

Storage Tips & Tricks

Sweet Corn is picked early in the morning every day in season. Corn is best on the day it is picked or within a day or two of receiving. Place in a plastic bag and refrigerate until ready to use. For the best quality use in 2-3 days. To boil corn, I bring a shallow pan of water to boil, only 2-3 inches add the corn, cover and boil 3-4 minutes and remove.

To steam corn, place the corn in a steamer basket over boiling water, cover, and steam for 6-8 minutes. To grill corn, remove the silk from the corn without removing the husk. Soak the corn that is covered with husk by submerging into a cool water bath for 10-15 minutes. Prepare your grill. Remove the corn from water and drain well. Be sure to remove all excess water! Place the corn on the grill and cover. On a gas grill the heat should be medium high, turn after 5-8 minutes. On a charcoal grill check after 5 minutes, it may take a little longer. The husk will brown; the corn is steaming on the inside from the water that was soaked into the husk. After turning the corn on all sides, the husk should be brown and little charred at the top. There is no exact timing, all grills are different. This is just one method of grilling. Microwave corn on the Cob microwave no shucking and silk free! YouTube

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. Make a simple vinaigrette with oil, vinegar and a little mustard. Mix the green beans with some thinly sliced onion and chop up some mint from your garden. Even the chocolate mint will work in this recipe.

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. 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.

To store summer squash: Summer squash can be kept in a plastic bag or container lined with a dry paper towel in the refrigerator for up to 1 week. Summer squash is not meant for long-term storage serve as quickly as possible after receiving shares.

As promised, garlic will be in the shares. Truly I didn't think that it would be this week but the dry weather in this case I think helped to speed up the process. It is perfect timing for all of your favorite dishes. Enjoy! Garlic should be stored in a cool dry place at room temperature

Eggplant – plan to use eggplant quickly. The best temperature for eggplant storage is around 50 degrees. You can keep it on the counter for a day or two if your house is cool and it will keep in the refrigerator for a day or two as well.

Peppers can be stored in a plastic bag in the refrigerator for up to two weeks.

Beets – remove the beet tops from the root and store separately use the greens within a couple of days.

Week 13 Fresh Inspirations July 18th—July 24th

There is so much to tell you, I am not really sure where to start. So much is coming into season all at once. You can see it from your share, and you can also tell by the trade/purchase list on Harvey. I guess we are truly getting to the “heart of the season.”

I will start with the king of crops. One of the favorites here at the farm. The first day that sweet corn is harvested every year is duly noted and we love to see just how long the season can go. In recent years the first corn of the season has been planted in the green house in March and then transplanted in May to the fields. For many years we heard here in New Jersey, “Knee High by the 4th of July” our corn was past that stage, and we could harvest quite early. As I have said before, corn fields are planted in rotation much like beans. As the production team sees the corn germinate, they get ready to plant another field so that we will always have corn through to frost. We should expect corn in our shares for the next couple of months.

One of my favorites, summer squash, or zucchini is having a debut the same week. It really is a sign of summer for me. In my very Italian family, zucchini was one of the vegetables on the table most nights in the summer. It is great paired with tomato, pepper, basil, oregano, garlic, & onion. So many of the items in the shares go with so perfectly. You may find different varieties in your share. Traditional green or deep yellow zucchini, light yellow, and pale green squash, or eight ball squash that might be green or yellow. Most recipes are interchangeable.

It sounds like you have been enjoying the blueberries and now the sugar plums in the shares. Having fruit in the share is always a treat for me. For those of you who have been with us a while you may be starting to think about peaches and their absence. Unfortunately, it is going to be a light peach season here on the farm. Before the peaches bloomed this year, we had 3 very cold days at the end of March. At that stage you can lose a portion of your crop, it was cold and there was a sustained wind at 25 miles an hour for 3 days straight. If it was just cold, we would have tried orchard fires or helicopters or even extremely large fans to push warm air into the orchards. The peach blossoms were not spectacular this year and there was another cold night after the bloom. Easter Sunday night was colder than expected as well. To give you an idea of what the crop is like, we are finding that there are trees that appear to have quite a few peaches, however what seems to be a full tree is probably more like half the peaches the tree should have. The next tree might only have 10 peaches or so. We of course talk to our neighboring farmers and friends. This did not happen just here at Alstede Farms. We are doing our best to locate peaches from one of our South Jersey partners who might be able to supply us with peaches this season. We will keep you in the loop.

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If you have questions or concerns, please contact Trish. She can be reached at 908-879-7189 or Trish@alstedefarms.com. If you have ideas or recipes to share, contact jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Basil

Stating the obvious would be to suggest making pesto. I am sure that is going on in most of your kitchens. Pesto can be frozen in small containers for later. It is a great winter treat!

Chop basil and place it into ice cube trays. Fill the trays with olive oil and freeze. When solid remove the cubes and place into a storage bag or container, label. Use in soups, sauces, recipes, all winter long.

Herb butter- 1 stick of unsalted butter at room temperature, ½ -3/4 c chopped basil or herb of your choice or a mixture. Additions may include, some chopped garlic or garlic powder, minced onion or shallot, a little cayenne, or pepper. Use herb butter immediately or store in the refrigerator for a few days. Longer storage in the freezer in serving size containers or frozen in longs wrapped in plastic or freezer paper, placed in a zip lock bag and labeled.

Herb Salt- Homemade Herb Salt Recipe

1 cup loosely-packed fresh herbs of your choice, Parsley, oregano, basil, mint, cilantro, thyme, rosemary, and/or dill will all work.

1/3 cup coarse salt

1 t granulated garlic

Your choice of herbs from the list above or a mixture of fresh herbs

Wash the herbs and remove coarse stems and any discolored leaves. Dry completely.

Pulse the herbs and salt in a food processor until you have a coarse grind. Do not process to a paste.

or

Use a knife on a cutting board and chop. Then add the salt on top and continue to chop the salt/herbs together until the salt looks like a uniform mixture.

Transfer the herb mixture into a glass jar and place it the fridge for 7-14 days to let the flavors blend. Be sure to shake the jar every day or so.

The salt preserves the herbs. The herb salt should last up to 6 months, or even longer.

Use your homemade herb salt in any recipes that would benefit from a little extra flavor. You can rub it on roasts. Sprinkle into soups, sauces, stews, and slather onto chickens before roasting them.

The herb salt will be great on sweet corn that we should have in season about the time that this is ready in your refrigerator. Adapted from: theprairiehomestead.com

Corn and basil Saute-Sauté a little onion and garlic in some olive oil and butter. Add corn that has been cut from the cob. And continue to cook over medium heat for about 5 minutes. Mix in chopped basil. Salt and pepper to taste. Serve

Week 13 Harvest!

Blueberries

Basil

Sweet Corn

Eggplant

Kohlrabi

Kale

Sugar Plums

Beans

Bell Peppers

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.**

Concia Zucchini with Mint and Vinegar

From the share:

4 to 6 small zucchini, about 1.5 pounds

From your garden:

3 tablespoons chopped fresh mint or basil

2 tablespoons chopped fresh flat-leaf parsley

From the kitchen:

salt

2 large cloves garlic, minced

6 tablespoons olive oil

4 tablespoons red or white wine vinegar

Cut the zucchini into 1/4 inch thick slices, or to prepare it Veneto fashion, cut the zucchini lengthwise into 1/4 inch thick slices. Sprinkle with salt and let stand in a colander for 30 minutes to drain off any bitter juices. Rinse and pat dry. In a small bowl, combine the mint or basil, parsley, and garlic. Warm the olive oil in a frying pan over medium-high heat. In batches, add the zucchini and cook, turning as needed, until golden on both sides, 4 to 5 minutes. Transfer to a shallow serving dish and sprinkle with some of the mint mixture and some of the vinegar. Repeat with the rest of the zucchini, mint mixture, and vinegar. Leave at room temperature for 1 to 2 hours, basting occasionally with vinegar in the dish, before serving.

From: Cucina Ebraica, by Joyce Goldstein

