

Grilled Asparagus Salad

2 pounds thick asparagus, about 24 spears, ends trimmed
3 tablespoons extra virgin olive oil, divided
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
Zest of 1 lemon
1 tablespoon freshly squeezed lemon juice, from one lemon

3 oz feta cheese, crumbled (about 3/4 cup)

Instructions

Preheat the grill to high.

Place the asparagus spears on a foil-lined baking sheet for easy clean-up. Directly on the prepared baking sheet, toss the asparagus with 2 tablespoons of the oil, the salt and the pepper.

Place the asparagus spears on the grill, making sure they are perpendicular to grates so they don't fall through. Set the baking sheet near the grill (you'll need it for the cooked asparagus). Cover and cook the asparagus for 3 to 4 minutes, until nicely browned on one side and still crisp -- do not overcook. Remove the asparagus from the grill and place back on the foil-lined baking dish. Let the asparagus cool.

Transfer the spears to cutting board and cut on the bias into bite-sized pieces. Place the cut asparagus in a mixing bowl. Add the remaining tablespoon olive oil, lemon zest and lemon juice; toss well. Add the feta and toss gently. Taste and adjust seasoning with more salt, pepper and lemon juice (I usually add up to 1/4 teaspoon more salt). Transfer to a serving platter. Serve room temperature or cold.

From: Onceuponachef.com

RHUBARB LEAVES

Rhubarb leaves are toxic.

Remove all parts of the leaves from the stalk.

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

The share this week is very much so about the herbs! We know that it can be feast or famine when it comes to these plants. I am thinking that they must love where they are planted, and the weather is perfect for them. I have included some ideas in the tips this week so that you can make use of this very aromatic harvest

We have two herbs again for our continued planting as well. The thyme plant in the share can be added to the pot with rosemary and sage. Thyme is a perennial. If you are planting in pots thyme can be moved into your garden in the fall. Chervil is often called French parsley. Chervil is a delicate annual herb that is related to parsley. Chervil is a mild herb with hints of licorice or anise, and it can taste like mild basil. Chervil is one of the herbs used in the French herb mixture, fines herbs. When you plant in the pot with the parsley plants. Chervil likes soil that has a little more moisture than thyme, rosemary and sage. Chervil can grow to be 2' tall and will develop small white flowers if allowed to go to seed. I think that this might be the first time for chervil in our shares. It will be a new experience for all of us.

Broccoli is in the shares this week for the first time this season, this broccoli variety has smaller heads. We all have our favorite go to broccoli recipes. Until recently the stems and the stalks may have been discarded to the compost pile. Now they are added to slaw, salads, eggs, soups, and stews.

Rhubarb will be in all the shares. Most of the time rhubarb is prepared with quite a bit of sugar. CSA member Kimberly Ryan posted directions on Facebook for serving with granola and no additional sugar. My favorite recipe is rhubarb bread, stewed rhubarb, can be served as an accompaniment or dessert and rhubarb can be frozen, directions are in the tips.

I read that some of you are having trouble with critters in the herb garden. Most of the time animals will shy away from herbs that have a strong scent. Parsley and dill are probably their favorites. My herb pots are very close to my house and kitchen door making it a spot where animals are not likely to feel comfortable. If you have a pet that sheds, place a little fur around the base of the pots, if you get a hair cut save the hair and do the same. Shred a little Irish Spring soap around or sprinkle a little cayenne pepper to deter them. As the sage, oregano, rosemary, and thyme get more mature the scent from those herbs should keep animals away.

If you have anything to share with me, send to jenn@alstedefarms.com. Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 5 ~ May 28th - May 30th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Asparagus - Sustainable
- Arugula - Sustainable
- Beets - Sustainable
- Bok Choy - Sustainable
- Broccoli - Sustainable
- Chervil plant - greenhouse grown
- Chives - Sustainable
- Thyme plant - greenhouse grown
- Leeks - Sustainable
- Chocolate Mint - Sustainable
- Oregano - Sustainable
- Swiss Chard - Sustainable
- Rhubarb - Sustainable
- Radishes - Sustainable
- Tomatoes - Sustainable
- Tuscan Kale - Sustainable

This Week's Half Share

- Asparagus - Sustainable
- Arugula - Sustainable
- Broccoli - Sustainable
- Chervil plant - greenhouse grown
- Thyme plant - greenhouse grown
- Leeks - Sustainable
- Chocolate Mint - Sustainable
- Swiss Chard - Sustainable
- Rhubarb - Sustainable
- Tomatoes - Sustainable

This Week's Personal Share

- Asparagus - Sustainable
- Broccoli - Sustainable
- Thyme plant - greenhouse grown
- Leeks - Sustainable
- Chocolate Mint - Sustainable
- Swiss Chard - Sustainable
- Rhubarb - Sustainable
- Tomato - Sustainable

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Storage Tips

Mint Sugar

From the blog, The Homesteading Hippy, thehomesteadinghippy.com:
"Try making some mint sugar. It's delicious in baking, in coffee or tea, and great to use in a dry rub mix or in a marinade. Carefully wash the leaves and dry. You don't want the leaves wet at all, in order to avoid ruining the sugar. Using choice of sugar, preferably the "larger grain" size, layer sugar and mint leaves. I don't really measure, I just kind of eyeball it for 1 cup sugar 1/2 cup crushed up leaves. Continue layering sugar and mint until your jar is full. Cap tight, shake well, and shake up once or twice a day for 10 days. After 10 days, the sugar will be ready to use. You can remove the mint leaves if desired, but I never do. It's too much work in my opinion, and if a leaf or two gets into my brownies, they are that much better for it."

Broccoli Stems

Juice the stems and stalk
Use a peeler to remove the outer layer of the stalk.
Shred broccoli stems into a slaw.
Sauté shredded stems and add to omelets and frittatas.
Chop the stems and add to a smoothie
Chopped stems and stalks can be added to soups and stews

Freezing Rhubarb

Freeze rhubarb: Cut rhubarb into chunks and place on a baking sheet to freeze.

Once frozen add place in a plastic storage bag or container.

If freezing for less than three months rhubarb does not need to be blanched.

or

Add chunks to boiling water for one minute, drain and plunge into ice water. Dry and place in a zip lock bag. As you close the bag, place a straw at the end to draw out air as you seal.

Broccoli, Leek, Red Potato Hash

3 Tbsp. extra-virgin olive oil, divided use

1-1/2 pounds red potatoes, diced

1 medium head broccoli, cut into florets

2 medium leeks, white and light green parts only, diced

Sea salt and black pepper, to taste

Pinch of crushed red pepper flakes

8 large eggs, prepared any style

Heat 2 tablespoons of oil in a large skillet

(preferably cast-iron) over medium heat. Add the potatoes and stir to coat with oil. Cover and cook for 10 minutes. Uncover and add the remaining 1

tablespoon oil, broccoli, and leeks. Stir to combine.

Cook, stirring occasionally, for about 10 minutes until the vegetables are softened. Add the crushed red pepper and season to taste with salt and pepper. Serve the hash with eggs prepared any style.

From: Paleomagazine.com

This Week Only

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