

Baked Zucchini

- 1 zucchini (sliced and quartered)
- 1 yellow squash (sliced and quartered)
- 2 cups broccoli (cut into florets)
- 1/2 onion (red, chopped)
- 1 bell pepper (chopped)
- 5 ounces mushrooms (cut in halves or quarters)
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 1 1/4 teaspoon thyme
- salt and pepper

Preheat oven to 420 F

Place zucchini, squash, broccoli florets, onion, pepper and mushrooms in a medium baking dish.

Season with salt and pepper. Add olive oil, balsamic vinegar and thyme. Toss to combine. Bake in the Pre-heated oven for about 13 minutes, until tender but slightly crisp. Enjoy!

From: mydeliciousmeals.com

Oven Fried Green Tomatoes

- 2 teaspoons salt - 1 teaspoon pepper - Vegetable cooking spray
- Parchment paper - 1 1/2 cups buttermilk - 2 cups Japanese breadcrumbs (panko) - 1 tablespoon Creole seasoning
- 1 teaspoon paprika - 1 cup all-purpose flour

Preheat oven to 400°. Cut tomatoes into 1/4-inch-thick slices. Sprinkle both sides of tomatoes evenly with 2 tsp. salt and 1 tsp. pepper. Place a wire rack coated with cooking spray in a parchment paper-lined 15- x 10-inch jelly-roll pan. Pour buttermilk into a shallow dish or pie plate. Stir together panko, Creole seasoning, and paprika in another shallow dish or pie plate. Dredge tomatoes in flour. Dip tomatoes in buttermilk, and dredge in panko mixture. Lightly coat tomatoes on each side with cooking spray; arrange on wire rack. Bake at 400° for 18 to 20 minutes or until golden brown, turning once after 10 minutes.

Easy Ways to Prepare Corn

Shuck the corn as close to serving time as possible. The corn husk actually does protect the corn from heat keeping it sweet and fresh. To help remove silk, very gently rub with a terry towel or run under water while rubbing. To boil corn, bring a pot of water to a boil and add the corn, boil 3-4 minutes and remove. To steam corn, place the corn in a steamer basket over boiling water and steam for 6-8 minutes.

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.

Honey Roasted Plums

- 1/2 cup (packed) dark brown sugar
- 1/4 cup honey
- 4 tablespoons (1/2 stick) unsalted butter
- 6 large assorted ripe but firm plums (about 2 pounds), halved, pitted
- Crème Fraiche

Preheat oven to 475°F. Stir first 3 ingredients in large ovenproof nonstick skillet over high heat until butter melts. Cook 2 minutes, stirring constantly (mixture will bubble vigorously). Add plum halves, cut side down. Cook plums without stirring for 2 minutes. Turn plums over and transfer skillet to oven. Roast until caramel is deep brown, checking frequently to prevent burning, about 4 minutes.

Divide plum halves among 6 plates. Spoon sauce from skillet over plums. Drizzle plums with crème fraiche, Sprinkle with fresh thyme (optional) and serve.



Alstede Farms Freshly Inspired CSA

We had farm campers this week from Virginia who visit family every year so that they can attend. We also had three new campers from Westchester, NY. Their families camped out in the area so that they could experience a week at the farm. We were so excited to have all of them join us for our last week. If your children missed summer camp, mark your calendars for Teachers Convention weekend in November. We hope to have a farm adventure for a couple of days then.

Maggie and Hannes welcomed us into the packing house on Tuesday so that we could pack some shares. We had to hurry out to the sugar plum trees so that we could pick before the farmers on Thursday. There are three varieties. Last week we had the red or Methley, this week we picked the yellow, Shiro variety and there are Santa Rosa that are ripe as well. We will all have some variety in our shares again. The plums give us the color palate we need in our diets. They are high in antioxidants and nutrients to include potassium, lycopene, Vitamin A, B1 or thiamine, B2 or riboflavin, and vitamin C. Peaches will be in all shares as well and full share members will get watermelon. Keep in mind that as you cut into the watermelon the flesh may be the common red or it may be yellow, which is a farm favorite! Blueberries continue to be available for "Pick your Own" however they will not be in our boxes this week.

Tomatoes in the field are just starting to ripen and the tomato greenhouses are shutting down. There are plenty of green tomatoes left in there and we will benefit from that bounty. We know "Fried Green Tomatoes" as a great movie and Southern specialty. Some recipes that we have shared in the past would include a green tomato cake, relish, and the beloved BLT. Let us know if you have any new ideas.

Corn will be in all of the shares. I am not sure if you will have white or bi-color. Both are sweet, however bi-color in my opinion has the upper hand when it comes to flavor. It is a personal preference and we all have our own. We should have corn often enough so that you will taste both along the way during the season.

I was in the field this week where peppers and eggplant are growing. Sometimes I forget all the different varieties. Expect the unexpected. It may be white, or marbled, or globe, or Sicilian, or the long thin Asian variety. We picked green bell and cubanelle peppers. Purple and white are ready. It will be a while before we have red and yellow. Banana peppers will be in full shares. It is a member of the chili pepper family and has a mild tangy taste.

This share looks to be fabulous! The farm team continues to work through the heat and humidity and the flooding rain to bring this overflowing abundance of produce. We appreciate them and thank them every day. Until next week "enjoy the freshness!"

~food for thought~



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CSA Week 14 ~ July 31th - Aug 5th 2018

~discover the perfect fit for you~

Classic & Necessities Box Contents

This Week's Full Share

- Peaches - Sustainable
- Plums - Sustainable
- Watermelon - Sustainable
- Beans - Sustainable
- Broccoli or Cauliflower - Sustainable
- Carrots - Sustainable
- Cucumbers - Sustainable
- Eggplant - Sustainable
- Garlic - Sustainable
- Green Tomatoes - Sustainable
- Onions - Sustainable
- Peppers - Sustainable
- Banana Peppers - Sustainable
- Squash - Sustainable
- Sweet Corn - 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
- Sweet Corn - Sustainable

This Week's Personal Share

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

fresh discovery **time savers** | fresh, delicious and fast

Eggplant, Peppers, and Onions

1 Medium Eggplant
1/2 bell Pepper green or red sliced thin
1/2 Red Onion sliced thin
1 cup Cornmeal
1/4 cup Parmesan Cheese
1/4 teaspoon garlic powder
Canola Oil to line bottom of frying pan
1 Tbsp. Feta Cheese or Shredded Parmesan Cheese
Salt and Pepper to taste
Peel the Eggplant
Use a vegetable peeler and slice the Eggplant into thin slices
Heat Canola Oil in frying pan (Just enough to sauté)
Mix Cornmeal, Parmesan Cheese, and Garlic Powder
Dredge Eggplant in Cornmeal mixture on both sides
Fry until golden brown on both sides
Remove and drain on frying pans
Add salt and pepper to taste to the eggplant
Add sliced Peppers and Onions to warm pan and sauté for 15 minutes on low

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.

Wash Melons

Wash watermelon / all melons before cutting
So that bacteria from the skin will not be carried to the
Fruit slice

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.

This Week Only

Valid this week only 7/30/18 and 8/5/18 Must be presented in person



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