

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
Cabbage-will keep longer than a week. Outer leaves may become limp or discolored, once removed the inner portion will continue to be good to use.

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.

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. If you have Hyssop from previous seasons in your garden here are some ideas for using it: How to Use Culinary Hyssop: 8 Ways to Cook With Hyssop - 2021 - MasterClass

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.

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.

Radishes-remove the leaves from the root and store separately.

Mint tea- for every 2 cups of boiled water add 15 or so mint leaves. Steep 5 minutes. Add sweetener of choice and some lemon if desired. Chill for iced tea. Add cubes and serve.



Week 9 Fresh Inspirations June 20th – June 26th

Peas are the first crop every year planted directly into the soil. The air is still cool and the production team just has to wait for dry conditions in the fields. This planting usually takes place in early April. There are three varieties of peas that you may find in your shares this week. The first to be harvested each year would be shelling or English peas. The other two are Sugar Snap Peas or Snow Peas. Peas are removed from the shell to serve English peas. These of course require the most work. Get the mini chefs in your kitchen to help you. The shells of sugar snap and snow peas are very tender with smaller peas inside. The pod and peas are intact for serving.

Snow peas are very flat however with homegrown snow peas you will see peas inside a little larger than the supermarket variety. Be sure to remove the string before adding to recipes or serving. Sugar snap peas and English peas can be easily confused. English are usually a little larger. Press on the curved edge, with English peas the pod will pop open, with sugar snap it will not. Not sure, take a bite, pod, and all if it is sweet and easy to chew that is the sugar snap pea, English pea shells are extremely tough with a lot of fiber, not easy chew. There are strings on sugar snap peas. Pull at the end and the string will come out of the seam. Pull at the other end, some varieties have 2 strings.

Another first this season is kohlrabi. Kohlrabi is a German word that means cabbage, turnip. Kohlrabi is actually a relative to cabbage and broccoli, cauliflower, and collards. It is not a turnip, and it is not a root vegetable. Because of its shape, kohlrabi has been called a "sputnik vegetable." It can be purple or green. It is generally peeled and can be prepared raw or cooked, the leaves are also edible and can be prepared the same as collards or kale. There will be some ideas for preparation in the tips this week. Kohlrabi is a cool weather crop that has two seasons, spring, and fall. This is a vegetable that is quite common in Europe. In this country you will find it on a top shelf in the supermarket, not at eye level where the most popular items are. Give it a try, you will be pleasantly surprised.

I believe that this will be the last week that we will receive herb plants in our shares. Hyssop is going to be added to a pot where you may have rosemary and sage if you have room. Hyssop will also do well near lavender. If you have been with us in past years, you may have this herb coming back from a previous planting, it is a perennial so it will do well in a pot or the garden. I hope that all of you are pinching the herbs to keep them from going to seed and to help the plant to become a more lush full form.

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



Roasted Cabbage with Chive-Mustard Vinaigrette

½ medium cabbage, outer leaves removed

1 tablespoon olive oil

sea salt

freshly ground black pepper

VINAIGRETTE

2 teaspoons Dijon mustard

2 teaspoons white balsamic or white-wine vinegar

1 teaspoon lemon juice

3 tablespoons minced fresh chives [reserve ½ T for garnish]

2 tablespoon olive oil

¼ teaspoon freshly ground black pepper

1/8 teaspoon salt

Preheat oven to 450 degrees. Cover a baking sheet with parchment and brush with oil.

Cut cabbage half into four wedges, remove any thick core, leaving wedges intact as much as possible. Brush the cut sides of the cabbage with 1 tablespoon olive oil and sprinkle with salt and pepper. Place the cabbage flat-side down on the prepared baking sheet.

Roast the cabbage for 10- 12 minutes. Carefully turn the wedges over. They may fall apart a bit and roast until browned on both sides, about 8-10 minutes longer.

To prepare the vinaigrette: Combine mustard, vinegar, lemon juice. in a small bowl. Add chives and oil; stir until well combined. Taste and adjust seasonings as needed. Add salt and pepper to taste

Warm a serving plate or dinner plates. Transfer the cabbage to plates and drizzle with the vinaigrette while still hot. Garnish with reserved chopped chives. Serve hot or at room temperature. Adapted From: Liveearthfarm.net

Week 9 Harvest!

Blueberries

Peas

Beets

Mint

Collard Greens

Swiss Chard

Kale

Kohlrabi

Broccoli

Carrots

Dill

Lettuce

Anise 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.*

Garlic Scape Pizza

Prepare your favorite pizza dough recipe or purchase pizza dough.

8-10 garlic scapes, flower end removed, cut into 4-5" pieces

Olive oil

Goat cheese

Greek olives sliced.

Basil leaves

Parmesan cheese

Warm 2T olive oil in a skillet and add the scapes. Sauté, until fork tender, turning once, they will brown a little. Remove from the heat.

Press the pizza dough into a circle or square on an oiled piece of parchment paper.

Brush the dough with olive oil from the pan.

Press the scapes into the dough without overlapping. Press in olive slices and pieces of basil leaves. Dot the dough with bits of goat cheese and sprinkle with parmesan.

Preheat the oven when ready to bake.

Allow the pizza to rise for 45 minutes. Move the pizza onto a stone or a hot pizza pan.

Bake pizza for about 15 minutes. Edges should be browning. Remove from the oven and allow to sit for a few minutes before cutting.

