

Creamed Leek Tops

- 1 cups heavy cream
- 2 quarts water
- 2 tablespoon plus 1/2 teaspoon salt
- 1 Bunch leek stems (dark green part only) trimmed of any brown edges
- 8 cups ice water
- 1/2-3/4 cup, loosely packed, finely grated pecorino cheese
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon ground coriander
- 2 T slivered almonds, toasted

Pour cream into a small, heavy-bottomed pot. Bring to a boil, and then reduce to a brisk simmer, making sure that the cream doesn't scorch at the bottom. Reduce cream by half to yield 1/2 cup. This could take 20 minutes, depending on the width of your pot. Once reduced, set aside.

Bring 2 quarts of water to a boil in a large pot. Add 1 1/2 tablespoons of the salt. Add the leeks all at once, pushing down with a spoon or tongs.

Fill a large bowl with ice water and an additional teaspoon of salt. Stir to dissolve salt.

Cook leek stems until they are soft and pliable and just before they begin to darken, 2 to 3 minutes. Strain immediately (save the liquid for soup or stock base) and plunge strained stems into the ice water, Stir gently to help cool stems quickly. As they cool, you can pull out any stems that have turned yellow or brown. Drain stems very well.

Once well drained, place the stems in a food processor. Process the stems until the pieces resemble torn herb leaves—do not finely puree. This will yield about 1 cup.

Scrape stems into a large bowl. Add the cream, pecorino, white pepper, coriander, and salt to taste. Taste for proper seasoning. Fold in almonds at the end. Serve warm, as a side dish, with a baked potato, or as a spread on crackers or sliced radishes or kohlrabi.

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Spinach

Storage: there are 2 choices, wash when you get home so that the spinach is ready when you need it or was as you go. Either way be sure that the spinach is dry before storing and plan to use this tender green as soon as possible.

Wash and completely spin dry and store in layers of paper towel in the refrigerator for 3-5 days

Leafy Greens and Lettuce

Wash and thoroughly dry (spin dry!)

1. Wrap in paper towel and place into a plastic bag
2. Layer with paper towels in a plastic container
3. Wrap in Aluminum Foil
4. Place in a plastic bag, getting as much air out as possible, then blow in 1 exhale of Carbon Dioxide.

Start to think about salad as the main dish, not the side.

Keep Fresh Herbs

Wash herbs in cool water, remove dead stems and leaves, Snip the ends and gently pat dry.

Place stems in a container filled with water, do not submerge the leaves. Changing the water daily will help to keep the herbs fresh. They can keep up to a week on the counter.

Or
Cover the container with a plastic bag and refrigerate. Change water if it becomes murky. Most fresh herbs (not basil) will last more than a week when stored this way.

Herbs that are dried in your own kitchen will have much better flavor than those that you purchase in the supermarket.

Dry herbs in your oven. Place leaves or seeds on a baking pan with sides not more than 1 inch deep in an open oven at low heat less than 170 for about 2 to 4 hours. Leaves will be dry, brittle, they may crumble when you touch them. Allow the herbs to cool and then pack them in jars label and date.

Home dried herbs will last for years and they do make great hostess gifts.



Alstede Farms Freshly Inspired CSA

We are on our way for the 2019 season and we continue our journey of good health.

During the winter there were news reports about the lack of fruits and vegetables in the American diet. Only about 10% of us are eating enough fruits and vegetables.

With boxes this week that were full and lush and so green I don't think that they were including us in that statistic.

During some classes this past winter and even in the past weeks we have been discussing ways to get more vegetables into your diet. This past Saturday we prepared wraps using lettuce leaves eliminating carbohydrates and gluten and adding more vegetables. When preparing Vegetable Soups we doubled the vegetables in the recipe. We have been wilting spinach and kale into soup before serving whenever possible. You can do the same with stews.

We grated carrots and beets into our salad for color and added nutrients.

Smoothies are a great way to add more vegetables to your diet. Adding leafy greens is certainly a strong trend that continues.

Adding vegetables to a breakfast menu is sure to help use up everything in the share. Ashleigh White posted a frittata from Clean Eats. Joanne Jaeger posted a picture of the Spring Vegetable Soup which is becoming a farm favorite this season. Cathie Hall posted a video for Caprese Asparagus that I am looking forward to trying. You all continue to inspire me, jenn@alstedefarms.com and each other. If you have not joined us on facebook please take a few minutes to do so. Before leaving you this week I have to say "Happy Mother's Day" to all of our moms! Until next week, enjoy the freshness.

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 2 ~ May 7th - May 9th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Asparagus - Sustainable
- Beets - Sustainable
- Chives - Certified Organic
- Cilantro - Certified Organic
- Dill plant - Greenhouse Grown
- Curly leaf parsley - Greenhouse Grown
- Leeks - Sustainable
- Lettuce - Sustainable
- Popcorn - Sustainable
- Rhubarb - Sustainable
- Scallions - Sustainable
- Spinach - Certified Organic
- Tomatoes - Sustainable

This Week's Half Share

- Asparagus - Sustainable
- Chives - Certified Organic
- Cilantro - Certified Organic
- Dill plant - Greenhouse Grown
- Curly leaf parsley plant - Greenhouse Grown
- Lettuce - Sustainable
- Popcorn - Sustainable
- Scallions - Sustainable
- Spinach - Certified Organic

This Week's Personal Share

- Asparagus - Sustainable
- Chives - Certified Organic
- Cilantro - Certified Organic
- Dill plant - Greenhouse Grown
- Lettuce - Sustainable
- Scallions - Sustainable
- Spinach - Certified Organic

\$1.00 OFF

**Our own
Honey**

This Week Only

Our own honey is great for combating seasonal allergies as well as allergy related congestion. We offer wildflower and clover honey in honeybears, 1lb., 2lb., and 5lb. jars.

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

Valid this week only 5/6/19 and 5/12/19 Must be presented in person

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Asparagus Frittata

- 8 tablespoons (1 stick) unsalted butter, divided
 - 2 cups peeled and 1/2-inch-diced boiling potatoes (4 potatoes)
 - 8 extra-large eggs
 - 15 ounces ricotta cheese
 - 3/4 pound Gruyère cheese, grated
 - 1 1/2 cups steamed asparagus
 - 1/2 teaspoon kosher salt
 - 1/2 teaspoon freshly ground black pepper
 - 3/4 cup chopped fresh basil leaves
 - 1/3 cup all-purpose flour (optional) we did not add it
 - 3/4 teaspoon baking powder
- Preheat the oven to 350 degrees.

Melt 3 tablespoons of the butter in a 10-inch oven-proof omelet pan over medium-low heat. Add the potatoes and fry them until cooked through, turning often, 10 to 15 minutes. Melt the remaining 5 tablespoons of butter in a small dish in the microwave.

Meanwhile, whisk the eggs in a large bowl, then stir in the ricotta, Gruyère, melted butter, salt, pepper, and basil. Sprinkle on the flour and baking powder and stir into the egg mixture. Add vegetables.

Pour the egg mixture over the potatoes, vegetables, and place the pan in the center of the oven. Bake the frittata until it is browned and puffed, 50 minutes to an hour. It will be rounded and firm in the middle and a knife inserted in the frittata should come out clean. Serve hot. From: InaGarten: thefoodnetwork

Storage Tips

Asparagus

To care and store asparagus: wrap the ends in moist paper towels and place the bundle into a plastic bag. Asparagus will keep up to 3-4 days

Fresh Cut Herbs

You will often receive a bunch of cut herbs:
To keep fresh herbs:
Wash herbs in cool water, remove dead stems and leaves, Snip the ends and gently pat dry. Place stems in a container filled with water, do not submerge the leaves. Changing the water daily will help to keep the herbs fresh. They can keep up to week on the counter.

Popcorn

To pop a corn cob:
Place one corn cob in a paper bag (the lunch-size brown bags are perfect)
Fold the top over a couple of times to seal the bag
Put the bag in the microwave with the folded end facing down.
Use the "popcorn" setting on your microwave to pop the popcorn.
Stop the microwave when the popping slows, as you would for packaged popcorn. It takes only a second or two to go from perfectly popped to burning.
Pour into a bowl and top with melted butter, salt, spices. If popped kernels are stuck to the cob you can pick them off.
All the kernels may not pop. You may have some luck letting the cob cool, rubbing the un-popped kernels off the cob, and re-popping them in the paper bag. This is more trouble than it's worth, in my opinion. But if you try, stand in front of the microwave ready to stop it the second the popping slows down. Pop corn in the bag, pour the contents into a bowl. Drizzle over olive oil and sprinkle with Pink Himalayan Salt or the Salt of your choice.



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