

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

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

Radishes and beets- 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.

To store fresh leeks: Refrigerate leek unwashed with roots attached for up to two weeks. Wrap tightly in plastic so the flavor isn't absorbed by other foods.

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 – Eggplant may be the usual globe, or it could be Sicilian, more round. Preparation would be the same. Sicilian can have flesh that is more white and there may be less seeds. 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. Spanakopita Stuffed Peppers Recipe | Just A Pinch Recipes, try this recipe in a lunch box pepper for an appetizer portion.



Week 18 Fresh Inspirations August 22nd—28th

I am not sure if you have heard, now is the time, order tomatoes if you can use them. Plum tomatoes are always available in bulk in late August. Plum tomatoes are used to prepare many sauces that are canning projects in so many homes right about this time every year. This year the tomato crop is extremely plentiful so the price for a twenty-five-pound box of tomatoes, not just plum tomatoes is \$1.00 a pound, 25.00 for the box. Get together with your friends, family, and neighbors, share in the bounty, and stop by and pick up a box or order now, fresh produce waits for no one!

When you think about tomatoes and how versatile they are and how they can be delicious when they stand alone, or they can pair with everything else that is in season and in the share. Their flavor will stand out in any dish. I have a friend who can never wait to just spread a little mayonnaise and slice a tomato for a sandwich, I would rather have the BLT, stuff tomatoes with arborio rice, prepare burst tomato sauce, and serve over pasta or roast tomatoes and use them on a pizza crust. Freeze roasted tomatoes to add flavor to sauces, soups, and stews over the winter.

Tomatoes can be added to a green bean salad and if you have ever prepared salsa of course you are paring with peppers, prepare corn salsa and it is peppers and corn. There is even a recipe for peach and tomato salsa on the website and it has been a farm favorite. Eggplant is a natural paring. Parmesan for years was the go-to recipe. There is a recipe this week for a Caprese Salad using tomatoes and eggplant, try chicken Sorrentino that pairs chicken, eggplant, and tomato perfectly. I am sure that everyone of you have a favorite recipe that uses eggplant and tomato together if not, try one of ours.

School is starting in Chester, Long Valley, and Mendham this week as you pick up your shares. Maybe the same is happening near you. If not this week, in the near future. Very often when that happens, we go into fall mode. Don't let it happen. We are still very much into the summer harvest here at the farm. Corn should be with us through most of October, tomatoes too, along with peppers and eggplant. The fields look beautiful and if one of the promised rainy days could come to fruition it would be a blessing and it would make the days a little easier for the production team. I think we need a group prayer or rain dance, something to help out here but the problem, too much would not be a good thing either. What we really need to hope for is to get back to that "happy medium."

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

Until next week, enjoy the freshness!

Jenn Borealo

Burst Cherry Tomato Sauce

This recipe will always be one of my favorites. I usually share it once every season. Michele Zanzonico Cotter sent this CSA favorite to me a couple of years ago

- 1 lb. pasta
- ¼ -½ cup olive oil
- 4 or more large garlic cloves, minced
- 3 pints cherry tomatoes or 4-6 large tomatoes chopped or a mixture of both
- ½ tsp freshly ground black pepper
- Pinch of sugar
- 1 cup coarsely chopped fresh basil (add a little oregano if desired)
- Freshly grated parmesan (for serving)

Heat oil in a large skillet over medium heat, add the garlic, raise the heat to medium high and then add tomatoes, pepper, sugar, and salt to taste. Allow the mixture to cook, adjust heat as needed, stirring occasionally, until tomatoes burst and release their juices to form a sauce. Just before serving stir in fresh basil, While the sauce is simmering, bring a large pan of water to a boil. Add salt as directed on the package. Cook according to package directions, stirring occasionally, drain, reserving ½ c pasta water. Transfer pasta to a large serving bowl. Top with the sauce and toss to coat, adding a little of the reserved water as needed. Serve with parmesan cheese. Adapted From: Epicurious.com

Eggplant Caprese Salad

- Serves 2
- 6 slices of eggplant
- 6 slices of tomato
- 6 slices of Fresh Mozzarella Cheese
- 1 ½ c Fresh salad greens to include Alstede Lettuce and arugula
- Olives, fresh or roasted peppers, artichoke hearts, chopped red onion (optional)
- Fresh basil leaves
- Italian dressing
- Balsamic glaze

Prepare eggplant with method of choice, grilled or roasted, floured, or breaded and fried or oven fried, or air fried, and cooled to room temperature.

Mix the salad greens with ingredients of choice. Dress the salad with balsamic vinegar and olive oil or your favorite Italian salad dressing.

Divide the salad between 2 plates. Layer a slice of eggplant over one side of the salad, top with a slice of tomato, sprinkle with chopped basil, add a slice of mozzarella cheese, repeat with one more slice of eggplant, tomato, cheese.

Drizzle with balsamic glaze. Garnish with some basil leaves

Serve with grilled steak, chicken, fish

Week 18 Harvest!

- Peaches**

Musk Melon

Sweet Corn

Eggplant

Tomatoes

Beets

Kale

Leeks
- Watermelon**

Beans

Bell Peppers

Lunchbox Peppers

Cherry Tomatoes

Garlic

Tomatillos

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 Tomatoes

This is one of my favorite recipes. My mother always prepared this dish when tomatoes would get a little soft. There are no specific measurements. Fill a square or oblong glass pan or even a pie pan. Fill the pan with 2-3 layers, until the pan is ½-3/4 full.

Thinly slice tomatoes sprinkle with salt, set aside for 20 minutes, drain.

- Layer the tomatoes with
- Chopped basil
- Minced garlic
- Parmesan cheese
- A drizzle of good olive oil

Bake in an oven pre-heated to 400 until tomatoes are bubbly and slightly charred on the top.

When preparing for a farm event one year we chopped the tomatoes instead of slicing. We followed the same roasting directions and spooned them over a pan of Pasta Alfredo.

Cook pasta according to package directions. Drain. Mix with a little butter and cream and sprinkle with parmesan cheese. Mix and top with the roasted tomatoes.

ROASTED TOMATOES MAY ALSO BE USED as a side dish, baked on top of a pizza, or puree for a tomato sauce.