

Warm Corn Chowder Salad with Bacon and Cider Vinegar

4 thick slices of bacon (4 ounces), cut crosswise 1/2 inch thick

1 pound Yukon gold potatoes, peeled and cut into 1/2-inch dice

2 red bell peppers, cut into 1/2-inch dice

8 ears of corn, kernels removed

1 medium red onion, thinly sliced

1/4 cup cider vinegar

1/4 teaspoon crushed red pepper

Salt

In a large skillet, cook the bacon over moderately low heat, stirring a few times, until it is crisp, about 5 minutes.

Using a slotted spoon, transfer the bacon to paper towels and let drain.

Pour off all but 3 tablespoons of the bacon fat in the skillet. Add the potatoes and cook over moderate heat until they start to brown, about 3 minutes. Stir and cook for about 2 minutes longer, until almost tender. Add the diced red peppers and cook, stirring occasionally, until the potatoes and peppers are tender, about 5 minutes.

Add the corn kernels and cook, stirring, until heated through, about 3 minutes.

Transfer the vegetables to a large bowl and stir in the onion, cider vinegar, crushed red pepper and bacon. Season the salad with salt and serve. From: FoodandWine.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

Every year we look at a long summer ahead of us and every year Labor Day sneaks up just a little sooner than expected. We are never quite ready to let the season go and this year with the rain I think that we all feel just a little cheated. We know that as far as crops and produce are concerned we will only see hints of the fall as we pass through the next few weeks. We should expect to continue with some stone fruits and sweet corn, a variety of peppers, and I am hoping we will have tomatoes for a while.

Labor Day weekend is often the time when our customers think about canning tomatoes. Cathie Hall is a step ahead. Tomatoes are in abundance so if you are thinking about this activity, call ahead and place your orders now.

You may be planning for that end of summer celebration. I spent a couple of days at the beach with my parents this past weekend. A friend had given me a recipe for "Magic Peach Cobbler" that looked very easy. I read through the recipe, packed all the ingredients and then in my haste left the recipe on the counter. I found one at "Smitten Kitchen" that was almost exactly the same. The original used 3 peaches and the one on line used apples and plums and added cinnamon. I had the peaches. I prepared the recipe as a coffee cake for breakfast. It was easy, quick, and perfect for breakfast. The crust really is just like a biscuit, the peaches kind of sink into the batter and I did cut the sugar a little only sprinkled a tablespoon or two on the top. I thought that this cobbler was perfect for breakfast, I think that Gram Tyson's Pudding from our Farm Steward Sam is still my favorite for dessert!

We do grow some early apples on the farm. Some of the apples that become ripe and ready in August have been around for a couple of weeks now. This week we are harvesting a variety called Zestar! and it will be in our shares. This is a bright red apple with a little green or yellow coloring. Known for eating out of hand. This apple is versatile and can be used for pies, baking, and sauces. Apples can be kept at room temperature for a couple of days. Longer storage should be in the refrigerator.

Becky Ellis posted a picture of Facebook of a pot pie using a light phyllo crust that looked delicious. Greg Rowland posted a Chicken Sausage and Peppers. A one pot dish that I have to try this week. I will copy the recipe into the tips for those of you who are not on Facebook. Christine Sullivan posted Lemon Basil Pesto a great recipe for those of you who were successful growing that herb. She swaps out cheese for nutritional yeast and she uses avocado oil, salt, garlic, and pine nuts. The sunflower posts can brighten any day. I hope all of you were successful with blooms this year! Until next week, enjoy the freshness.

~food for thought~



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CSA Week 18 ~ Aug 27th - Sep 2nd 2018

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Classic Box Contents

This Week's Full Share

- Tree Ripened Peaches - Sustainable
- Tree Ripened Pears - Sustainable
- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Zestar! Apples - Sustainable
- Freshly Picked Red and Green Basil - Sustainable
- Hand Picked Carrots - Sustainable
- Field Grown Eggplant - Sustainable
- Aromatic Onions - Sustainable
- Field Grown Peppers - Sustainable
- Freshly Dug Potatoes - Sustainable
- Hand Picked Radishes - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes and an Heirloom Tomato - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

This Week's Half Share

- Tree Ripened Peaches - Sustainable
- Tree Ripened Pears - Sustainable
- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Zestar! Apples - Sustainable
- Field Grown Eggplant - Sustainable
- Aromatic Onion - Sustainable
- Field Grown Peppers - Sustainable
- Freshly Dug Potatoes - Sustainable
- Hand Picked Radishes - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

This Week's Personal Share

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- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Zestar! Apples - Sustainable
- Field Grown Eggplant - Sustainable
- Aromatic Onion - Sustainable
- Field Grown Peppers - Sustainable
- Freshly Dug Potatoes - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

Necessities Box Contents

This Week's Full Share

- Tree Ripened Peaches - Sustainable
- Tree Ripened Pears - Sustainable
- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Zestar! Apples - Sustainable
- Freshly Picked Red and Green Basil - Sustainable
- Hand Picked Carrots - Sustainable
- Field Grown Eggplant - Sustainable
- Aromatic Onions - Sustainable
- Field Grown Peppers - Sustainable
- Freshly Dug Potatoes - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes and an Heirloom Tomato - Sustainable
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Magic Peach, Apple, Plum Cobbler

1/2 cup (115 grams or 4 ounces) unsalted butter
1 cup (130 grams) all-purpose flour
1 cup (200 grams) sugar, divided
1 1/2 teaspoons baking powder
1/2 teaspoon fine sea or table salt
3/4 cup (175 ml) whole milk
2 medium apples, peeled
3 small (I used Italian prune plums) or 2 medium plums, no need to peel
Or 3 peaches sliced
3/4 teaspoon ground cinnamon

Heat your oven to 350°F. Place butter in a 2 to 3-quart (3 was recommended, but I had a lot of extra space) baking dish or a 7x11-inch cake pan. Place pan in oven for 5 to 7 minutes, until butter has melted. Tilt the dish to ensure it is evenly coated with butter.

Whisk together the flour, 3/4 cup sugar, baking powder and salt in a small bowl and stir in milk. Mix until smooth. Pour batter over the butter but do not stir, even if it looks like a puddle-y buttery mess.

Cut apples into 8 wedges, small plums into 4 wedges and medium ones into 4 to 6. Space fruit over batter. Sprinkle with cinnamon and then remaining sugar.

Bake the cobbler until it is set and golden on top, 35 to 40 minutes. Cool slightly on a rack. Serve the cobbler warm or at room temperature.

(Credit: Smitten Kitchen)

Tips

Microwaving Sweet Corn

Put the corn in its husk in the microwave. Microwave on High for 4 minutes. Allow to cool down slightly, then remove the husk. To remove the husk, cut off the very bottom of the corn, grab the husk by the top, pull and it will slide off.

Storing Apples and Pears

In the crisper drawer of the refrigerator. In a plastic bag or not. Apples can stay fresh for up to 2 months. Most early varieties do not store as well as later fruits. Be sure to check fruits in the drawer before adding more apples/pears each week.

Red Potatoes

Start a new bag for the red potatoes. Check the potatoes from last week. Be sure you are storing in a cool dry dark place. Red potatoes are great for Potato Salad

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.

Blanching Peaches

Bring a pan of water to a boil

Prepare an ice water bath

Score the fruit at the bottom cutting an "X"

Place peaches in boiling water for 30-40 seconds-
tomatoes 20-30

Remove to cold/ice bath to cool down quickly

Peel should come off easily.

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