

## Storage Tips & Tricks

**Tart Cherries-** do not wash cherries before storing, *How to Pit Cherries: 5 Easy Methods | Striped Spatula* I think we could add blueberries and cherries to this recipe *Summer Berry Galettes: Free Form Tarts | Kim Sunée (kimsunee.com)* *Simple Tart Cherry Jam - Norman's Farm Market (normansfarmmarket.com)*, we will have to adjust this recipe to the volume of cherries in the share

**Beans-** Remove the beans from the plastic bag. Be sure that beans are dry before storing. Store in a paper bag or between layers of paper towel in a covered container. To prepare break at the stem end. Blanch for 3-4 minutes or steam for 8-10 minutes. The color should brighten, and they should be fork tender, yet crisp. Blanching or steaming will extend storage time and the beans will be ready to add to a recipe or make into a salad when you need them. Take a look at the website for recipes from past years.

**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.

**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

**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.

**Bunched Onions-** They are actually young onions that have been harvested early. They will not be cured. Store these onions in the refrigerator.



## Week 11 Fresh Inspirations July 4th—July 10th

There are quite a few recipes on the website for green beans so please take a look. Green beans will be in the shares this week and one variety, or another will be in shares throughout the season. For quite a few years past we have posted green bean recipes. There should be something there to please everyone's palate. With all the hot weather salad is often my choice for dinner. Along with the beans this week lettuce will be plentiful. Salad Niçoise, sort of a mini salad bar is a recipe you may enjoy. Lettuce is the base, and you can mix in arugula for added flavor. All of the other ingredients are layered on the top. Some of the toppings will need a little preparation, that of course includes steaming the green beans and boiling the potatoes. Make a plan to clean and steam the beans ahead of time. This is a salad I have always enjoyed, and it was one that my students (teenagers) would request. It can be something you may prepare as the availability changes so make it your own. Beans here on the farm are one of the crops that production plants in rotation so that they always know, (as much as you can possibly know,) that the next field will be ready for harvest when the last field stops producing. Beans, including wax or yellow or Italian flat beans will be a regular in our shares for the remainder of the summer.

Some of the shares will have basil and I am noticing that my own basil is doing better than ever. I have had to water my herbs a little, I think that the production team would agree as they are watering a bit too. A little rain would be welcome right now. Be sure to check your lemon basil. I haven't pinched it as much as some of my other herbs and I did see some flowers starting to form. If you haven't used the lemon basil, try it with fish or chicken or even roasted potatoes. I added a little to pesto the other night for a change, give it a try. If you have egg shares and are looking for a different recipe, prepare pesto eggs. I have served this dish at breakfast or brunch with rave reviews. Our own version will be printed this week. There was a question recently about using lavender in recipes, if one member has a question, others often do as well. I will share the information in the tips this week.

I noticed that everyone has been enjoying the blueberries in the shares. Blueberry muffins, compote, frozen yogurt covered berries. Blueberry pancakes, anyone? If you haven't had a chance to make them let us, do it for you. Blueberry pancake breakfast will be held this coming Sunday in the Christmas barn. Reservations are made online. The wagon will stop so that you can pick blueberries before you go home. I hope to see you there. If you have questions about your share, contact Trish@alstedefarms.com or call 908-879-7189. If you have a recipe or idea to share, contact me, jenn@alstedefarms.com.

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

*Jenn Borealo*



## Pesto Eggs on Parmesan Toast

Prepare roasted tomato: preheat oven to 400. Chop a large tomato, add a little olive oil, some chopped basil and oregano and a spoonful of parmesan cheese. Spread into a single layer on a parchment lined baking pan. Roast until some of the edges are browned and caramelized, 20-25 minutes. Set aside

Prepare your favorite Pesto recipe: I used basil and a little arugula, garlic, olive oil, walnuts, and parmesan cheese in a mini food chopper

Prepare Toasts: Preheat the oven to 350 and line a baking sheet with parchment paper. Lightly brush Sour Dough bread slices with melted butter mixed with some olive oil. Sprinkle with parmesan cheese. Bake about 8-10 minutes or until golden on the edges and slightly toasted. I cut the slices in ½ and served a single egg in the middle with some extra pieces cut a little smaller around the edge of the plate. If your slices are large enough, place one egg on each ½.

To prepare eggs: On low- medium heat, melt 1-2 Tablespoons of butter with 2 Tablespoons of Olive Oil in a non-stick frying pan. Add 3-4 heaping Tablespoons of pesto to the pan. Allow to warm and bubble a little and break eggs over the pesto. 3-4 eggs per 12" pan. Do not crowd the eggs. Allow the white to set and gently turn for a 35-40 seconds for a runny yolk, leave a little longer if you want yolk to be a little more cooked through. Gently lift the egg onto a toast along with some pesto. Top with a little more pesto as desired.

For some extra color and garnish, place some roasted tomatoes at the sides of your toast.



## Week 11 Harvest!

Blueberries

Peas

Tomatoes

Tart Cherries

Collard Greens

Swiss Chard

Kale

Beans

Cauliflower

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.*

### Green Beans with Pasta and Pesto

Green beans from the share, about 1lb

1/3 -1/2 cup pesto or more, to taste

½ lb. bow tie pasta or shape of your choice

1-2 T butter

Parmesan Cheese

Kosher Salt and pepper to taste

Clean and trim the beans. Steam the green beans to bright green, crisp tender. Prepare pasta in salted water according to package directions. Reserve 1 cup of pasta water just before draining.

Mix the cooked green beans with 2-3 T pesto and set aside.

Drain the pasta, add the butter, mix to coat pasta. Add the green beans to the pasta and a little water to marry the ingredients as needed. Add additional pesto and season with salt and pepper to taste.

Serve with additional parmesan cheese.

Garnish dish with ½ cherry or chopped fresh tomato, serve at warm or at room temperature.