

Brie and Garlic Scape Pizza

Crust: Purchase or Prepare:

2 1/4 cups unbleached bread flour

3/4 teaspoon salt

1/2 teaspoon instant yeast

2 tablespoons olive oil

7/8 cup (7 ounces) water, ice cold (40°F)

Semolina flour OR cornmeal for dusting

Topping:

8 oz. soft brie cheese

8-10 garlic scapes, thinly sliced on the bias (about 2 cups)

olive oil, sea salt, freshly cracked black pepper

Directions:

Stir together the flour, salt, and yeast in the bowl of an electric mixer. Add the oil and the cold water and stir on low speed until the flour is all absorbed. Switch to the dough hook and mix on medium speed for 5 to 7 minutes, or as long as it takes to create a smooth, sticky dough. The dough should clear the sides of the bowl but stick to the bottom of the bowl. The finished dough will be springy, elastic, and sticky, not just tacky. With oiled hands place the dough into a greased bowl and cover with plastic. Refrigerate overnight (or up to 3 days). On day two, cut the dough into 4 pieces. On a lightly floured work surface, gently press the dough into flat disks about 1/2 inch thick and 5 inches in diameter.

At least 45 minutes before making the pizza, place a baking stone either on the floor of the oven (for gas ovens), or on a rack in the lower third of the oven. Heat the oven as hot as possible, 500 to 550 degrees F. Stretch the dough to 7" allow to rest if it is being stubborn.

Lay the stretched dough on the peel or pan, making sure there is enough semolina flour or cornmeal to allow it to slide. Lightly brush with olive oil, and poke it a few times with a fork so it doesn't bubble.

Spread 2oz of brie cheese on each crust. You can also use slices if your brie is too firm to spread. Sprinkle evenly with 1/4 of garlic scapes. Season with sea salt and pepper.

Gently slide the topped pizza onto the stone (or bake directly on the sheet pan) and close the door. Bake (two at a time) until the bottoms are lightly golden and the cheese is bubbly and just barely browned. Remove from the oven and transfer to a cutting board. Repeat with remaining pizzas. Let rest for 3 to 5 minutes before slicing and serving. From: loveandoliveoil

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

Vegetable Stock

Add some cheese rinds to your stock pot for additional flavor. Always make stock in a large quantity and freeze it in plastic bags.

That way, when you want to make a nice soup or boil veggies, you can simply pull the bag out of the freezer.

Tips for Handling Caterpillars

First remove the caterpillars when you seen them.

Try a Homemade Chili Spray

1. Grind 3 1/2 ounces of dried chilies in a food processor.
2. Add the powder to 1/2 gallon boiling water.
3. Boil the mixture for 5 minutes.
4. Add 1/2 gallon cold water and 2 or 3 drops of liquid soap.
5. Allow the mixture to cool.
6. Test the solution on a leaf and wait 24 hours.
7. If the plant shows no reaction, spray the chili mixture on the caterpillars every evening.



Alstede Farms Freshly Inspired CSA

Wow all of a sudden it is summer. The temperature is in line with the Solstice and we are moving into the next season as we pick up our shares this week. We will have 2 more potted herbs. I hope you will have room left in your garden. The thyme and sage can be planted with the rosemary that you received last week. They are both perennial plants. My sage will come back if I plant it in the ground or even in a pot. Thyme can be planted as an edging to your garden. It is a well-known practice in England. All the herbs look so beautiful outside my kitchen and I have been enjoying the herbs even more than usual. I brought a bouquet into the classes I was teaching this week. It is not an easy time to keep students engaged. This was something so new and different, they thankfully were quite interested. We made mint tea and we also prepared the herb cheese recipe that is available on the web-site.

Our Fresh Discoveries group met this past week. It was probably one of the 10 most beautiful evenings ever here at the farm. We took our hay ride as the public fields were closing, so quiet and so peaceful. We sampled some strawberry lemonade and strawberry kiwi salsa. When we came out of the fields we had some Rhubarb bread which is one of my all-time favorites and I did a little demo showing the class how to prepare Strawberry Rhubarb Cobbler. We all had a sample. Some of them took the cobbler home for dessert. I am sure that you realize that you are all welcome to attend these free events. I am hoping we will see more of you here during the summer.

Heidi Sedlack Larga had a question on Facebook about when we would see the beloved garlic scapes, well here they come. They were cut this week so that the energy in the plant will now go back to the root which is the bulb of garlic. The garlic will have a chance to grow a little more in the next few weeks. So what benefits us is also a benefit to the garlic. Scapes are a favorite as the seasoned CSA member knows and for those of you who are new to us, we hope that you will enjoy this very special addition to your share.

Heather Eckel was not in an energetic mood and she managed to prepare a dish that uses asparagus, spinach and basil from the share. She and Angelina Louise have their pets in the picture. Trisha Seath prepared a crustless Broccoli Quiche, she is ready for dinner and maybe even breakfast. Broccoli will be in the shares again this week so some of you may want to use her idea.

As I am writing today it is Father's Day and National Vegetable Day. I have spent the week writing about vegetables and their value. They are cheaper than meat, they conserve resources, they have vitamins and minerals that we cannot get anywhere else. They help to fight disease and if we eat more of them and less of other foods we can lose weight. So enjoy the vegetables and the freshness, until next week.

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 8 ~ June 19th - June 24th 2018

~discover the perfect fit for you~

Classic Box Contents

This Week's Full Share

- Strawberries - Sustainable
- Thyme plant - Sustainable
- Sage plant - Sustainable
- Asparagus - Sustainable
- Broccoli - Sustainable
- Cabbage - Sustainable
- Collards - Sustainable
- English Peas - Sustainable
- Garlic Scapes - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Kohlrabi - Sustainable
- Radishes - Sustainable
- Rhubarb - Sustainable
- Spinach - Sustainable

This Week's Half Share

- Strawberries - Sustainable
- Thyme plant - Sustainable
- Sage plant - Sustainable
- Broccoli - Sustainable
- Garlic Scapes - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Kohlrabi - Sustainable
- Rhubarb - Sustainable
- Radishes - Sustainable
- Spinach - Sustainable

This Week's Personal Share

- Strawberries - Sustainable
- Thyme plant - Sustainable
- Sage plant - Sustainable
- Broccoli - Sustainable
- Garlic Scapes - Sustainable
- Lettuce - Certified Organic
- Rhubarb - Sustainable
- Radishes - Sustainable

Necessities Box Contents

This Week's Full Share

- Strawberries - Sustainable
- Thyme plant - Sustainable
- Sage plant - Sustainable
- Asparagus - Sustainable
- Broccoli - Sustainable
- Cabbage - Sustainable
- Garlic Scapes - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Peas - Sustainable
- Radishes - Sustainable
- Rhubarb - Sustainable
- Spinach - Sustainable

This Week's Half Share

- Strawberries - Sustainable
- Thyme plant - Sustainable
- Sage plant - Sustainable
- Broccoli - Sustainable
- Garlic Scapes - Sustainable
- Lettuce - Certified Organic
- Radishes - Sustainable
- Rhubarb - Sustainable
- Spinach - Sustainable

This Week's Personal Share

- Strawberries - Sustainable
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- Rhubarb - Sustainable
- Spinach - Sustainable

fresh discovery time savers | fresh, delicious and fast

Grilled Parmesan Broccoli

6 cups fresh broccoli stems

2 1/2 tablespoons lemon juice

2 tablespoons olive oil

1/4 teaspoon salt

1/4 teaspoon pepper

3/4 cup grated parmesan cheese

Directions

Place broccoli in large bowl. Combine next four ingredients, drizzle over broccoli, and toss to coat; let stand for half an hour. Spray grill rack before preparing grill for indirect heat. Toss broccoli again and drain marinade; place Parmesan in large ziploc bag and shake broccoli, a few pieces at a time, with the cheese to coat. Grill broccoli, covered, over indirect medium heat for 8-10 minutes on each side or until crisp-tender. From: GeniusKitchen.com

Storing Broccoli

Be sure to enjoy your fresh broccoli as soon as you can. To store, mist the unwashed heads, wrap loosely in damp paper towels, and refrigerate. Use within 2 to 3 days. Do not store broccoli in a sealed container or plastic bag. Raw broccoli requires air circulation. Do not wash it before storing as excess moisture can cause mold.

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

Microplane

Use a coarse microplane to shave vegetables into salads or vinaigrettes. You can create an orange-fennel dressing by adding grated fennel and orange zest to a simple vinaigrette.

Chopping Herbs

When chopping herbs, sprinkle a little salt on the cutting board. It should keep the herbs from flying around.

Garlic Scapes

Are a little milder than garlic. Make a pesto. Chop into a tomato basil salad. Add them into stir fry or Shrimp Scampi. Add them when preparing hummus.

This Week Only

10% off

**Sour Cream
and Dip Mixes**

Try out one of our uniquely flavored dip mixes including spinach dip, pizza dip, buffalo wing dip, horseradish and bacon, and more.

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

Valid this week only 6/18/18 and 6/24/18 Must be presented in person



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