

Potato Basil Frittata

- 8 tablespoons (1 stick) unsalted butter, divided
 - 2 cups peeled and 1/2-inch-diced boiling potatoes (4 potatoes)
 - 8 extra-large eggs
 - 15 ounces ricotta cheese
 - 3/4 pound Gruyère cheese, grated
 - 1 1/2 cups steamed broccoli, spinach, or asparagus, or sautéed or roasted zucchini
 - 1/2 teaspoon kosher salt
 - 1/2 teaspoon freshly ground black pepper
 - 3/4 cup chopped fresh basil leaves
 - 1/3 cup all-purpose flour (optional) we did not add it
 - 3/4 teaspoon baking powder
- Preheat the oven to 350 degrees.

Melt 3 tablespoons of the butter in a 10-inch oven-proof omelet pan over medium-low heat. Add the potatoes and fry them until cooked through, turning often, 10 to 15 minutes. Melt the remaining 5 tablespoons of butter in a small dish in the microwave.

Meanwhile, whisk the eggs in a large bowl, then stir in the ricotta, Gruyère, melted butter, salt, pepper, and basil. Sprinkle on the flour and baking powder and stir into the egg mixture. Add vegetables.

Pour the egg mixture over the potatoes and place the pan in the center of the oven. Bake the frittata until it is browned and puffed, 50 minutes to an hour. It will be rounded and firm in the middle and a knife inserted in the frittata should come out clean. Serve hot. From: InaGarten: thefoodnetwork

Make the Frittata Your Own

Served at breakfast this weekend. Add vegetables that are in season.

We have used blanched or steamed asparagus and broccoli, sautéed spinach

This weekend we used sliced roasted zucchini and summer squash

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.

Blueberry Tart

1 8-ounce sheet frozen puff pastry, thawed 2 cups blueberries 3 tablespoons confectioners' sugar 1/2 teaspoon grated lemon zest 1/4 cup heavy cream 4 ounces cream cheese, softened 1 tablespoon granulated sugar 1 large egg, beaten

Heat oven to 375° F. On a lightly floured surface, unfold the sheet of pastry and roll it into a 10-by-12-inch rectangle. Transfer to a parchment-lined baking sheet. Using the tip of a knife, score a 1-inch border around the pastry without cutting all the way through. Brush the border with the egg and sprinkle with the granulated sugar. Bake 18 to 22 minutes. Using the tip of a knife, rescore the border of the cooked pastry without cutting all the way through. Gently press down on the center of the pastry sheet to flatten it. Let cool to room temperature, 15 to 20 minutes.

Meanwhile, with an electric mixer, beat the cream cheese until smooth. Add the cream, lemon zest, and 2 tablespoons of the confectioners' sugar and beat until smooth. Spread the cream cheese mixture evenly within the borders of the pastry. Arrange the blueberries in a single layer over the filling and sprinkle with the remaining tablespoon of confectioners' sugar.

From: Cakesandrecipes.com



Alstede Farms Freshly Inspired CSA

What a great weekend! It was so nice to see you. My job was to do a little craft with the children who came to breakfast. Instead it became an adult activity. Children chose ribbons and I had the chance to visit with so many of you. If you had the chance to make a swag be sure to use the herbs for recipes now, or when they are dried, or hang the swag in your shower for some relaxing aroma therapy. I had such a great time, for me it was one of the best Appreciation Breakfasts yet.

I have the promise of a recipe from Donna Becker for grilled vegetable risotto that I will share with you when I receive it. I think that many of you are roasting and grilling kohlrabi. A few years ago many members were leaving it behind. Now you are roasting, grilling and adding it to slaw. Enjoying Kholrabi, now that is progress!

It was a crazy week leading up to Customer Appreciation Weekend. There is always so much going on around here. On Wednesday night we had our Fresh Discoveries Class. Some of you were not sure how to join in on that activity. Keep an eye on E-mail. The next class is scheduled for Wednesday, August 15th. Classes usually start at 6. I am sharing the blueberry tart recipe and some simple directions for that I demonstrated to the class on Wednesday. I prepared Blueberry Cobbler and Raspberry bars for desserts for an event on Thursday and on Friday afternoon I prepared the Frittata after camp for our breakfasts this weekend. The recipe is on the web-site and I will print the info "tips" as well. As the new week starts I am a little worried about weather once again. We are starting our 3rd week of Farm Camp and I am looking at the possibility of 5 days of rain. Yikes!

Coming out of the organic field this week will be arugula. Tender leafy greens are always a welcome addition to the share. Add it to your salads or add it to dishes like Shrimp Scampi in the last few minutes, just enough to allow it to wilt. Tree fruits are also in the shares this week. Sugar plums will be in along with peaches. Remember to remove fruits from the plastic as soon as you get home. A few years back we posted a recipe for plum jam that was sent to us by Bev Hansen. She even brought samples to me, Jenny and Uncle Mike! Bell peppers are now coming out of the field, you should find green peppers in the share. With carrots and zucchini in the share I am thinking about preparing a bread or cookie with my campers.

We don't have the chance to chat every weekend so if you have questions or something to share please send to jenn@alstedefarms.com. Until next week, enjoy the freshness!

~food for thought~



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CSA Week 13 ~ July 24th - July 29th 2018

~discover the perfect fit for you~

Classic Box Contents

This Week's Full Share

- Peaches - Sustainable
- Plums - Sustainable
- Arugula - Certified Organic
- Beans - Sustainable
- Broccoli - Sustainable
- Carrots - Sustainable
- Cucumber - Sustainable
- Eggplant - Sustainable
- Lettuce - Sustainable
- Long Hot Peppers
- Onions - Sustainable
- Peppers - Sustainable
- Squash - Sustainable

This Week's Half Share

- Peaches - Sustainable
- Plums - Sustainable
- Arugula - Certified Organic
- Beans - Sustainable
- Carrots - Sustainable
- Cucumber - Sustainable
- Eggplant - Sustainable
- Onions - Sustainable
- Peppers - Sustainable
- Squash - Sustainable

This Week's Personal Share

- Peaches - Sustainable
- Plums - Sustainable
- Arugula - Certified Organic
- Beans - Sustainable
- Carrots - Sustainable
- Cucumber - Sustainable
- Eggplant - Sustainable
- Onions - Sustainable
- Peppers - Sustainable
- Squash - Sustainable

Necessities Box Contents

This Week's Full Share

- Peaches - Sustainable
- Plums - Sustainable
- Beans - Sustainable
- Broccoli - Sustainable
- Carrots - Sustainable
- Cucumber - Sustainable
- Eggplant - Sustainable
- Lettuce - Sustainable
- Peppers - Sustainable
- Squash - Sustainable

This Week's Half Share

- Peaches - Sustainable
- Plums - Sustainable
- Beans - Sustainable
- Broccoli - Sustainable
- Carrots - Sustainable
- Cucumber - Sustainable
- Eggplant - Sustainable
- Lettuce - Sustainable
- Peppers - Sustainable
- Squash - Sustainable

This Week's Personal Share

- Peaches - Sustainable
- Plums - Sustainable
- Beans - Sustainable
- Carrots - Sustainable
- Cucumber - Sustainable
- Eggplant - Sustainable
- Lettuce - Sustainable
- Peppers - Sustainable
- Squash - Sustainable

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Zucchini Stuffing

This is a recipe that we printed in our first year of the Harvest Club. It pre-dates the recipe index so I thought that since it is a favorite we could repeat it.

- 4-6 Soft Italian Style Rolls
- 2 shallots chopped
- 2-3 T olive oil and butter
- 4-6 T water
- 2 medium zucchini, grated
- ½ c Asiago Cheese grated
- ¼ c parmesan cheese grated
- 2-3 sage leaves minced
- 1 egg beaten with 2 T water

Break the bread into pieces/cubes. Sprinkle with water until moist not soggy. Warm 1 T olive oil and 1 T butter in a frying pan, sauté the shallots until soft and golden.

Remove the shallots and add them to the bowl with the bread. Grate the zucchini. Add more oil and butter to the frying pan and sauté the zucchini until soft and dry, not brown. Add the zucchini to the bread and shallots.

Mix in the cheese and the sage. Combine all of the ingredients. Beat the egg with the 2 T of water. Mix the egg into the stuffing. Pour into a buttered casserole dish and cover with foil.

Bake at 350 for 30-40 minutes.

Serve with roasted or grilled chicken or fish.

Adapted from: Arlene Ward, Adventures in Cooking

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 Eggplant

If you aren't eating it right away, it should be refrigerated. To refrigerate, wrap in a paper towel and place in a reusable container or plastic bag in the crisper drawer to use within 5 - 7 days.

Storing Plums

Store plums at room temperature to ripen, check frequently because they are very perishable. Storing ripe plums in a plastic bag in the crisper drawer will prolong their eating life should keep for 3 to 5 days.

Carrot Tops

Remove the greens from the orange root before storing. Use greens in soups, salads, in herb based salad dressing. Mix with basil for pesto.

Prepare tea that will help kidney function

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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