

## Barbecued Cabbage

1 large head cabbage, cored and cut into 8 wedges  
8 teaspoons softened butter  
4 tablespoons water  
1/2 teaspoon garlic granules or to taste  
1/2 teaspoon seasoned salt or to taste  
Ground black pepper to taste  
Preheat outdoor barbeque to medium high and lightly oil the grate  
Arrange the cabbage wedges into a large metal baking dish and pour the water into the dish  
Place a teaspoon of butter onto each cabbage wedge  
Season liberally with garlic granules, seasoned salt, and pepper  
Cover the dish with foil  
Place the dish on the preheated barbeque for 30 minutes or until cabbage is tender.  
From:allrecipes.com.

## Burst Cherry Tomato Sauce

Michele Zanzonico shared this recipe last year.

- 1 lb. pasta
- 1/2 cup olive oil
- 2 large garlic cloves, minced
- 3 pints cherry tomatoes
- 1/2 tsp freshly ground black pepper
- Pinch of sugar
- 1 cup coarsely chopped fresh basil
- Freshly grated parmesan (for serving)

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente; drain and transfer to a large serving bowl.  
Meanwhile, heat oil in a 12" skillet or wide heavy saucepan over medium-high heat. Add garlic, then tomatoes, pepper, sugar and 1 tsp salt. Cook, stirring occasionally, until tomatoes burst and release their juices to form a sauce. Toss pasta with tomato sauce and basil. Top with parmesan From:Epicurious.com

## Musk Melon

Yellow skin under yellow webbing means that the melon is ripe  
Leave on the counter 1-2 days or refrigerate up to 5 days  
Melon cut with seeds in tact will keep 3-4 days  
Cut slices or cubes in a re-sealable container 1-2 days

## Freezing Sweet Corn

Start with fresh corn on the cob - as fresh as you can get. If there is a delay between harvesting and freezing, keep the corn in the refrigerator. The sugars break down quickly at room temperature. Fill your largest pot 3/4 full of water. Heat to a rolling boil. Fill a large bowl with ice water.  
Husk the corn. Be sure to remove all the silk. Gently rub with a soft terry towel to be sure that all of the silk is off. Blanch the corn in the boiling water. This step stops the action of the enzymes in the corn. The water should not lose the boil. Boil for 4-6 minutes.  
Drain and stop the cooking in the ice water bath. Add extra ice as needed.  
Cut the kernels from the cob. Holding one end of the corn, the other end in a bowl. Run a very sharp knife under the kernels. (There are some special tools if you prefer.) The corn will come off in strips and should break apart as you are packing them. Portion the corn into zip lock bags. Be sure to push out as much air as possible to prevent freezer burn and drying.  
When you are ready to serve you can heat up the corn in the microwave or in the top of a double boiler. There really is no need to cook further, just heat up. Some of you might rather freeze corn on the cob, our experience is that this method, corn off the cob will give you the best results.



## Alstede Farms Freshly Inspired CSA

We are looking toward another full summer share. This week you will notice quite a bit of fruit. We are going to once again have peaches and we will also have the farm favored donut peach as well. Every week the variety of traditional peaches changes for most of us without notice. The donut peach varieties are very different from each other. Some look like a yellow or white peaches with a blush and some are just all yellow. The white are the sweetest and you will notice that the others have a little tartness. I cannot think of a fruit that is juicier and I cannot think of one that I love more. A first for the season this week will be muskmelon, a New Jersey melon otherwise in most of the country they are known as cantaloupe. Again different varieties are going to be in shares. The small melons that are perfect for the personal share boxes will be "sugar cubes", probably the cutest name ever. How convenient, there will be a larger variety for the larger shares.

Stanley or Italian prune plums will also be in the shares. As much as I love them, they are a sign of summer coming to an end. They are a treat, great for eating out of hand, and we usually only have them once. They are a dark blue color, oval in shape, low in water content and high in sugar making them perfect for baking.

Tomatoes will be in the shares again. This time a few differences, some large, some cherry tomatoes. Either way, follow the tips for storing. Trish, Maggie, and I have often said that it could be our job to eat cherry tomatoes, we love them that much. They are great raw and then they are also delicious in a burst sauce or even roasted. Check out the tip sheet for the "burst" recipe shared by CSA member Michele Zanzonico last year.

It is going to be a busy week here. I spent Sunday morning at a very busy Peach Breakfast. Monday morning WPIX will be filming at the farm and we will be featured on the news. Farmer Kurt and Farm Steward Sam along with Maxine will be in the orchards and I will be in the market with Randi making Gram Tysons Peach Pudding for everyone to sample. Wednesday we are going to have our next Fresh Discoveries Class in the evening, join us if you can. Last but not least, I will be entering the Peach Pudding recipe in the Jersey Fresh Contest. We will be serving samples at distribution here at the market in the next weeks. More details to follow, keep in touch, we need your help and your vote! Until next week, enjoy the freshness.

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

# CSA Week 16 ~ Aug 14th - Aug 19th 2018

~discover the perfect fit for you~

## Classic & Necessities Box Contents

### This Week's Full Share

- Tree Ripened Peaches - Sustainable
- Tree Ripened Donut Peaches - Sustainable
- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Plums - Sustainable
- Garden Fresh Beans - Sustainable
- Fresh Picked Broccoli - Sustainable
- Fresh Picked Cabbage - Sustainable
- Hand Picked Carrots - Sustainable
- Field Grown Eggplant - Sustainable
- Freshly Harvested Kale - Sustainable
- Aromatic Onions - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

### This Week's Half Share

- Tree Ripened Peaches - Sustainable
- Tree Ripened Donut Peaches - Sustainable
- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Plums - Sustainable
- Garden Fresh Beans - Sustainable
- Fresh Picked Broccoli - Sustainable
- Hand Picked Carrots - Sustainable
- Field Grown Eggplant - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

### This Week's Personal Share

- Tree Ripened Peaches - Sustainable
- Tree Ripened Donut Peaches - Sustainable
- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Plums - Sustainable
- Garden Fresh Beans - Sustainable
- Field Grown Eggplant - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

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## Eggplant Pizza Slices

These are just some of the ingredients that you may choose for these pizzas. Be creative!

1 medium-large eggplant

1 tbsp. olive oil

Fine sea salt and black pepper

1-1/4 cups shredded mozzarella cheese (use nondairy alternative, if desired)

1 cup cherry tomatoes, halved (or quartered, if large or a chopped large tomato)

3 tablespoons EACH sliced olives and sliced roasted bell peppers (either or both are optional)

2 tablespoons sunflower seeds (optional)

1 cup arugula or basil leaves

Preheat oven to 400F. Line a large baking sheet with parchment paper.

Position eggplant on cutting board with stem side up; using a large knife, cut eggplant into 1/2-inch thick slices. Place eggplant slices on prepared baking sheet. Brush top sides with olive oil and sprinkle with salt and pepper. Bake in preheated oven for 10 minutes. Remove pan from oven and sprinkle evenly with cheese, and tomatoes (also add olives, roasted peppers, and/or sunflower seeds, if using). Return pan to oven and bake for 7 to 10 minutes longer until eggplant is tender when pierced with a fork, cheese is melted, and tomatoes are softened.

Top eggplant slices with arugula and serve! From: powerhungry.com

## Tips

### Try a Broccoli Bouquet

As a bouquet the fresh cut stem is in an inch of water in the refrigerator

A plastic bag loosely over the flower part at the top. Change the water daily.

It can keep 4-5 days

### Donut Peaches

Are among the most fragile of fruits. They can bruise so easily. If they are a little hard a day or 2 on the counter will soften them depending on your house temperature.

Sometimes they ripen from the pit out. The center may turn brown. The fruit at that point will be sweet and juicy. Just cut around the stone.

### Sweet Corn

Refrigerate corn as soon as possible after pick-up

Use the corn if possible within 2 days of pick-up

### Remove Fruit

from the plastic container when unpacking the share. Allow the plums to ripen at room temperature for a couple of days, refrigerate then until ready to use.

### Tomatoes

Ripe tomatoes can be stored on the counter for 2-3 days.

Refrigerate the extra tomatoes in the warmest part of your refrigerator.

Bring tomatoes back to room temperature

Before serving for the best flavor.

## This Week Only

Visit our Atlantic County partners in our Farm Store every day between 10am-7pm or their Outdoor Wine Tasting Area, Monday-Friday 12-4pm, weekends 12-6pm.

Be sure to try their Harvest Apple Cider as well!

Valid this week only 8/13/18 and 8/19/18 Must be presented in person

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