

Spinach Broccoli Soup

- 1 head of broccoli (about 10 oz.)
- 1 tablespoon olive oil
- Kosher salt, freshly ground pepper
- 3 tablespoons virgin coconut oil or olive oil, divided
- 1 large onion, chopped
- 6 garlic cloves, 4 cloves chopped, 2 cloves thinly sliced
- 5 (or more) cups low-sodium chicken broth
- ¾ cup cilantro leaves with tender stems
- 2 bunches spinach, trimmed
- 1 t finely grated lemon zest

Preheat oven to 400°. Separate broccoli stalk from florets. Finely chop florets, transfer to a rimmed baking sheet, and toss with olive oil. Season with salt and pepper and roast, tossing halfway through, until dark brown and tender, 15–20 minutes. Meanwhile, trim and peel broccoli stalk; chop and set aside.

Heat 2 Tbsp. coconut oil in a large heavy pot over medium-high. Add onion and chopped garlic; season with salt and pepper. Cook, stirring occasionally, until onion begins to soften, about 5 minutes. Reduce heat to medium-low, cover pot, and cook, checking and stirring occasionally, until onion and garlic are very soft, 25–30 minutes (this long, slow cooking draws maximum flavor out of the vegetables). Add broccoli stem, cover, and cook, stirring occasionally, until softened, 5–10 minutes. Increase heat to medium-high, add 5 cups broth, and bring to a boil. Reduce heat and simmer, stirring occasionally, until flavors meld, 10–15 minutes. Let cool slightly.

Set aside 1/4 cup cilantro for serving. Blanch spinach and remaining cilantro in a large pot of boiling salted water until bright green and just wilted, about 30 seconds. Drain and transfer to a bowl of ice water to stop cooking; let cool. Drain; squeeze out excess liquid.

Working in batches, purée soup base and blanched spinach and cilantro in a blender until very smooth (make sure lid is slightly ajar to let steam escape; cover with a towel). Transfer to a large bowl or pitcher. Pour soup back into pot and thin with broth, if needed. Taste and season with salt and pepper; keep warm. Heat remaining 1 Tbsp. coconut oil in a small skillet over medium. Cook sliced garlic, swirling skillet often, until golden brown, about 1 minute. Transfer garlic to a small bowl with a slotted spoon; set garlic oil aside. Add roasted broccoli florets, lemon zest, and reserved cilantro leaves to garlic and toss to combine. Serve soup topped with broccoli-garlic mixture and drizzled with reserved garlic oil. Do ahead: Soup (without broccoli-garlic mixture) can be made 4 days ahead, though its bright green color will fade over time. Let cool; cover and chill. Cover and chill raw broccoli florets separately. Roast broccoli and prepare topping just before serving.

From: Bon Appetite.com

Care Tips for Strawberries

Remove the strawberries from the container. DO NOT WASH! Line a flat plastic or glass container with a paper towel. Place a single layer of fresh strawberries into the container.

Cover with paper towel and seal with the lid or plastic wrap. Strawberries will last up to 4 days or longer depending on your refrigerator. Clean just before serving

Freezing Strawberries

Strawberries should be cleaned and hulled before freezing. I like to just wipe them with a soft moist cloth and then let them dry on paper towel. Place them on a tray to freeze and then move them into a zip lock freezer bag and be sure to get out most of the air and they should be good for up to six months.

Rhubarb Syrup

- 4 cups chopped rhubarb
- 1 cup sugar
- 1 cup water

Combine the rhubarb, sugar, and water in a heavy-bottomed saucepan and bring to a boil. Lower the heat to a simmer and cook gently, stirring occasionally, until the fruit is soft and the liquid has thickened slightly, about 20 minutes. Set a fine-mesh strainer (or a coarse strainer lined with cheesecloth) over a large bowl. Pour the rhubarb through the strainer until most of the liquid is in the bowl. Press the solids a little with the back of a spoon to extract more syrup. (kitchn.com)



Alstede Farms Freshly Inspired CSA

On Sunday, June 17th, along with the celebration of Father's Day we also will celebrate "National Eat Your Vegetables Day." Our plan here at the farm is to make it a week-long celebration. I think our plan as a Harvest Club is probably business as usual. Our shares are full of fresh local vegetables so it won't be difficult. Something new coming in this week for full share members will be English Peas. Also called shelling peas and garden peas. The pod is too fibrous to digest. With this variety we have to pull the string from one end down the length of the pod. Then press the pod to open, best to work over a bowl to keep the peas from running away. Keep the pods for stock. We should see the other two varieties in the coming weeks.

A new herb this week that has never been in the shares before. Chocolate Mint should be planted with other mint plants. As a perennial, they say that it is almost impossible to kill. You may plant directly in the garden or in a pot however I will transplant the mint into a 6" pot to allow the roots to expand a bit and then plant that pot directly into my garden or you may want to go into a bigger pot. Either way you will have kept the roots from spreading throughout the garden and it will keep them in control. I have read that mint's aggressive nature and reputation for taking over the garden is well deserved, I agree.

Rosemary will also be in the shares. A beloved culinary herb. Rosemary is a tender perennial. In this area the best method for survival is to bring the plant indoors for the winter. Do not overwater this plant, be sure that the soil is well drained and the pot or garden gets plenty of sun to avoid mold or powdery mildew. Thyme and sage can grow well with rosemary and the flavors will also pair well together in the kitchen.

On Facebook this week there was a question about a canning and or fermentation class. The idea is great and it is a bit of a work in progress and we will let you know if and/or when we will be able to make that offer so stay tuned as usual. Maria Mercedes posted a recipe for Rhubarb Lentil Soup. For those of you watching your sugar intake this would be a great use. Anita Sarate posted a chocolate quick bread that uses beets in the mix. Usually that means cutting down on fat. She does include her directions for everyone. Amanda Cercone had a strawberry ripen in her in her garden. Fun, right? There are so many new names on Facebook. So happy to see all of your ideas. If you have not yet joined in for the fun, send your ideas to jenn@alstedefarms.com.

I had an e-mail this week about the CSA breakfast. It is scheduled for July 21st and 22nd there is a little buzz out there that is talking about a different format so stand by for any changes coming from Maggie. Until next week, enjoy the freshness.

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 7 ~ June 12th - June 17th 2018

~discover the perfect fit for you~

Classic Box Contents

This Week's Full Share

- Strawberries - Sustainable
- Chocolate Mint - Sustainable
- Rosemary - Sustainable
- Asparagus - Sustainable
- Basil - Sustainable
- Broccoli - Sustainable
- Collards - Sustainable
- English Peas - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Sustainable
- Radishes - Certified Organic
- Rhubarb - Sustainable
- Spinach - Sustainable
- Tomatoes - Sustainable

This Week's Half Share

- Strawberries - Sustainable
- Chocolate Mint - Sustainable
- Rosemary - Sustainable
- Basil - Sustainable
- Broccoli - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Sustainable
- Radishes - Certified Organic
- Rhubarb - Sustainable
- Spinach - Sustainable

This Week's Personal Share

- Strawberries - Sustainable
- Strawberries - Sustainable
- Chocolate Mint - Sustainable
- Rosemary - Sustainable
- Basil - Sustainable
- Broccoli - Sustainable
- Lettuce - Sustainable
- Radishes - Certified Organic
- Rhubarb - Sustainable
- Spinach - Sustainable

Necessities Box Contents

This Week's Full Share

- Strawberries - Sustainable
- Chocolate Mint - Sustainable
- Rosemary - Sustainable
- Asparagus - Sustainable
- Basil - Sustainable
- Broccoli - Sustainable
- English Peas - Sustainable
- Lettuce - Sustainable
- Radishes - Certified Organic
- Rhubarb - Sustainable
- Spinach - Sustainable
- Tomatoes - Sustainable

This Week's Half Share

- Strawberries - Sustainable
- Chocolate Mint - Sustainable
- Rosemary - Sustainable
- Basil - Sustainable
- Broccoli - Sustainable
- Lettuce - Sustainable
- Radishes - Certified Organic
- Rhubarb - Sustainable
- Spinach - Sustainable
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Grilled Kohlrabi

1 medium kohlrabi, peeled and cubed

Olive Oil

Salt

Pepper

Balsamic Vinegar

Toss the kohlrabi in olive oil, sprinkle with salt and pepper. Wrap in foil. Grill over medium heat for 45 minutes, until kohlrabi is tender. Remove from the foil. Adjust seasoning and drizzle with balsamic vinegar. From: littlebitofeverything.blogspot

Keeping Mint Fresh

Take your mint sprigs and place in a jar/glass. Fill with about 1-2 cup of water.

Don't let any leaves sit in water, otherwise your water will get cloudy and your mint moldy.

Take a (clean) plastic bag and place it over the top of the mint and tuck under the bottom of your glass.

Place in the fridge. Mint should last up to two weeks

Tips

Rhubarb

Keep rhubarb in the crisper drawer of your refrigerator for a couple of days

Wash when ready to use. Remove the leave and discard, these leaves are never eaten

They are poisonous

Chocolate Mint

Add Chocolate mint to Fruit Salads

or

A green salad consisting of mixed lettuce greens, strawberries, cheese crumbles feta or bleu cheese or pieces of muenster or brie. Chopped almonds, Chocolate Mint leaves, and a raspberry walnut vinaigrette.

Anise

Allow this herb to flower

Cut and dry the flowers
Collect the seeds
Seeds can be added directly into batter for Biscotti, Pizzelles, Easter

Sweet Breads

Collards

One of the most versatile of greens

Low and slow is the recommended method of preparation

Finish the dish with vinegar, your choice of variety, to brighten the greens

10% off
Barbecue Supplies

for Father's Day

This Week Only

Stop by our Farm Store to grab everything you need to grill this Father's Day Weekend. We have barbecue sauce, dry rub spices, and cedar wood wraps.

Our Farm Store is open every day from 9am-8pm.

Valid this week only 6/11/18 and 6/17/18 Must be presented in person



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