

## Storage Tips & Tricks

**Husk Cherries** should be removed from the plastic bag/container. They can be stored for a few days at room temperature. Three Husk Cherry Recipes | The Roaming Kitchen

**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

Directions For Freezing Sweet Corn- Start with the fresh corn on the cob in your share or from our farm store, stand or farmers markets. It has been picked the day it was delivered. Keep the corn chilled in your refrigerator until you are ready to prepare for freezing. Sugar can turn to starch at room temperature. Fill a large pot ¾ full of water. Heat the water to a rolling boil and prepare an ice water bath. Husk the corn. Be sure to remove all the silk. Gently rub the corn with a terry or soft towel that will help to remove the silk. When corn is blanched the action of the enzymes is stopped. This process will help to maintain the color, flavor, texture, and nutrient value of the vegetable. Gently drop the corn into the boiling water, making sure that you do not drop the temperature of the water below boiling. Boil for 4-6 minutes.

Lift the corn with a slotted spoon or drain. The cooking stops when you add the corn to the ice water bath. You may need to add extra ice depending on how much corn you are working with. Remove the corn to a towel.

Allow the corn to completely dry.

**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. Remove cherry tomatoes from the container into a bowl or dish on the counter. Try to use them within a few days otherwise refrigerate. Tomatoes that get a little soft can be roasted or stewed or added to sauces, soups, stew.

Remove cherry tomatoes from the container. Keep at room temperature, use within a few days. Plan to roast any tomatoes that get soft

**Musk melon** is ripe when it is yellow under the webbing. Refrigerate and wash before cutting to keep the bacteria from the outside from getting onto the fruit.

Watermelons are picked ripe. Refrigerate when you get home. Wash before cutting.

**Beets**- remove the tops from the beet root before storing. Store leaves in a separate bag, use within a couple of days. Beet root will store for more than a week. Roast beets to extend shelf life and so they are ready for use when you need them.

**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.

Remove stone fruits peaches and plums- 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. Hot peppers can be stored for up to a week. When working with hot peppers use caution: wear gloves or be sure to wash your hands with soapy water before doing anything after preparing them. Most of the heat is in the seeds and ribs



## Week 17 Fresh Inspirations August 15th—21st

In the past I believe that we have explained the weekly timeline to you. By Thursday evening or even Friday morning there is an email that explains availability. It is what is available that has already been picked and it is in the packing house and often it is what can be counted in the fields and will be available for the next few days, even a week. Over the years it has been done earlier and earlier in the week to try to accommodate our group. Years ago, what was in the share was a surprise, today, you can see what is coming and do your food shopping with that information on hand. The list is written by Saturday morning and by Sunday afternoon I have written the letter, tips, and recipes. Sometimes all of that is complete and then there are changes, of course, this is farming, there are constant changes.

So, one of the items in some of the shares and also on the swap list was husk cherries. Some of you opted to take them and I am sure that many of you didn't know what they were. So sorry, they were harvested last week when it the forecast was for rain after everything was written and approved. The husk should be dry when they are collected. They look like a tiny tomatillo, then when you remove the husk, they are not green they are yellow. Your mindset should not be on the taste of a tomato, you need to think pineapple or mango when you taste it for the first time. When I work in the market, I offer them to everyone who walks by and questions. Most of our guests sample and then purchase. They truly are a treat, not something you will find in the grocery store and not even in most farm markets. Remove the husk and it is a snack, chop into salsa, cook them down into a sauce for meats. I have included a link with a few appetizing ideas, take a look.

I am writing this letter on Saturday, and I am so delighted with the weather in the 70's. It is a nice break from the 90 degree + temperatures we have had. Watermelon however loves the hot weather, and it comes to us when nature knows we need to hydrate. It is better for you than just drinking a glass of water. We grow a few different varieties of watermelon and the most beloved here on the farm is the yellow doll, yellow flesh instead of red. Many of you will receive those personal sized watermelons in your shares since they will actually fit in the boxes! If you are planning a party or barbeque it is always fun to prepare a platter with both colors. Your guests, young and old, will be amazed. Yellow watermelon is another item not often found in a supermarket, so enjoy!

If you have administrative questions, call Trish @ 908-879-7189 or Trish@alstedefarms.com. If you have something to share, send to me, jenn@alstedefarms.com

*Until next week, enjoy the freshness!*

*Jenn Borealo*

## Summer Pasta with Grilled Eggplant Sauce

Kosher salt and freshly ground black pepper  
Grated zest (about a teaspoon) and juice of 1 lemon  
1 lb mezze rigatoni  
1 large eggplant about 1 1/4 lbs  
11 oz cherry tomatoes about 2 cups halved, quartered if large  
3 cloves of garlic thinly sliced  
1 T olive oil  
1 c ricotta  
1/2 c grated Pecorino Romano  
1 c packed basil leaves, chopped – more for serving  
1/2 cup packed parsley leaves chopped -more for serving  
Crushed red pepper flakes for serving  
Pre-heat a grill to high

Pierce the eggplant in a few places with a fork or knife. Place on the grill, cover and cook, turning every 8 to 10 minutes, until completely charred all over. The flesh should be tender when pressed, 25 to 30 minutes. Transfer to a large bowl and allow to cool slightly for 10 minutes.

While the eggplant is cooking, prepare 2 sheets of foil, each 12-by-12-inches, and place one on top of the other. Place the tomatoes, garlic, olive oil, 1/2 teaspoon salt and a few grinds of black pepper in the center of the foil. Fold over 2 opposite sides of the foil then fold in the remaining sides to create a tight seal. When 15 minutes of cooking time remain for the eggplant, add the foil pack to the grill and cook until juices start to bubble out of the top (this means the tomatoes and garlic are sufficiently cooked without having to open the pack), 13 to 15 minutes.

Meanwhile, boil water according to package directions for the pasta. Once boiling add salt and lemon juice. Just before draining scoop out 1/2 cup of the pasta water. Set aside. Pasta, can be returned to the pan.

Place the eggplant on a cutting board (keeping any juices that accumulated in the bowl) squeeze gently to crack the skin and expose the flesh. Using a spoon to remove the flesh, to the large bowl and mash lightly with the spoon, fork, or a potato masher (you should have about 1 cup of flesh); discard the skin. Stir in the ricotta and Pecorino Romano until smooth then pour into the pot with the pasta and mix until combined. Fold in the contents of the foil pack (including any juices that accumulated), the basil, parsley, lemon zest. Add salt and pepper to taste. Stir until combined, adding the reserved pasta water, 1 tablespoon at a time, to thin out the sauce if needed. Garnish with more basil and parsley when serving. Sprinkle in or pass, Pecorino Romano and crushed red pepper flakes at the table.

Adapted from: Foodnetwork.com

## Week 17 Harvest!

Peaches

Musk Melon

Sweet Corn

Eggplant

Tomatoes

Beets

Kale

Leeks

Watermelon

Beans

Bell Peppers

Lunchbox Peppers

Cherry Tomatoes

Garlic

Mini Onions

Husk Cherries

*\*\*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.*

## Roasted Tomato Ricotta Tart

1 sheet of Puff Pastry, defrosted  
3-4 cups of yellow and red cherry/grape tomatoes cut in 1/2 or chopped plum tomato or a mix of both  
2-3 T olive oil  
2 cloves of garlic chopped or sliced  
2 T fresh basil leaves, chopped  
2 t chopped fresh oregano  
1 T parmesan cheese  
1 1/2 c whole milk ricotta cheese  
1/4 c Basil leaves chopped  
2-3 T Parsley leaves chopped  
1 T Parmesan cheese  
Salt and pepper to taste  
Mixed olives sliced

Prepare puff pastry: Preheat the oven to 425. Roll out the puff pastry so that it is about 1/2 larger. Press together the seams. Score 1/2-3/4", (not cutting all the way through) from the edge to form a crust. Poke holes into the center of the pastry. Place pastry sheet on a parchment lined pan and chill in the freezer for at least 1/2 hour. Bake at 425 until puffed and golden brown. About 20 minutes. Remove from the oven. If the centers of the pastry have puffed up press down very gently. Allow to cool.

Place the tomatoes into a bowl. Toss with the oil, herbs, garlic, and parmesan cheese. Transfer to a parchment lined baking sheet. Roast at 425 until bubbly and slightly charred about 20 minutes.

Prepare the filling: Mix together the ricotta, basil, parsley, parmesan cheese, salt and pepper. Set aside. When the pastry has cooled, evenly spread the ricotta filling, top with the roasted tomatoes, sprinkle with chopped olives and some basil leaves and /or chopped parsley. The tart can be served for lunch with a salad or cut smaller pieces for an appetizer portion. Alternate crust could be pizza dough or crostini

