production has slowed and cutting will end this week. Broccoli will be in shares again, joined by kale. All green vegetables, all high in fiber. We all add some color to the plate with carrots this week. Cut off the carrot tops and save them, they can be added to salads, they can be made into pesto or Chimichurri, we have made tea in the past here at the farm, or simply save them as an addition to stock. Take a look at the tips for using them for more ideas. The carrots are from our partners in South Jersey where the soil is a little more sandy. Carrots of course are washed and peeled but the tops may require a little more attention.

So may I say that there is an awaited treat in the shares this week. In the past I have had some members disagree with me but if you are looking for a farm favorite this is one of the first of the season. Scapes, garlic scapes, are going to be in the shares. For those of you who are new to us this year, a scape is the stem that grows out of the garlic plant through the leaves much like a tulip or a daffodil. They are cut before they flower so that they do not take the energy from the root which in this case is the garlic bulb. Cutting this stem sends the energy back to the garlic bulb which now has these next few weeks to increase in size before harvest. Scapes have a mild garlic flavor. They can be cut and added to soups or stir fry or they can be processed for a pesto which I have to say is my favorite!

You will be in the garden again. Lavender and Lemon Balm will be in the shares this week. Lemon Balm is a member of the mint family; it is a perennial, and it can be invasive if you allow the plant to flower and seed. It will do well in most gardens, but it can re-seed and take over the space. Lemon Balm will do best in full sun however it will grow in shade as well. If you choose to plant the lemon balm in a pot it can pair with the lavender that is also in your share or dill and chives if there is room in those pots. Lavender is a tender perennial that would be happy to join the rosemary, sage, and thyme if you have room in your herb pots as they all like the same growing conditions.

If you need to reach Trish call 908-879-7189 or send a message to trish@alstedefarms.com . If you have something to share, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Upside Down Cornmeal Rhubarb Cake

Serves 4

½ Package Frozen Puff Pastry Sheets

Open the package and remove one of the folded pieces of puff pastry. Return the package to the freezer.

Unfold the puff pastry, you will have 3 sections, rectangles. You will need 2 sections, return the 3rd to the freezer for another

Use. Allow the pastry to defrost so that it is easy to work with. With a pastry cutter cut one of the other sections into ½” thin strips.

Place the base of the pastry onto a parchment lined sheet. Line the edges with the strips of puff pastry, pressing gently into place.

Secure corners and brush with egg wash.

Place the tray into the freezer, cold pastry will puff better than pastry at room temperature.

Preheat the oven 350

Prepare the filling

2 c strawberries cut in quarters or sliced

2 ½ T sugar

1 T tapioca

½ T cornstarch

½ T fresh lemon juice

Pinch of salt

Cut the strawberries and add them to a pie pan. Mix in the sugar, tapioca, and cornstarch. Sprinkle with lemon juice and salt, stir, and set aside for 15 minutes. Cover the pie plate loosely with a piece of foil and bake for 15-20 minutes, check the berries after 10 minutes and stir the mixture. The filling is ready when the juice has thickened, and it is bubbly. Cool to room temperature.

Raise the oven temperature to 425.

Place the tray of puff pastry into the center of the oven. Bake for 12 minutes. Lower the temperature to 350 and bake an additional 5-8 minutes.

Or until the pastry is a deep golden brown.

Allow to cool. With a sharp knife at an angle cut the center top of the pastry away leaving the sides intact, set top aside. Spoon filling into the tart.

Cover with pastry top that you had cut away. Sprinkle with powdered sugar and cut into 4 pieces, serve with fresh whipped cream.



Week 8 Harvest!

Strawberries

Garlic Scapes

Beets

Mint

Collard Greens

Swiss Chard

Kale

Rhubarb

Broccoli

Carrots

Dill

Lettuce

Lavender & Lemon Balm 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.***



Oven Roasted Carrots and Kale

1/2 lb. carrots, sliced lengthwise, then cut on diagonal

5 ounces kale, washed, thick stems removed, chopped

1 tablespoon olive oil

1/2 yellow or white onion, chopped

4 cloves garlic, minced

Salt and pepper to taste

Parmesan

Preheat oven to 400 degrees.

Chop the kale into small pieces.

In a large bowl combine kale, carrots, onion, garlic, and olive oil. Using your hands, blend all ingredients well. Be sure that the kale is coated with olive oil.

Spread into a 13 x 9 baking dish and roast for 20-25 minutes, stirring once halfway through. (The carrots should be fork tender, and the kale will be wilted and browned in spots.) Sprinkle lightly with salt and pepper to taste. A sprinkle of parmesan when serving is optional.

Adapted from: bostonorganicsgrubmarket.com

