

Storage Tips & Tricks

Sugar Plums -Remove stone fruits from the plastic container when you arrive home. If the fruit is not quite ripe leave some on the counter to ripen further, checking each day. If you refrigerate remove the fruit in time for it to come back to room temperature for the best flavor.

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

Rumtopf: From Inga: Wash cherries, remove stems, place them in a sterile jar, top with 2 T sugar, fill the jar with rum, close the top and refrigerate. I have read that this should be stored for 6 weeks.

Cauliflower-will keep in a plastic bag in the refrigerator for up to a week. Steam the vegetable and store to extend the keeping time.

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.

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.

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.

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.

Corn: Refrigerate corn as soon as possible after pick-up. Use the corn if possible within 2 days of pick-up. Shuck the corn as close to serving time as possible. The corn husk actually does protect the corn from heat keeping it sweet and fresh. To help remove silk, very gently rub with a terry towel or run under water while rubbing. To boil corn, bring a few inches of water to a boil and add the corn, boil 3-4 minutes. and remove. To steam corn, place the corn in a steamer basket over boiling water and steam or 6-8 minutes.

Week 12 Fresh Inspirations July 11th—July 17th

As we get further into summer, we see that another of our spring favorites will leave us. Peas will no longer be in the shares. If we must see the peas go. cauliflower, I believe is a welcome replacement. If you have some peas left or some in the freezer the two vegetables actually do pair well. I like adding peas to cauliflower for some added color. Cauliflower in the past years has gained in popularity as a lower carb rice. It can often be purchased in supermarkets already riced/chopped. I prefer to chop the cauliflower myself. Fruits and vegetables start to deteriorate after harvest. We receive them as close to harvest as possible here at the farm. If you purchase cauliflower or any vegetable prepped and packaged it is another step and time where valuable nutrients are lost along with the quality of the actual produce.

You will all find another container of fruit in your shares this week. They are sugar plums. Plums are considered a stone fruit. These are small plums that are harvested in the early summer. They are the perfect size for a snack, a great addition to a lunchbox. Thinking that you might have a camper who would enjoy them! They can be yellow or red. I believe that the red variety is what we will receive. We have a recipe on the website for plum crumble and another sent to us last year by a farm friend Inga Maxamoff for plum kuchen. Take a look at the website for these. Some of you may have tart cherries. Sweet cherries are firm. Tart cherries are a little smaller and they are softer. Tart cherries are used in the filling for pies and baked into many desserts. Inga sent me a recipe today for a tart cherry sauce that can be used over ice cream or cakes, She remembers her mother preparing this. It is not for our mini-CSA members, adults only. Inga did add that the recipe will work for all fruits except for citrus, so keep it handy. I will include the recipe in the tips this week, take a look.

Rainbow Swiss chard is in the shares. Swiss chard recipes can all be used interchangeably. Swiss chard is not quite as tender as spinach; however, it is quite a bit more tender than kale. It has become the leafy green with the reputation for "no waste." The recipe included this week uses some of the stems chopped into the sauteed dish. We have printed recipes in the past for breaded stems, steamed, breaded, and baked or they can also be breaded and fried, or I am thinking prepared in an air fryer. Last but not least, they can be part of a stock container.

Just a little excitement for me tonight and I am sharing this with all of you. It is a bit of confidential information that I look forward to every year. Tomorrow the production team will start to harvest the garlic. It is a process that includes curing. It is a promise for great aroma and flavor in all of our kitchens that will come to us in in our shares when it is ready. Be patient!

If you have questions or concerns give Trish a call 908-879-7189 or Trish@alstedefarms.com. If you have recipes or ideas to share send a message to Jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo



Cauliflower Risi e Bisi

2 tablespoons extra-virgin olive oil
½ cup sliced scallions or you can use the tops of the onions
3 cloves garlic, minced
4 cups cauliflower rice, fresh or frozen
2 cups peas, fresh or frozen
½ teaspoon ground pepper
¼ teaspoon salt
2 tablespoons water or vegetable broth
2 T butter
1 cup whole milk
2 teaspoons cornstarch
1 cup whole milk
½ cup grated Parmesan cheese
2 tablespoons chopped fresh parsley, plus more for serving

Heat oil in a large skillet over medium heat. Add scallions and garlic; cook, stirring, for 30 seconds. Add cauliflower rice, peas, pepper and salt; cook, stirring occasionally, for 3 minutes. Add water and continue cooking until the cauliflower is softened, 3 to 5 minutes more. Add a little parmesan and serve. Optional: If you would prefer a creamy version. Melt the butter in a medium saucepan over medium heat. Add the cornstarch and whisk. Meanwhile heat the milk and add it to the roux and continue to stir until the sauce is thickened. Remove from heat and stir in Parmesan and parsley. Spoon over the cauliflower rice and peas. Serve hot, garnished with a little more parsley, if desired Adapted from: Eatingwell.com

*English Shelling peas would be traditional to this recipe, If you have snow peas or snap peas, cut the pod into 3-4 pieces

Week 12 Harvest!

Blueberries

Cauliflower

Sweet Corn

Tart Cherries

Beans

Swiss Chard

Sugar Plums

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.*

Sauteed Rainbow Swiss Chard

1 bunch Rainbow chard, or Swiss chard
2 T olive oil
2-3 cloves garlic, slivered
½ large onion, chopped
½ teaspoon salt
Salt and pepper to taste
Balsamic vinegar or lemon

Fill a pan with cold water. Remove the tough lower stem from the chard, rinse, and reserve. Place the leaves in the cold water and swish. Allow any grit to drop to the bottom of the pan. Gently remove and place in a colander. Roughly chop or tear the Swiss chard into 2-3" pieces and set aside.

Place ½ of the stems on a cutting board and chop into ¾" pieces. Keep the remaining stems for another recipe or stock.

Heat the oil in a large heavy skillet over medium heat. Add chopped stems, garlic, and onion. Cook stirring occasionally until the edges of the onions are beginning to brown, about 8-10 minutes. Add the chopped leaves, cover, and allow to wilt. Leaves should have enough water remaining from the wash to create steam. Add a little water or broth as needed. Remove the lid, allow to cook until tender, drizzle with balsamic vinegar or a sprinkle of lemon juice, serve.

