

Storage Tips & Tricks

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. Slice into medallions and quick sauté with a pinch of salt and pepper for a great side dish. Try it as a base for a frittata.

Cucumbers - To store fresh cucumbers-be sure cucumbers are dry, place in a plastic bag and store for up to 5 days in the vegetable crisper.

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.

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.

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.

Swiss Chard - Remove the rubber band. Wrap the greens in paper towel and place in a plastic bag or container. In the refrigerator Swiss Chard should keep for at least 5 days. Greens can be sauteed with olive oil and garlic. Stems can be breaded and baked or fried or air fried.

Apples – that you will eat in a day or two can be left out on the counter. Otherwise refrigerate and bring back to room temperature for the best flavor.

Broccoli and Cauliflower-keep the broccoli and cauliflower separately in a plastic bag in the refrigerator for 4-5 days. Steam a little of each and top with a sauce or roast the two together, drizzle with olive oil, add chopped garlic and parmesan.

Carrots 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. Use beet tops in a couple of days. Sauté the same as cooking chard or spinach. Make carrot top tea or add carrot tops to salads.



Week 21 Fresh Inspirations September 12th—18th

Have you noticed how dark it is in the morning and how it is getting dark earlier in the evening as we move to the middle of September. The Harvest Moon, a full moon on September 10th. The extra light has always been needed so that farmers/the production team can work a little later. The light of the moon helps in the continuation of picking or harvest each day. As you pick up your shares this week at the farm you will notice that we are changing seasons a little at a time. Notice the fall color with mums, ornamental peppers, and of course a few of the first pumpkins.

Time waits for no one. We have all heard it before. We continue to harvest summer vegetables but little by little we will see some of our favorites disappear. If you haven't done any preservation at this point, it is a little late but there is still time to start. Blanch green beans for freezing, there are options for freezing tomatoes, if you love zucchini bread, shred a little extra and freeze just what you need for a recipe. If you planted herbs that are perennials in pots, now would be the time to transfer them to the garden. While working in the garden snip some herbs for freezing in ice cube trays, drying in the oven.

Ashley Rivera was the first this year to post an apple pie, inspiring for sure. Can you just imagine the aroma while the apple pie was baking. Some of it is about the apples and of course the cinnamon and nutmeg have to be mentioned. Yum is right Alisa!

The apple pie is exciting, and the Honey Crisp apples this week will excite you as well. As a group we know that there are many varieties of fabulous apples but the hype and marketing about a honey crisp has made it the most sought-after apple I think, ever. There will come a time this fall that they are not available, at that point I will recommend and do tastings in the farm store. It is always fun to see faces light up when guests taste apples that they have never tried before.

Honeycrisp apples were developed in Minnesota in the 1960's. They did not come to market until the 1990's. The parents have been sighted as the very popular Golden Delicious and the beloved Macoun. Further research shows the Keepsake in the lineage as well. It is the crunch we all love, a little sweet and with just enough acidity. It is a pretty apple, a little yellow or green with an orange blush. The Honey Crisp apple is also known to have some russet dots on the skin. This variety of apple is best used for serving fresh, eating out of hand, on a cheese board, or in a salad. This apple would not be my choice to prepare an apple pie.

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

Until next week, enjoy the freshness!

Jenn Borealo

Parmesan Baked Swiss Chard Stems

1-2 bunches chard stems
1/2 tsp. sea salt for boiling
2 tbsp. olive oil

1/2 cup grated or shredded parmesan cheese
kosher salt and coarse ground black pepper to taste

Trim and cut chard stems so that you have 3" pieces.

Preheat oven to 400 degrees. Line a baking sheet with parchment paper brush with olive oil.

Blanch chard stems in salted, boiling water for 6 minutes; drain.

Place chard in a bowl and drizzle with olive oil, then sprinkle with cheese.

Make two layers, depending on the size of your baking pan.

Bake for 20 minutes, or until chard is tender and the cheese is lightly browned.

Season with additional salt and black pepper to taste and serve immediately.

Adapted from: Musingsofahousewife.com

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

To Oven Dry Fresh Herbs: Pull the best leaves from their stems. Wash them, and then dry. Lay one layer of paper towels on a shallow baking sheet. Place the herb leaves on the paper towel in a single layer and avoid overlapping. Cover them with another paper towel and add another layer. Continue to layer your leaves up to 5 layers. Dry them in a very low oven (170-180 F) for 3 to 4 hours. Leave the door open so the oven does not get too hot. Watch the herbs very carefully and turn them with tongs occasionally. Remove the herbs from the oven as soon as they turn crisp. Allow the herbs to cool. Then, store your herbs in airtight containers, preferably glass, in a cool dark location. Herbs retain flavor and medicinal value for years. When ready to use, crumble and add to all of your favorite recipes.. Label your containers with the name of the herb and the date you dried them.

Week 21 Harvest!

Honeycrisp Apples

Swiss Chard

Bell Peppers

Lunchbox Peppers

Cherry Tomatoes

Beets

Kale

Leeks

Broccoli

Beans

Eggplant

Tomatoes

Summer Squash

Onions

Cucumbers

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.*

Tomatillo in Spanish means little tomato. Some people call them a husk tomato. They have a tart, almost lemony flavor. Tomatillos should be stored at room temperature and used within a couple of days. Tomatillos are the main ingredient in Salsa Verde. A few years ago, in the late fall, I spent some time in the farm store kitchen with Maria who is a great cook and baker. She was preparing this recipe.

Maria's Tomatillo Chicken Stew

6-8 chicken thighs, bone in or boneless

Flour, salt and pepper for dredging

Heat ¼ c oil in a frying pan on medium-medium high heat adjust as needed.

Brown the chicken on both sides (the chicken will not be cooked through)

Remove the chicken from the oil and add

1 large chopped onion and

3- 4 cloves of garlic chopped

Sauté until lightly browned and soft.

Place the chicken the onions and garlic into a Dutch oven.

Remove the husk of 3-4 tomatillos, cut each tomatillo into 4 pieces and add to the pan with the chicken.

add: 2 tomatoes cut into 8 pieces

3-4 hot peppers, Serrano, jalapeno, ancho or whatever you have, chopped

¼ - 1/3 c chopped cilantro

Add 3 cups of chicken broth, enough to cover the chicken and the vegetables. Gently stir to combine all the ingredients. Bring the stew to a boil and reduce to a gentle simmer. Keep the pan covered for about 40 minutes and uncover and simmer for an additional ½ hour stirring occasionally, add additional liquid if necessary. The tomatillos and tomatoes should break down into a sauce, the peppers should be tender.

Serve over rice.