

Red, White, and Blue Breakfast Puff Pastry Tart

For a dessert treat, line the crust with melted chocolate before adding the yogurt layer.

For the puff pastry base

1 sheet puff pastry

1 medium egg - beaten (you will only need a tiny bit of egg to use as egg wash)

For the whipped Greek yogurt

2/3 cups double cream (or whipping cream)

3 tablespoons granulated sugar

1/2 cup Greek yogurt

For the topping

1/2 cup strawberries

1/2 cup raspberries

1 cup blueberries

Powdered sugar - for topping

Preheat the oven to 425°F, or follow the cooking directions provided with your puff pastry sheet.

Unroll the puff pastry sheet onto the baking pan. Using a knife, lightly score around the puff pastry sheet, about 1/2-inch from the edge. Be careful not to cut all the way through. Using a fork, prick holes all over the entire surface of the puff pastry sheet, within the scored lines.

Using a silicone brush, lightly brush a very thin layer of beaten egg across the entire surface of the puff pastry sheet, including and especially around the border. You will only use up a little bit of the egg.

Bake for about 15 minutes, or according to the directions provided with your puff pastry sheet, until the puff pastry is golden brown. Remove from oven and allow to cool.

In the meantime, pour the double cream into a medium bowl and add the sugar. Beat on medium speed until medium to stiff peaks form. Fold in the Greek yogurt.

Once the puff pastry base is cooled, spread the whipped Greek yogurt mixture on top, avoiding the 1/2-inch along the four edges.

Add on the berries. Top with powdered sugar. Cut into portions and serve immediately.

From: theworktop.com

Summer Squash

Should not be kept too long. It can be stored in plastic for up to a week

However for best quality, use within the first few days of bringing the squash home.

The easiest prep is to slice and sauté with a little olive oil and garlic. Add in some chopped oregano or basil just before serving.

Quick Way to Repel Bugs

When you're in hurry or don't want to make a catnip repellent spray, tuck sprigs of catnip in your hatband or in the neckline or cuffs of your shirt to repel mosquitoes. Crush the catnip sprigs slightly and rub them on your skin first to increase their effects.

3 Ways to Make Broccoli Rice

1. With a food processor. That's the easiest and quickest way. It takes a minute to make it into rice with it.

2. With a grater. That's also a fairly easy and quick way to make rice out of broccoli in case you don't own a food processor. No need to go out and buy one or miss out on broccoli rice. Simply grate the florets and you're ready to go.

3. With a knife. In case you don't have either a food processor or a grater, don't despair. A knife will do the trick as well. Start with cutting thin slices off the head, which will immediately fall apart into rice, and then chop the stalks like you would an herb.



Alstede Farms Freshly Inspired CSA

As we pick up our shares this week we will be experiencing quite a heat wave. July 4th is one of the most patriotic of Holidays. Start the day with red, white, and blue. The tart recipe in this newsletter can work for breakfast or dessert or you may want to start your day with a yogurt parfait or berry kebobs. We have posted patriotic recipes every year so take a look at the index if you are in the mood for some different ideas. I think that most of you will have some time off for the holiday. It is time to get into the garden for one more plant. The awaited sunflower will be in the share. It can stay in the 4" pot but the flower will be small. Transplanted into a larger pot or into your sunny garden will help the plant grow to full potential.

We love all the berries but in recent years it is really the blueberry that has come into focus when thinking about nutrition. Blueberries are at the top of the list almost all the time when reading and researching superfoods. They fight some of the most serious diseases and they can help to control inflammation. They can help to keep your brain sharp. They are from the blue/purple family and they represent some of the strongest antioxidants. All that being said, what we are going to do with the blueberries. For the best benefits, eat them raw as a snack, add them to a salad, or your cereal. Maybe you will make a smoothie. For a special treat blueberries lend themselves well to so many of our favorite dessert recipes. They are a known favorite in many quick breads, muffins, scones, cobblers. Here come the slumps and grunts that were originally prepared in a Dutch oven over a fire. I am planning some new blueberry recipes for our Fresh Discovery Farm campers this summer. I will share with you as we move through July.

Every year we find that there is quite a bit of one or another vegetable. We had the year of the kohlrabi and the beets and now I think we have the year of the broccoli with cauliflower not far behind. They are among our favorite vegetables and they fit into so many menu plans, they are high in fiber and they are nutrient rich. I am thinking that we are on to a good thing. I am including some directions for freezing and something a little different, broccoli rice. Directions for both are in this newsletter. Broccoli and cauliflower are a sign of spring. They do enjoy the cooler temperatures. We will see one of the first signs of summer this week, summer squash will be in the shares. The squash may vary in color, and shape. No matter the variety the squash will work with your recipes.

I hope that during the month of July you will have some time to visit the farm. The CSA breakfast(s) should be marked on your calendar. They are scheduled for July 21st and 22nd. If you can't wait until then come out and join us for blueberry breakfast next Sunday, share your ideas on Facebook or send your recipes to jenn@alstedefarms.com. Until next week, enjoy the freshness.

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 10 ~ July 3rd - July 8th 2018

~discover the perfect fit for you~

fresh discovery time savers | fresh, delicious and fast

This Week's Full Share

- Blueberries - Sustainable
- Raspberries - Sustainable
- Sunflower plant
- Arugula - Certified Organic
- Beets - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Cabbage - Sustainable
- Collards - Sustainable
- Kale - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Sustainable
- Peas - Sustainable
- Radishes - Sustainable
- Spring Onions - Sustainable
- Summer Squash - Sustainable

Classic Box Contents

This Week's Half Share

- Blueberries - Sustainable
- Raspberries - Sustainable
- Sunflower plant
- Arugula - Certified Organic
- Beets - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Sustainable
- Peas - Sustainable
- Radishes - Sustainable
- Spring Onion - Sustainable
- Summer Squash - Sustainable

This Week's Personal Share

- Blueberries - Sustainable
- Sunflower plant
- Beets - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Sustainable
- Spring Onions - Sustainable
- Peas - Sustainable
- Summer Squash - Sustainable

Snap Pea Chopped Salad

- 1 tablespoon plus 1 teaspoon rice vinegar
- 1 tablespoon freshly squeezed lime juice
- 2 teaspoons fish sauce
- 1 1/2 teaspoons Chile-garlic paste
- 1 teaspoon granulated sugar
- 1/2 teaspoon kosher salt
- 1/4 cup vegetable oil

For the salad:

- 1 pound sugar snap peas, strings removed, stem ends trimmed, and cut on the bias into 1/2-inch pieces
- 1/2 medium English cucumber, halved lengthwise, then thinly sliced crosswise
- 2 medium carrots, peeled, halved lengthwise, and thinly sliced crosswise
- 3/4 cup coarsely chopped fresh cilantro (from about 1/2 bunch)
- 2 medium scallions, thinly sliced (white and light green parts only)
- 1/3 cup roasted, salted peanuts, coarsely chopped

For the dressing:

Place all of the ingredients except the oil in a medium bowl and whisk to combine. Slowly drizzle in the oil, whisking continuously, until all of it is incorporated; set aside.

For the salad:

Place the snap peas, cucumber, carrots, cilantro, and scallions in a large bowl, drizzle with the dressing, and toss to coat. Transfer to a serving platter, sprinkle with the peanuts, and serve immediately.

From: Chowhound.com

Tips

Leftover Veggie Scramble

Whisk, Eggs, milk, parmesan, salt and pepper. Add leftover vegetables.

Pour into a heated oiled pan, scramble and serve.

Freezing Blueberries

Can be washed or not
Be sure the berries are dry
Place in containers or bags
Label and date, use within 10 months

Storing Beets

Remove the root from the green tops
Store separately
These are tender greens, Use within a day or so

Slugs

Place jars of beers in your garden to attract and impede slugs. Slugs are particularly fond of sunflower plants.

Necessities Box Contents

This Week's Full Share

- Blueberries - Sustainable
- Raspberries - Sustainable
- Sunflower plant
- Beets - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Cabbage - Sustainable
- Kale - Sustainable
- Lettuce - Sustainable
- Peas - Sustainable
- Radishes - Sustainable
- Spinach - Sustainable
- Spring Onions - Sustainable
- Summer Squash - Sustainable

This Week's Half Share

- Blueberries - Sustainable
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- Beets - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Lettuce - Sustainable
- Spring Onions - Sustainable
- Peas - Sustainable
- Summer Squash - Sustainable

This Week's Personal Share

- Blueberries - Sustainable
- Sunflower plant
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Lettuce - Sustainable
- Spring Onions - Sustainable
- Peas - Sustainable
- Summer Squash - Sustainable

Creamed Cabbage

Bring a pan of water to a boil, add salt. Chop about 1/3rd head of cabbage into about 1" pieces. Boil for about 7-8 minutes until tender, drain. Prepare white sauce Melt 2 T butter. Add 2 T flour mix to create a roux and season with salt and pepper. Warm 3/4 light cream and add to roux and stir until thickened. Add 2 T parmesan cheese, stir in cabbage. Sprinkle with cooked crisp bacon (Optional)

This Week Only

Coupon

Valid this week only 7/1/18 and 7/8/18 Must be presented in person



fresh discoveries every day