

## Blueberry Oatmeal Breakfast Cookies

Yields: 15 cookies

*These breakfast cookies are a cookie lover's dream come true! They're soft, chewy, and full of wholesome ingredients... Including lots of juicy blueberries! They'll keep for at least one week if stored in an airtight container in the refrigerator—if they last that long!*

If you like baked goods a little on the sweeter side, add up to a ¼ cup of brown sugar to the liquid mixture.

2 cup oats

1/2 cup flour

1 cup whole wheat

1 tsp baking powder

3 tsp ground cinnamon

1/2 tsp salt

4 tbsp. vegetable, grapeseed, or coconut oil or unsalted butter, melted and cooled slightly

2 large egg, room temperature

2 tsp vanilla extract

1/2 cup pure maple syrup or honey - room temperature

1/2 cup nonfat milk, room temperature

1 cup fresh blueberries

In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, and salt. In a separate bowl, whisk together the coconut oil, egg, and vanilla. Stir in the maple syrup and milk. Add in the flour mixture, stirring just until incorporated. Gently fold in the blueberries. Chill the cookie dough for 30 minutes.

Preheat the oven to 325°F, and line a baking sheet with a silicone baking mat or parchment paper.

Drop the cookie dough into 15 rounded scoops onto the prepared sheet, and flatten to the desired thickness and width with a spatula. Bake at 325°F for 9-12 minutes. Cool on the pan for 10 minutes before transferring to a wire rack. From: Amyshealthybaking.

com

### Garlic

Keep garlic at room temperature on the counter, in a basket and it will continue to cure. Do not store in the refrigerator. Use in recipes during the next few weeks. Freezing garlic: puree in olive oil in the food processor and pour into ice cube trays freeze and then remove to a freezer bag or container for future use. Or freeze whole cloves, when ready to use, defrost, peel and prepare as if fresh.

### Summer Squash

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.

WASH JUST BEFORE USING!

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.

### Baby Artichokes

Store without washing in a plastic bag for up to 5 days

These are a fully developed artichokes that are just a little smaller than a globe artichoke and they take less time and they are easier to prepare. There is no waste, every bit of it can be used.

Cut off the tip remove the outer leaf and cut the stem.

You don't have to scoop out the choke. You can eat it with the heart and the tender leaves

You have finished preparing the artichoke when you have light green at the top, yellow at the bottom, and it looks like a large artichoke heart, about the size of an extra-large egg.

Use outer leaves for stock.



## Alstede Farms Freshly Inspired CSA

At farm camp this week we discovered and picked everything that is growing on the farm. We traveled everywhere on a wagon with our helpers Mister Jack and Miss Jill. What names could be more fun or more appropriate! We had campers from as near to us as Chester and we had a Campers come to us all the way from Spain and Bahrain. We picked blueberries and raspberries, green beans, and the first of this season's corn and peaches. We even planted some strawberries for next year and we dug up some potatoes. We learned about how things grow reading one of my favorite stories "Tops and Bottoms" accompanied with an activity that included a craft project as well. We left the farm everyday dirty and exhausted and looking forward to the next day.

I have worked with children and teenagers all of my adult life. Whenever we discuss diet and meal planning we have to talk a little bit about breakfast. The excuse is always that there is just not enough time! I would rather sleep or I don't feel like eating. This week at camp we prepared a Blueberry Breakfast Cookie. I am going to include the recipe in the newsletter as I promised I would. They will keep for a few days in the refrigerator. There were mixed reviews, for some they were not quite sweet enough. CSA member Tracy Lee and her son Malin were in the market when the cookies came out of the oven and they tasted and loved them. Many campers added a little jam to the cookie and liked it better. We served with cups of yogurt and fruit to really make for the perfect breakfast. I will tell you that we made three double batches and after two mornings they were all gone.

Baby Artichokes are new to us and are in full shares for the very first time ever in the history of our CSA. I must say we are very excited to share with you. Artichokes were planted in the greenhouse in the winter and then planted outside when it was still cool and they are being harvested after just 6 months. Artichokes need a cool period after a warm start so they are often planted in summer and winter over and then harvested in spring. These are fully developed artichokes, they are just a little smaller, easier and faster to prepare.

This is a big week for firsts. The arrival of the first corn of the season is always a day to mark on your calendar. Be sure to keep it in your meal plan for the first day or two after pick up. We are happy to see peaches along with blueberries this week. The fruits pair well in recipes and they are great for snacking, smoothies, and just eating out of hand. Peaches should be with us for a while. Remember, early peaches are cling stone, later they will be free stone. Garlic was harvested this past week. A beloved aromatic bulb that we all wait for at this time of year. I am ready for the flavor that it will add to all of my favorite recipes! Keep it at room temperature.

I am looking forward to next weekend and our CSA Member Breakfast. It is one of my favorite events of the summer. I hope you have marked your calendar and you are planning to join us! Bring along your favorite dish, your recipes, and all of your ideas. Until then and next week, enjoy the freshness!

~food for thought~



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# CSA Week 12 ~ July 17th - July 22nd

~discover the perfect fit for you~

## Classic Box Contents

### This Week's Full Share

- Blueberries - Sustainable
- Peaches - Sustainable
- Raspberries - Sustainable
- Artichokes - Sustainable
- Beans - Sustainable
- Chives - Certified Organic
- Garlic - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Onions - Sustainable
- Pickling Cucumbers - Sustainable
- Squash - Sustainable
- Sweet Corn - Sustainable

### This Week's Half Share

- Blueberries - Sustainable
- Peaches - Sustainable
- Beans - Sustainable
- Chives - Certified Organic
- Garlic - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Onions - Sustainable
- Pickling Cucumbers - Sustainable
- Squash - Sustainable

### This Week's Personal Share

- Blueberries - Sustainable
- Peaches - Sustainable
- Beans - Sustainable
- Chives - Certified Organic
- Garlic - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Onions - Sustainable
- Pickling Cucumbers - Sustainable
- Squash - Sustainable

## Necessities Box Contents

### This Week's Full Share

- Blueberries - Sustainable
- Peaches - Sustainable
- Raspberries - Sustainable
- Artichokes - Sustainable
- Beans - Sustainable
- Garlic - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Onions - Sustainable
- Pickling Cucumbers - Sustainable
- Squash - Sustainable
- Sweet Corn - Sustainable

### This Week's Half Share

- Blueberries - Sustainable
- Peaches - Sustainable
- Beans - Sustainable
- Garlic - Sustainable
- Lettuce - Certified Organic
- Onions - Sustainable
- Pickling Cucumbers - Sustainable
- Squash - Sustainable

### This Week's Personal Share

- Blueberries - Sustainable
- Peaches - Sustainable
- Beans - Sustainable
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- Squash - Sustainable

fresh discovery time savers | fresh, delicious and fast

## Artichokes Provencal

6 baby artichokes, purple or green

juice of 1 lemon

3-4 teaspoons olive oil to coat the bottom of the pan

6 sliced cloves of garlic

Sprig of fresh thyme or 1/2 tsp dried thyme

salt and pepper

1/2 c chopped tomato or 10-12 grape tomatoes

1/2 cup black Kalamata olives

1/4 cup white wine, preferably a dry white wine or you can use water or broth

Cut the leaf tips off the baby artichokes and trim off the rough outer leaves. Cut each artichoke in half and remove the choke if necessary. (It usually isn't with our small, fresh ones!) Immediately drop artichokes into a bowl of water to which you've added lemon juice to avoid the artichokes turning dark colored. Heat the oil in a large frying pan over a low heat. Add the well drained artichokes, garlic, thyme, S&P tomatoes, olives and wine, water or broth. Cook, covered, for 15-20 minutes, or until tender, stirring from time to time. Serve warm or at room temperature. adapted from The Vegetable Market Cookbook

### Peaches

Early peaches are cling stone meaning the flesh of the peach will cling to the pit, later they will be free stone.

Remove the fruit from the bubble pack containers when you arrive home. Keep peaches at room temperature until desired ripeness, then refrigerate.

Up to 5 days

## Tips

### Storing Kale

Wrap unwashed or washed and dried in a layer of paper towels then place in a zip-top bag in the crisper drawer in the fridge.

### 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

### Sweet Corn

Refrigerate corn as soon as possible after pick-up  
Use the corn if possible within 2 days of pick-up

### Cucumber

Cucumber can be kept in an open plastic bag in the crisper drawer.  
The open bag allows for air circulation. Use within 5 days.

**Reserve Your  
Free Seats  
for Breakfast**

### ***This Saturday and Sunday***

*This weekend we will be hosting our annual CSA Members Only Breakfast. We still have plenty of seats available and we are planning to make a lot of food to feed all of you!*

*Call, email, or Facebook message Maggie to reserve your seats for this free breakfast and free admission to the pick-your-own fields and hay rides.*

Valid this week only 7/9/18 and 7/15/18 Must be presented in person



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