

## Stuffed Cabbage Casserole

- 2 tsp. Olive oil, divided
- 1 lb. lean ground beef
- 1 large onion, chopped
- 1 Tbsp. minced garlic
- 1/2 tsp dried thyme
- 1 tsp sweet paprika
- salt and black pepper to taste
- 1 large head green cabbage, cored and cut into small wedges
- 1 can(s) (14.5 oz.) petite diced tomatoes with juice
- 1 can(s) (15 oz.) tomato sauce
- 1/4 c water
- 2 c cooked brown rice
- 2 c low-fat mozzarella cheese (Optional)

In a large skillet over medium heat, cook ground beef until browned and cooked through. Remove and set aside. In the same skillet, add 1 tsp. olive oil, chopped onion, and cook over medium heat until the onion is translucent and starting to brown, about 5 minutes. Add the minced garlic, dried thyme, and paprika and cook about 2 minutes more. Add the diced tomatoes with juice, tomato sauce, and ground beef. Add water to the pan. Simmer until it is hot and slightly thickened, about 15-20 minutes.

While it simmers, cut the cabbage in half, remove the core and any wilted outer leaves. Cut into small wedges. (Or chop coarsely into 1-inch pieces, if you prefer.) Heat remaining olive oil in a large skillet or dutch oven, add the cabbage and cook over medium-high heat until the cabbage is about half-cooked, turning it over several times so it all cooks. Season with salt and pepper.

When the meat and tomato sauce mixture has cooked and thickened a bit, stir in the 2 cups of cooked rice and gently combine. Spray a 13x9" casserole dish with non-stick spray and layer half the cabbage, half the meat mixture, remaining cabbage, and remaining meat mixture. Cover tightly with foil and bake in a preheated 350-degree oven for 40 minutes, or until the mixture is just starting to bubble on the edges. Remove foil and sprinkle on cheese. Bake uncovered an additional 15 minutes, or until the cheese is melted and starting to slightly brown. Serve hot. From: justapinch.com

### Peas

Sugar can change to starch if the peas are stored for too long

Use within 2-3 days

There is a string on both sides. Pull from the stem downward

### Roasting Beets

Roast beets @375-400 wrapped in foil

For about an hour (depending on size). Beets should be fork tender.

Refrigerate after they cool and they are ready to add to your favorite recipes.

### 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

We are watching the seasons change quickly. Our first crops, both fruit and vegetables are disappearing from our shares. As spring crops dwindle we are starting to see many summer favorites arrive with gusto. Asparagus has quickly been replaced by broccoli and peas and this will be the last week with strawberries before we move on to blueberries.

The consistent heat that we have gotten over the past two weeks has caused many crops to grow in abundance. We have recently had a large amount of broccoli and cauliflower, we are sharing as much as possible with you. We also have many varieties of organic lettuce maturing every day. We are giving everyone at least two heads of lettuce this week. If you need some culinary inspiration, please check out our recipe index on the farm website to see all of our flavorful and fresh salad recipes.

Some of you have had English Peas in your shares. They are a sentimental favorite of mine. They are however the most labor intensive of varieties. This week we should see some English or shelling peas, sugar snap peas, and snow peas. Sugar snap and snow do not need to be shelled. They are completely edible, pod and all. They are great raw as a snack and they can be added to salads and stir fry recipes. Remove the string the same way you did for shelling peas.

There are sunflowers growing for us in the green house. We will receive the plants next week after they have a little more time to mature. It is something to look forward to as our farm team prepares to open our sunflower maze. When you bring your sunflower plants home next week they will need a sunny spot and should be transplanted into a larger pot or the ground to grow to their full potential.

The annual CSA breakfast is just a few weeks away. Based on the interactions we have seen on Facebook, we are thinking about changing the format this year to include a "pot luck" or "covered dish" component. If you were to bring your own dish to a CSA gathering, what would you bring? It would be so much fun to taste and experience some of your favorites. I invite you to think about what delicious recipes you could bring to the table, that is your homework assignment this week. Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



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# CSA Week 9 ~ June 26th - July 1st 2018

~discover the perfect fit for you~

## Classic Box Contents

### This Week's Full Share

- Strawberries - Sustainable
- Raspberries - Sustainable
- Arugula - Certified Organic
- Basil - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Cabbage - Sustainable
- Cauliflower - Sustainable
- Collards - Sustainable
- Kale - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Certified Organic
- Peas - Sustainable
- Radishes - Certified Organic

### This Week's Half Share

- Strawberries - Sustainable
- Arugula - Certified Organic
- Basil - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Cabbage - Sustainable
- Kale - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Certified Organic
- Peas - Sustainable
- Radishes - Certified Organic

### This Week's Personal Share

- Strawberries - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Kale - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Certified Organic
- Peas - Sustainable

## Necessities Box Contents

### This Week's Full Share

- Strawberries - Sustainable
- Raspberries - Sustainable
- Basil - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Cabbage - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Peas - Sustainable
- Radishes - Certified Organic
- Spinach - Sustainable

### This Week's Half Share

- Strawberries - Sustainable
- Basil - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Cabbage - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Peas - Sustainable
- Radishes - Certified Organic

### This Week's Personal Share

- Strawberries - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Cabbage - Sustainable
- Lettuce - Certified Organic
- Peas - Sustainable

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## Ginger Broccoli Steaks

3 heads broccoli (about 1 lb. total)

1/3 cup EVOO

3 tablespoons soy sauce

1 tablespoon finely chopped gingerroot

Cut off broccoli stems 1 inch below the florets. Starting at the stem end, slice each broccoli head lengthwise into 3 slabs. In large baking dish, whisk together the EVOO, soy sauce and gingerroot. Coat the broccoli on both sides with the soy mixture. Let marinate at room temperature for about 1 hour.

Preheat a foil-lined grill to medium-high. Remove the broccoli from the marinade, shaking off excess liquid. Grill, covered, until lightly charred and crisp-tender, about 3 minutes per side.

From: RachaelRaymagazine.com

## Tips

### Try the aluminum foil trick for lettuce

Wrap the head of lettuce in aluminum foil. Be sure it is completely covered

Wash lettuce as needed

Lettuce can last up to a month

### Freezing Berries

Do not wash

Place on a sheet pan in a single layer

When frozen remove to bag or container

Label and date

### Storing Beets

Remove the root from the green tops

Store separately

These are tender greens, Use within a day or so

### Collards and Kale

These leafy green cole crops can be interchangeable.

Kale can replace Collards and

Collards can replace Kale in most recipes

### 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.

## This Week Only

**\$20 OFF**

**Alstede Farms'**

**BBQ Box**

*Filled to the brim with homegrown produce, meats, sauces, chips, and more. Our BBQ Box will save you time and add some much needed freshness to your 4th of July celebrations. Call to place your order!*

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

Valid this week only 6/25/18 and 7/1/18 Must be presented in person



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