

Rhubarb Upside-Down Cake

Ingredients

• For the Topping the topping will be on the bottom when the cake is inverted.

- 4 tablespoons unsalted butter, melted
- 1/2 cup all-purpose flour
- 1/4 cup sugar
- Coarse salt

For the Cake

- 1 1/2 sticks unsalted butter, room temperature, plus more for buttering pan
- 1 pound rhubarb, trimmed and cut on a very sharp diagonal about 1/2 inch thick
- 1 3/4 cups sugar
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- Coarse salt
- 1/2 teaspoon finely grated orange zest plus 1 tablespoon fresh orange juice
- 2 large eggs
- 1 cup sour cream

Directions

Preheat oven to 350 degrees. Make the topping: Stir together butter, flour, sugar, and 1/4 teaspoon salt until moist and crumbly.

Make the cake: Butter a 9-inch round cake pan (2 inches deep). Dot with 4 tablespoons butter (cut into pieces). Toss rhubarb with 3/4 cup sugar; let stand for 2 minutes. Toss again, and spread in pan.

Whisk together flour, baking powder, and 1 1/2 teaspoons salt. Beat remaining stick butter and cup sugar with a mixer on medium speed until pale and fluffy. Beat in zest and juice. Beat in eggs, 1 at a time, until incorporated, scraping down sides of bowl. Beat in flour mixture in 3 additions, alternating with sour cream, until smooth. Spread evenly over rhubarb. Crumble topping evenly over batter.

Bake until a toothpick inserted into the center comes out clean and top springs back when touched, about 1 hour. Let cool for 10 minutes. Run a knife around edge of cake, and invert onto a wire rack. Let cool completely.

Cook's Note

Let the cake cool for 10 minutes before removing it from the pan. The rhubarb will be too hot to handle safely right after baking. But if the cake sits much longer, it may stick.

Adapted from Martha Stewart.com

Serve Asparagus Raw

Serve some Asparagus raw: Shaved asparagus salad, shave spears with a peeler, toss with your favorite vinaigrette and some shaved parmesan.

Serving veggies and dip, use the spears as a dipper

Asparagus Salsa uses all the traditional Salsa ingredients and asparagus

Freezing Asparagus

1. It is important to use enough water such that when the asparagus is immersed in the boiling water it comes back to the boil within one minute. One gallon of water per pound of prepared vegetables is recommended. So, if you are using a large (not huge) saucepan you will probably get about 2 pints of water boiling (just under 1/4 gallon) which you can then use for 1/4 pound of asparagus (about 6-8 spears).

2. Have on hand a large bowl of iced water or cold water and running cold water to run over the blanched asparagus as it cools.

3. Also have ready clean freezer containers or sealable plastic bags.

To Blanch Asparagus:

4. Rinse the asparagus spears in fresh water to clean off any loose sand or grit, cut or snap the woody ends off.

5. Bring the water to the boil.

6. With the heat still on high immerse the asparagus in the boiling water so that it comes back to the boil as quickly as possible.

7. Boil the asparagus depending on the thickness of the stalks. (1 1/2 minutes for thin, 2 for medium, 3 for fat).

8. Remove from the boiling water and immerse straight away into the iced or cold water. You need to stop the cooking process as quickly as possible to preserve the asparagus' texture.

9. When the blanched asparagus spears are cold dry them on kitchen paper and pack in airtight freezer containers. Date the container

10. If using freezer bags, close the bag almost completely, then stick a straw into the bag so that you can draw out as much air as possible inside the bag. Press onto the straw as you continue to close the bag and pull the straw out. Date the bag. From: Asparagus-lover.com



Alstede Farms Freshly Inspired CSA

On Thursday morning I was listening to Good Morning America. Dr Jennifer Ashton concluded a report health with "eat from the farm, not the factory." She was reporting on a study done by the National Institute of Health where one group could eat highly processed foods and the other could have only cooked vegetables, minimally processed rice, and fruits. They could eat until satisfied. The group eating the processed foods gained up to a pound a week and the group eating the natural diet lost almost the same amount each week. Some of us are concerned about weight. Some are more concerned about health. Highly processed foods like chips, white bread, candies, and some cereals are high in sugar, salt and fat and will never be recommended for good health. With these process foods you never feel satisfied. In our case, the recommendation is to eat as much as you can from your share, not the grocery shelf.

Along with diet they say that a sedentary lifestyle can affect your health. The spring always gets me outdoors and moving. Planting my garden is something that I have always enjoyed and planting the herb garden is an activity that makes me happiest. We will add oregano to our pots this week. Oregano is a perennial. Oregano is one of the plants that likes a little less water and well drained soil. Oregano should be added to the pot that you started last week with the sage and rosemary. We will eventually add thyme to that pot as well.

Anise-Hyssop will be another herb in the shares this week. It is a member of the mint family and will add some beauty to the herb garden later in the season. Hyssop can spread however it is not considered invasive. It can grow to be a large plant and in previous years I have planted it alone, in its own pot. It is one of the herbs that can tolerate a little shade and it will do well in any soil. It can grow to be 36" tall. The plant will produce beautiful blue-purple flowers in the summer that can last throughout the fall. Pinching back the plant will produce a bushier more full shape. It will re-seed and it will come back through tuberous roots as well.

Everyday you can hear someone say, "I have no time for breakfast" Ileana Balcu is doing an asparagus scramble with eggs, maybe tofu and Elizabeth Girouard suggests putting that mixture in a muffin cup and freezing. No excuses, for no time for breakfast around here! I read that some of you may have some problems with dill. Be sure that it is getting enough sun, 6 hours a day is recommended. Pinch back any yellow leaves. My plant is looking better after these few days without rain! If you have any questions, suggestions, recipes to share, if you need help with gardening your herbs please email me, jenn@alstedefarms.com. Until next week enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 4 ~ May 21st - May 23rd, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Asparagus - Sustainable
- Beets - Sustainable
- Oregano plant - greenhouse grown
- Anise hyssop plant - greenhouse grown
- Kale - Sustainable
- Leeks - Sustainable
- Chives - Sustainable
- Lettuce - Certified Organic
- Mint - Sustainable
- Rhubarb - Sustainable
- Radishes - Sustainable
- Spinach - Sustainable
- Thyme - Sustainable
- Tomatoes - Sustainable

This Week's Half Share

- Arugula - Sustainable
- Asparagus - Sustainable
- Oregano plant - greenhouse grown
- Anise hyssop plant - greenhouse grown
- Leeks - Sustainable
- Lettuce - Certified Organic
- Mint - Sustainable
- Spinach - Sustainable
- Tomatoes - Sustainable

This Week's Personal Share

- Arugula - Sustainable
- Asparagus - Sustainable
- Oregano plant - greenhouse grown
- Leeks - Sustainable
- Lettuce - Certified Organic
- Spinach - Sustainable
- Tomato - Sustainable

fresh discovery time savers | fresh, delicious and fast

Easy Pickled Beets

- 1 1/2 pounds bunched beets, greens removed but leaving 1 inch of the stem (or 1 pound loose beets)
- 1 teaspoon whole mustard seeds, divided
- 2 (1/8-inch-thick) orange slices, divided
- 1 cup white wine vinegar
- 1 cup water
- 1/2 cup freshly squeezed orange juice (from 1 to 2 oranges)
- 1 tablespoon Kosher salt

Arrange a rack in the middle of the oven and heat to 400°F. Scrub the beets, but do not dry. Wrap individually in aluminum foil (or wrap a few small ones together in one sheet) and place the packets on a rimmed baking sheet.

Roast the beets for 50 to 60 minutes. Check the beets after 30 minutes, adding a tablespoon of water to the foil packets if they look dry or begin to burn. Remove from the oven once a fork or skewer slides easily into the center of the beets. Small beets may cook more quickly than large beets.

While the beets roast, prepare 2 (2-cup) canning jars by washing the jars, lids, and rings in warm soapy water and rinsing. Air dry on a clean kitchen towel or dry by hand.

Place 1/2 teaspoon mustard seeds into each jar. Place an orange slice in each jar and press to stick to the side.

Once the beets are done roasting, set aside until cool enough to handle. Working with one at a time, rub the beets with a paper towel to remove the skin and skinny root, if still attached. If the skins do not come off easily, the beets probably need to cook longer in the oven.

Cut the beets in half, then cut into 1-inch wedges. Pack the beets into the jars, leaving 1/2-inch of space at the top. Be sure to pack them as tightly as you can without crushing them.

Place the vinegar, water, orange juice, and salt in a large measuring cup or bowl and stir to dissolve the salt. Pour the pickling liquid over the beets, leaving 1/2-inch space at the top of the jar; it's OK if you don't use all of the liquid.

Gently tap the jars against the counter a few times to remove any air bubbles. Top off with additional pickling liquid if needed. Cover with the lids and screw on the rings until tight. Refrigerate at least 24 hours and preferably 48 hours before serving. From:thekitchn.com

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.

Cleaning Leafy Greens

Place greens in a pan of cool water, swish and then allow the water to settle

Lift the greens into a colander and repeat the process until there is no grit and the water is completely clear.

Be sure that they are completely dry before storing.

Store wrapped in paper towel in a plastic bag or container.

This Week Only

Memorial Day Weekend is the unofficial start of the summer season! Celebrate with a barbecue packed with flavor using our barbecue sauces, cedar wood grilling wraps, seasoning rubs, and more. These items pair perfectly with our line of locally sourced meat products.

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

Valid this week only 5/20/19 and 5/26/19 Must be presented in person

10% off

Barbecue

Supplies!



fresh discoveries every day