

Storage Tips & Tricks

Potatoes - Store in a cool, dry, dark, place in brown paper bags. Separate varieties. As we move through the season check on potatoes from previous weeks.

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- 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.



Week 22 Fresh Inspirations September 19th—25th

The cool mornings and evenings this week are certainly making it feel much more like fall. We have had some beautiful weather for farming, for our guests who come out to pick and enjoy the farm, and it is such a nice time of the year to prepare the foods in the share. Cooking, baking, roasting, are all a pleasure when the weather cools off.

This week we will have Gala apples. They have become the number one most popular apple beating out the red delicious in recent years. Gala apples are one of the most widely grown. It is well known as a supermarket apple, year-round. It is a delicious, sweet apple and it is even better when picked locally directly from the tree and delivered to you within a few days. The gala is a pretty apple with a yellow base and light red overlay. Because of color and shape, it is easy to believe that one of the parents is the Golden Delicious. Gala is a mix of 3 apples. The others are Cox Orange Pippin and Delicious. Gala apples are perfect for eating out of hand and they are a good size for snacking. They will not turn brown quickly if sliced fresh into a salad. Gala apples are not recommended for pies; however, they will make a naturally sweet applesauce.

This week we will have different peppers in the shares. In the past weeks we have had bell peppers. First green and more recently red. Some of you will have Cubanelle peppers that are generally a pale green; some will have a little orange tint, or they may be light red. Cubanelle peppers when I was growing up were called fryer peppers and they were very popular with Italians. You will notice that the flesh is much thinner, and they will cook- fry very quickly. They can be stuffed as well. Some shares will have Italian roasting peppers, best for roasting. Thinner flesh than bell but thicker than cubanelle. The color of the roasting peppers could not be more vibrant. Deep green, bright red, and a golden color that is hard to miss. Both peppers are long and slim in comparison to the bell pepper. The cubanelle has a blunt end and the roaster a pointed end and it is generally longer than the cubanelle.

Chile peppers are also ready. They will come to you on the plant. I have often made them into swags for decoration with herbs and then tied with raffia. My grandmother would string them to dry them and then grind them for use all year long. The chili pepper ranks about the middle of a Scoville heat index of 30,000-50,000. By comparison the Habanero is at 100, 000- 350,000 and the jalapeno 2500-8000. Remember be cautious when working with hot peppers, wear gloves and wash your hands with hot soapy water before moving on to another task.

Potatoes are in our shares as well. This week there will be red potatoes. Future weeks will bring other varieties. Red are the favorite for boiling in the jacket, perfect for parsley potatoes and you will enjoy the texture if preparing potato salad. As we receive potatoes each week keep the varieties separate, storing in a cool dry place in plain paper bags.

If you have 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

This week we will have a Red-Hot Chili pepper plant in the shares. They are one of the favorites here at the farm and one of my fondest memories when I think of my dad and his mother. I am including similar information to the section from the index so that you will have what you need readily available. These peppers can be used fresh off the plant just as you would use any of the hot peppers that would be in the share. The difference with these is that many people like to dry them. My grandmother, as I remember she would remove the peppers from the plant and string them. My father will just hang the plant, usually in the garage. It is possible to dry them in the oven as well. These plants will be delivered with a root attached; however, they cannot be planted. The peppers are ready to be prepared in recipes or dried. If you would like to try growing some you can save the seeds for next spring. Hang the plant to dry in a sunny dry area for a few weeks, once they are dried, they may be fried and then sprinkled over pasta or on dishes where you might add some hot pepper flakes. Another drying method is to take them off the plant and string them, under the stem and again hang them until they dry and then they can be ground. The peppers can be dried on a rack, a method that will take a couple of weeks. If you plan to dry them in the oven, use a very low temperature, the oven door should be open so that there is air flow. For this method, cut them in 1/2 first. Last year I made a swag making use of some of the herbs from my garden. I layered the herbs with the pepper plant and tied with natural and green raffia and the swag is still hanging in my kitchen. I still use the dried peppers. I love that they hold their color. This is also the pepper that can be used in wreaths. Some of the wreath directions are so much more tedious than doing the swag but if you are feeling ambitious there are directions online. I am going to make my plant into a swag to give as a gift this year. If you know someone who loves hot peppers and loves to cook you could give one, I am pretty sure it will be a hit! This is a recipe you may want to try: [Homemade Tabasco Sauce - Chili Pepper Madness.com](#)



Chicken Club Skewer Appetizer

Cook 6 strips of Bacon until crisp drain on paper towel
 Roast ½ chicken breast
 Break off small pieces of lettuce
 Cut cherry tomatoes in half or a ¼ slice of a tomato
 Toast 2 slices of whole grain bread
 Mayonnaise



Cut the slices of bread in ½ and cut each ½ into 4 pieces spread on some mayonnaise
 Cut the pieces of bacon to fit the bread. Place two pieces of bacon on each slice of bread.

Top the bacon with a small piece of chicken
 Place a lettuce leaf over the chicken

Skewer the tomato half onto the bamboo fork. Push the tines of the fork into the prepared open face sandwich.

Pipe a dot of mayo on the top of the tomato(optional)

Place on a tray. Yield should be 16 open face sandwiches

Avocado or hummus can be used in place of bacon or chicken for a vegetarian or vegan dish

Week 22 Harvest!

Gala Apples

Swiss Chard

Cubanella Peppers

Italian Roaster Peppers

Cherry Tomatoes

Beets

Kale

Leeks

Broccoli

Beans

Eggplant

Tomatoes

Summer Squash

Onions

Cucumbers

Red Potatoes

***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.*

German Potato Salad

This is a recipe that was brought back from Germany a few years back by Farmer Kurt. He was visiting a family and he was served this potato salad.

The recipe came to us with just the ingredients, and we added some measurements.

2-2 ½ lbs. of red skin potatoes boiled in salted water until fork tender.

Cool, peel, and cut into chunks.

While the potatoes are cooking

Prepare:

1/3-1/2 cup good mayonnaise

¼ c sour cream

½-1 T grainy Dijon mustard

Mix the mayonnaise, sour cream, and mustard together just until blended. Add to the potatoes

4-6 hard cooked eggs, cut into small pieces

Sweet gherkins cut into tiny pieces, or you can use a Tablespoon or two of some sweet pickle relish

A little juice about a Tablespoon of the juice from the gherkins

I added a 1/3 c minced red onion

2-3 T minced parsley

Mix all of the ingredients in a together in a large bowl.

Add salt and pepper to taste. Chill before serving. Garnish with some sprigs of parsley