

## Blackened Fish with Strawberry Kiwi Salsa

For the Blackened Fish:

4-4 oz. fillet fish (4 ounces each; flaky white fish like tilapia, flounder or sole, or red fish work well – look for something you like that's on sale)

2 Tbsp. chili powder

2 tsp garlic powder

2 tsp cumin

2 tsp paprika

1/2 tsp salt

For the Strawberry Kiwi Salsa:

1 1/2 cup diced strawberries (about 1/2 pound) (you can substitute cantaloupe melon or mango based on what is in season or on sale)

1 medium peeled, diced kiwi

1/2 medium peeled, diced cucumber

2 Tbsp. chopped, fresh cilantro

2 tsp lemon juice

1/4 cup thinly sliced red onion (optional)

1/4 medium seeded, minced jalapeño (optional)

Quick Tips

Tip: If time permits, make 1-2 hours before serving to allow juices and flavors to blend.

Directions

Tip: Click on step to mark as complete.

For the Blackened Fish:

In a small bowl, mix dry ingredients (chili powder, garlic powder, cumin, paprika and salt)

Generously coat fish with seasoning mixture on one side.

Spray frying pan or skillet with cooking spray, heat over high heat. Place fish in pan, seasoning side down and cook for 3 minutes. While cooking generously coat the other side with seasoning mixture. Flip fish and cook for 3 minutes longer.

For the Strawberry Kiwi Salsa:

1 Place all ingredients in a medium bowl and toss. Keep chilled until serving. Serve salsa over fish.

### Care Tips for Strawberries

This information is for those of you who don't eat all of the strawberries on the way home

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

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.

### Oregano Pesto

1 cup fresh oregano leaves

1/2 cup grated Parmesan cheese, packed

4 cloves garlic, peeled

1/2 cup pine nuts, toasted

1/2 cup olive oil

salt and pepper to taste

Place the 1st 4 ingredients into the food processor, drizzle in the olive oil, add salt and pepper to taste. Serve or store in ice cubes for portioned pesto.



## Alstede Farms Freshly Inspired CSA

We had to reschedule the Strawberry Breakfast planned for this past Sunday. We are still working on catching up after months of cold, snowy, and rainy weather. We did not have enough ripe strawberries before this weekend. We also did not want to have a Strawberry Pancake Breakfast before we share strawberries with all of you. We have breakfast/brunch events for the next three weekends. We hope you will be able to join us for at least one of those.

How is your garden growing? With all the rain and humidity, mine is beautiful, lush almost as though I live in England. This week we will have Thai Basil in the share. This plant is a perennial, however grown as an annual in most areas of the country. It is too cold here in the North East for Thai Basil, where we experience frost to say the least. We cannot expect this plant to come back next year. I might plant this basil in a pot on its own and then I can bring it inside before frost. This plant will grow much the same as traditional and lemon basil however by now we should be on a second pot so that the plants will grow to their full potential. This plant is mature enough to use now in many Asian inspired recipes. Stir fry, wraps, even Thai Basil Sangria. Curly Parsley will be the second herb this week. You already have flat parsley, favored for cooking. Curly in recent years has been demoted to garnish only. In recent posts I have found that many cooks are using both interchangeably as I have for years. I grew up with curly parsley and I think that they both work for flavoring my favorite dishes.

Our first fruit of the season will be in the shares this week. Please be sure to read the "tips" for storage suggestions that will prolong their freshness. Everyone will receive rhubarb again this week and the traditional pairing with strawberries has been a favorite for many, many years. Berry fillings can be used to prepare a crisp or a cobbler and of course pie. Keep an eye on Facebook where we will post a recipe for Strawberry Rhubarb Crumble. I heard from CSA members Janet and Paul Keating this week. They requested the Rhubarb Bar recipe. We will post that recipe this week as well.

I was so happy to see that Vivienne Kaye West had pickled the asparagus using a posted recipe from a week ago. Charles Wasilewski has found some holes in the leaves of his basil and then he found a slug on the plant. With all the rain there is so much moisture and that is part of the problem. The remedy that I always used for slugs is to place out some little cups of beer in the garden or in the pot where they are. They like us are very attracted to the beverage and the slugs will crawl in and drown in the beer. You will find them in there in the morning.

I am including a recipe from CSA member Tamar Bacon that will be on my menu this week. I am hoping that some of you will try it as well. Continue to inspire each other, keep in touch with jenn@alstedefarms.com and until next week "Enjoy the Freshness"

~food for thought~

From: theamericanheartassociation.com



fresh discoveries *every day*



fresh discoveries *every day*

# CSA Week 6 ~ June 5th - June 10th, 2018

~discover the perfect fit for you~

fresh discovery time savers | fresh, delicious and fast

## This Week's Full Share

- Strawberries - Sustainable
- Curly Leaf Parsley - Sus
- Thai Basil - Sustainable
- Asparagus - Sustainable
- Broccoli - Sustainable
- Kale - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Sustainable
- Mint - Sustainable
- Oregano - Sustainable
- Rhubarb - Sustainable
- Scallions - Sustainable
- Spinach - Sustainable
- Tomatoes - Sustainable

## Classic Box Contents

### This Week's Half Share

- Strawberries - Sustainable
- Curly Leaf Parsley - Sus
- Thai Basil - Sustainable
- Asparagus - Sustainable
- Broccoli - Sustainable
- Kale - Sustainable
- Lettuce - Sustainable
- Mint - Sustainable
- Rhubarb - Sustainable
- Scallions - Sustainable
- Spinach - Sustainable
- Tomatoes - Sustainable

### This Week's Personal Share

- Strawberries - Sustainable
- Curly Leaf Parsley - Sus
- Thai Basil - Sustainable
- Asparagus - Sustainable
- Broccoli - Sustainable
- Lettuce - Sustainable
- Rhubarb - Sustainable
- Spinach - Sustainable

## Strawberry Rhubarb Crumble

Filling:

3 Cups Strawberries, chopped

3 Cups Rhubarb, chopped into 1" inch slices

Up to 1 Cup Sugar (if you have really sweet strawberries, maybe try about ¾ cups)

3 Tablespoons Corn Starch

¼ Teaspoon salt

Crumble Topping:

¾ Cups Rolled Oats

¾ Cups All Purpose Flour

½ Cup brown or granulated sugar

6 Tablespoons of butter, melted

Preheat oven to 375\* F

Mix filling ingredients in a large bowl, toss to combine, and set aside.

Make the crumble topping: Mix oats, flour and sugar in a bowl. Melt butter, and pour into dry mixture and mix (sometimes I just use my fingers to make sure it's well combined).

Transfer strawberry and rhubarb filling into a cast iron skillet 10" round or a baking dish, top with the crumble, and bake in the oven for about 40-45 minutes, or until the crumble is slightly crisp and golden brown filling bubbles. Let cool for about 15 minutes to let it set completely before serving.

From: whatannieseating.com

## Spinach

Steam for 5-8 minutes.

2-3 lbs. of spinach cooks down to 2 cups.

Toss with olive oil, lemon juice, diced garlic, fresh basil leaves, and feta cheese for a salad.

Toss tender raw leaves into pasta.

Add spinach to quiche, lasagna, or other baked dishes.

Substitute spinach for chard in other recipes

Add chopped spinach to lentil, minestrone or bean soups and allow to wilt before serving

## 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

### Kale

Be sure to wash leaves well as soil sticks in the nooks and crannies on the leaves.

Cut out the tough mid-rib.

Chopped kale leaves take about 7-10 min to steam and slightly longer to sauté.

Toss steamed kale with sautéed garlic and tamari.

Add sautéed kale to mashed potatoes, omelets, quiches, and casseroles

### Herbs

Continue to pinch herbs to keep

them from going to seed, plant will

become busier and more full

### Tools

Consider getting a salad spinner and a herb stripper to use in your kitchen. One will help you quickly clean and dry leafy greens. The other will make removing stems from herbs, kale, and similar crops quick and easy.

## Necessities Box Contents

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- Spinach - Sustainable

## This Week Only

The first week of strawberries called for some tasty desserts. Stop by and grab Crumble Stuff, an easy mix that allows you to easily create flavorful crisp. Rhubarb, Strawberries, Crumble Stuff, topped with some Alstede Fresh vanilla ice cream. Our mouths are already watering!

Our Farm Store is open every day from 9am-7pm.

Valid this week only 6/5/18 and 6/11/18 Must be presented in person

**10% off**  
**Crumble**  
**Stuff**



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