

## Storage Tips & Tricks

**\*\*The First Apples of the Season – Lodi apples will be in some shares and available for purchase. These apples are not good keepers. Refrigerate them when you get home. Serve them raw in the first day or two while they are crisp otherwise they are a good apple to make applesauce.**

**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.

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.

**Spinach-** can be washed and dried before storing. Store spinach wrapped in paper towel or in layers of paper towel. Dried leaves can keep up to one week. Wilted Spinach Salad, Creamed Spinach, Stir Fry, Sautee with **Garlic**, shallots, onion as a side or as a bed under Chicken, fish, sliced steak, Mix into eggs for omelets or fill the omelet, Wilt spinach into soups, stews, sauces, Greek Spinach Feta Pie, Spanakopita, Quiche, add spinach to smoothies, add to ricotta cheese for Lasagna for Spinach Stem Recipes, look at Pantryfun.com

**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.

## Week 14 Fresh Inspirations July 25th—July 31st

“You are what you eat” was originally stated by a French Lawyer, Jean Anthelme Brillat-Savarine 1926. He was also a gourmand. Or in today’s world maybe a foodie or even nutritionist. He would say, “tell me what you eat, and I will tell you what you are.” In 1930 an American Nutritionist, Victor Lindiah had the belief that the food you eat and or your diet controls your well-being and health. If they were to see you picking up your shares and thought that those fresh fruits and vegetables were incorporated into your diet, then you should be well, in good health, have the energy to get through your day. I think that we would all be considered to be healthy as a collective group.

With that being said I am wondering if one of you in our CSA membership has been with us for all of the

13 years since the beginning of our CSA. I have been writing to members since the first week of CSA and you might be saying that this information should be in your records or data base or someplace. With the change in computer systems and various changes through the years the information is not at our fingertips. If not 13 years, how long, 10,11,12?

On Friday, July 29th we are celebrating the 40th anniversary of Alstede Farms. Kurt Alstede was a young farmer then and his first crops were hay and field corn. My earliest memories of Kurt are from West Morris High School. Rumor has it that he had permission from Sella McNally, Math Supervisor, to use the phone in the Math Office to conduct some business. No cell phones yet, no problem for the young, determined farmer, who would graduate that year as Valedictorian of WMC.

From 4-8 PM Friday, we will welcome our CSA members to a meet and greet for the evening. The team will be there to greet you and there will be various activities open for you to participate in. Please RSVP so that we know that you will be joining us, and we can plan accordingly.

A long time CSA member Michele Cotter was in touch this week with a recipe for green beans. The recipe uses mint and parsley in a pesto recipe. Michele says that she did not use the chocolate mint that we received this year. If you have been with us for a few years, you should have some spearmint in your garden. I have used the chocolate mint in savory dishes so if that is all you have, give it a try.

I have some very happy personal news this week. Over the years there have been some love stories at Alstede Farms. This last week I could celebrate a personal story that I have with Craig Steely the Production Manager. We met here on the farm more than a few years ago and we married on July 21st. As you might imagine it was a farm to table event. Some flowers from my garden, and some from the farm. Seasonal fresh fruits and vegetables were served as salads, and some were roasted, for a very beautiful, appetizing luncheon buffet. Fresh berries added color to the wedding cake and desert table. The farm couple took an unheard-of summer break from farming and will be back in time for the meet and greet, we look forward to seeing you!

If you have any questions and you need to speak with Trish call 908-879-7189, or Trish@alstedefarms.com. If you have a recipe or something to share, send to jenn@alstedefarms.com

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

*Jenn Borealo*



## Green Beans and Mint Pesto

Michelle Cotter, a long time CSA member sent this recipe to share with all of you. She did not use the chocolate mint. She was serving it one-night last week with grilled shrimp. Sounds delicious

### ***Green Beans with Mint Pesto (Fagiolini con Pesto Alla Menta)***

1 ½ teaspoons kosher salt, plus more for the cooking water

2 pounds green beans, trimmed

1 cup loosely packed fresh mint leaves

1 cup loosely packed parsley leaves

½ cup toasted pine nuts

6 tablespoons extra-virgin olive oil

½ cup freshly grated Grana Padano or Parmigiano Regiano

Bring a large pot of salted water to a boil.

Add the green beans, and cook until very tender, about 6 to 8 minutes, depending on size.

Meanwhile, in a mini-food processor (or in a bowl, if you are working by hand), combine the mint, parsley, pine nuts, and salt, and pulse to make a coarse paste.

With them machine running, add the olive oil to make a smooth pesto.

Scrape the pesto in a serving bowl, and stir in the grated cheese.

When the beans are ready, drain well and add to the bowl with the pesto.

Toss well, season with salt if necessary, and serve.

From:PBS.org-Lidia

## Week 14 Harvest!

Blueberries

Basil

Sweet Corn

Eggplant

Kohlrabi

Beets

Sugar Plums

Beans

Bell Peppers

Radishes

Broccoli

Garlic

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.**

### Marinated Eggplant

1-2 large eggplant rinsed and dried

Kosher salt

3-6 Tbsp olive oil

3 or more cloves garlic pressed (see note)

1/2 cup Italian parsley finely chopped

1/2 cup fresh basil finely chopped

Black pepper freshly ground to taste



Slice the eggplant 3/8" thick. Set the eggplant out in a single layer. Sprinkle with a little coarse salt. Place the eggplant into a colander and allow the eggplant to sweat for about 30 minutes. Rinse and then pat completely dry.

Preheat a large skillet over medium heat. Add 1-2 tablespoons of olive oil. Fill the skillet with a single layer of sliced eggplant cook over medium heat for about 6 minutes, until golden brown. Turn and cook until the eggplant is golden on both sides. Replenish oil as needed. Transfer each batch of eggplant to a paper lined tray to absorb any excess oil. Allow eggplant to cool. Continue until all the eggplant is cooked. Sprinkle minced or pressed garlic over the top of the cooked slices. In the bottom of a container that has a tight-fitting lid. Spread more minced garlic evenly over the bottom of the container. Sprinkle chopped herbs over the garlic and then top with eggplant slices. Do not overlap slices. Sprinkle with pepper. Taste before adding salt. Repeat the layers until all the eggplant and herbs have been used. Top with more herbs. Cover with the lid, store at room temperature for 4 hours before serving.

Layer eggplant slices with tomatoes and Mozzarella cheese over a bed of chopped greens when ready to serve. Marinated eggplant can be refrigerated for up to 5-7 days. You can serve it cold or brought to room temperature before serving. The original recipe uses dill in place of basil for a completely different flavor. Adapted from: tasteofartisian.com

