

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.

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

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.

How to store fresh cabbage: can be refrigerated in a plastic bag, and cabbage should keep for more than a week. If the outer leaves become discolored or limp, remove them and the inner cabbage should be fine to use.

There are some recipes in the packet this week and quite a few from previous seasons on the web site, take a look.

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

Radishes and 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.

To store Broccoli – Keep the broccoli in a plastic bag in the refrigerator for 4-5 days.

Simple preparation directions: Broccoli will take 8-10 minutes to steam, 4-8 to blanch. Test for doneness by piercing the stalks with a fork. The fork will pierce easily, but the broccoli should remain crunchy. If you plan to use it later cool by plunging immediately in cold water. Drain and pat dry. The stalks and stems of the broccoli are edible, too. Cut stalks into thin julienne strips or diagonal slices for soups or sautés. Chop the broccoli stems, steam and mix into an omelet adding a vegetable to your breakfast menu. Combine cooked broccoli with garlic and olive oil, sprinkle with cheese. Add to pizza, quiche, and pasta dishes.

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 19 Fresh Inspirations August 29th— September 4th

When Trish writes to me and says “Pretty much the same harvest availability as last week” I know that we are in the true heart of the season. As I think about my meal plan for the last few weeks, corn, and tomatoes, and peppers have been present most evenings. Eggplant has been pretty constant. My basil, actually all the herbs, continue to do well so the flavors could not be better. I am very thankful for the fabulous harvest of onions and garlic this year. They are a great addition to the shares and the aroma in the kitchen is the best.

It is always hard for me to believe when we get to this time of year, and we are facing Labor Day Weekend. A three-day weekend is always a treat but what it represents is something different. Vacations are pretty much over, and school is open. It is dark in the morning, and it is dark before the production team could possibly be finished for the day. In the light of these beautiful days the colors in the market could not be more vibrant. We can always start with green but the reds and yellows are striking. They are the same colors that are on our plates every day. “Eating all the colors” is never easier and it is a good way to be sure that we are getting all the nutrients we need. We are generally more relaxed in the summer, but we are exposed to the sun more and need antioxidants to fight the damage that the sun can cause. We need energy all the time but back to school and work there is an increased need to concentrate on our tasks. Watermelon continues to be in the shares, and we all know the importance of staying hydrated. Nature continues to care for us.

There is a recipe this week that uses watermelon as well as some other fruits in a colorful striped salsa. As we celebrate 40 years here at the farm, we are looking at recipes from back in the 80’s and trying to redevelop with the trends of today. This week we were looking at the 7-layer dip. Instead of layering higher fat ingredients we created stripes using farm fresh produce, beautiful color, that is lower fat and calories. The salsa can be served with chips but can also be served as a salad. It would be a beautiful addition to your last holiday weekend of summer table.

The recipe for stuffed cabbage casserole is one that we have used before. The ingredients are similar to the old- fashioned rolls of stuffed cabbage but the method makes it easier to assemble. If you are looking for something lighter, try the grilled cabbage shared by CSA member Yvonne Strecher in a previous season. Grilling takes this vegetable to another level. There has been quite a bit of cabbage in the full shares recently if you have a great recipe, please share it with me!

If you have any questions or concerns, contact Trish 908-879-7189 or Trish@alstedefarms.com if you have an idea or a recipe to share, contact jenn@alstedefarms.com. I love hearing from you.

Until next week, enjoy the freshness!

Jenn Borealo

Seven Stripes of Salsa

- 1 large red onion, minced
- ½ large bunch of cilantro, chopped
- 1 large red sweet pepper, minced
- 4-5 jalapeno peppers, seeds and ribs removed, chopped
- 1 or 2 medium large tomatoes, small dice
- Juice from 2-3 limes

Prepare all the ingredients above and keep in separate bowls or container. Chop each of the following ingredients one at a time and keep in separate bowls.

- 2-3 cups red seedless watermelon, yellow doll watermelon, muskmelon, 1 medium cucumber
- 1 large or 2 medium peaches or nectarines, small dice
- 1 c ground cherries, peeled and cut in ½
- 1 apple cored and chopped
- 2-3 cups musk melon, small
- 1 medium cucumber
- 2 cups fresh peaches chopped
- 2 teaspoons lime juice
- Kosher salt to taste

In separate bowls combine each fruit, cucumber, and ground cherries, with about a ¼ cup of red onion, 2-3 T jalapeno and red pepper, a heaping Tablespoon of cilantro, 1 T lime juice. Add salt to taste

Add a ½ cup chopped tomato to the peach and cucumber salsas.

Line a 13x9" pan (or oblong pan of choice) with white parchment paper. Spoon out each individual salsa into a strip/strip. Repeat until you have 7 stripes across the pan.

Notes: Fruits can be cut smaller for salsa, larger for a salsa salad

Can be served with chips or spoon through the pan to gather different flavors

Use the recipe through the seasons, changing fruits

Spring-strawberry kiwi, early summer-blueberry

Recipe idea- is to change the high fat 7 layer dip from the 80's to lower fat, farm fresh ingredient, light, colorful in season summer dish.

Hint: When preparing this dish I chopped all of the additions(onion, peppers, cilantro etc) and placed them (separated) in 1 oblong container

I used 1 bowl and chopped each fruit or vegetable, placed it into the bowl, with additions and then spoon into the serving dish. Using a rubber scraper the bowl was completely empty and I repeated the process with the next fruit.

Week 19 Harvest!

Peaches

Musk Melon

Sweet Corn

Eggplant

Tomatoes

Beets

Kale

Leeks

Watermelon

Beans

Bell Peppers

Lunchbox Peppers

Cherry Tomatoes

Garlic

Radishes

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.*

Stuffed Cabbage Casserole

- 2 Tbsp. Olive oil, divided
- 1 lb. lean ground beef or meatloaf mixture
- 1 large onion, chopped
- 1 Tbsp. minced garlic
- 1/2 tsp dried thyme
- 1 tsp sweet Hungarian paprika
- salt and black pepper to taste
- 1 large head green cabbage, cored and cut into small wedges
- 1 can(s) (14.5 oz.) petite diced tomatoes with juice
- 1 can(s) (15 oz.) tomato sauce
- 1/4 c water
- 2 c cooked brown rice
- 1-2 c low-fat mozzarella cheese (Optional)
- Parmesan cheese

Prepare brown rice or rice or choice according to package directions. Chop the onion and mince the garlic and set aside. In a large skillet cook the ground beef over medium heat. Beef should be cooked through. Remove the meat from the pan and set aside. In the same pan add a little olive oil and cook the onion until translucent. It can be slightly browned on the edges. Add the garlic, and spices. Cook a few more minutes. Add the beef back to the pan and blend in the onion and garlic. Add the tomatoes, juice from the tomatoes, water, and the sauce. Simmer the mixture until some of the liquid has reduced. It should be slightly thickened. About 15 minutes. Gently stir in the cooked rice and set aside. While the beef is simmering: Cut the cabbage in half and remove the core. Discard any wilted outer leaves. Chop cabbage coarsely into 1-inch pieces. Heat remaining olive oil in a large skillet or Dutch oven, add the cabbage and cook over medium-high heat until the cabbage is wilted and slightly tender. Turning and stirring while cooking. Sprinkle with salt and pepper to taste.

Preheat the oven to 350. Spray or oil a 13x9" casserole dish layer in half of the cabbage, top with half of the meat mixture, and repeat with remaining cabbage, and remaining meat mixture. Cover the casserole dish tightly with foil, bake for 35- 40 minutes, or until the mixture is just starting to bubble on the edges. Remove the foil and sprinkle with cheeses. Continue to bake uncovered an additional 15 minutes, or until the cheese is melted and starting to slightly brown. Serve hot. Adapted from: justapinch.com