

Strawberry Rhubarb Crunch

- 2 cups of fresh strawberries
- 2 cups of thinly slice Rhubarb frozen can be substituted if fresh is not available
- 1 cup sugar
- 1 teaspoon cinnamon
- 1 tablespoon cornstarch or arrowroot
- 1/2 teaspoon kosher salt
- 1/4 cup orange juice

CRUST INGREDIENTS:

- 2 cups all-purpose flour
- 1 1/2 cups old fashioned oats
- 1 cup light brown sugar
- 1 cup butter melted

Preheat oven to 400 degrees. Place the fruit in a mixing bowl. Add the white sugar, cinnamon, salt, and cornstarch. Stir to coat and add the orange juice. Stir again and set aside.

In a separate mixing bowl, combine the remaining dry ingredients and then add the melted butter. Stir to combine. Press half of this mixture into a buttered 9x13 pan. Pour the fruit over the bottom crust and then sprinkle the rest of the dry mixture on top.

Bake for 30-35 minutes, until the crust turns golden brown. Serve warm from the oven or let cool completely and slice into servings. Enjoy!

To make this recipe gluten-free: Substitute 1 1/3 cups brown rice flour and 2/3 cup tapioca starch for the all-purpose flour in this recipe.

From: barefeetinthekitchen.com

RHUBARB LEAVES

Rhubarb leaves are toxic. Remove all parts of the leaves from the stalk.

Strawberry Storage

Remove the strawberries from the container. **Do not wash.** Line a flat plastic or glass container with a paper towel. Place a single layer of fresh strawberries into the container. Cover with paper towel and seal with the lid or plastic wrap. Strawberries will last up to 4 days or longer depending on your refrigerator. Clean them when you are ready to serve.



Alstede Farms Freshly Inspired CSA

It has been a while since I have mentioned the weather, but I think that it is time to say, "rain go away, come back another day." The fields need a chance to dry out and the farmers could really use a break. The shares have been gorgeous thanks to our production team, I just hate to see the challenges of last year back again.

During the week I gave a class in school about herbs and spices and blends. The original lesson just took all the jars from a cabinet and asked questions about those store-bought items. I added to the interest by bringing in some of the potted herbs and the cut chocolate mint. I prepared some herb tea and an herb cheese and so it became a tasting lab as well. I work with another teacher and she was preparing a simple pasta dish with her classes in the afternoon. Her favorite herb is mint. When doing the demonstration for one of her classes she decided to sauté a little garlic in olive oil and she chopped up some of the chocolate mint and added it to her simple pasta dish, the result was delicious. If you have some of the mint left, give it a try.

Last week when I was talking about the broccoli, I mentioned how we are eating so much more of the plant these days. I wasn't sure at the time if the broccoli would come in the shares with leaves attached. You may still have some and you will receive broccoli again this week. Use the leaves as you would kale or collards. It is like having another veggie in the share.

This share has us moving through the seasons. We are sadly coming to the end of the asparagus season and we are happy to see our first fruit. Everyone will receive strawberries this week. I can tell you that I have had a few of them and at Strawberry Breakfast this weekend everyone was excited for their arrival. They are beautiful, red, and sweet and juicy, enjoy! More rhubarb with the strawberries and I think that we have the perfect pairing. Some of you are getting beets, try a strawberry and roasted beet salad along with the mizuna. The bitter greens are the perfect bed for the bright red mixture.

It is time to plant the basil. My plan is to add the Thai basil to my pot with the parsley. I think that I will plant my basil in a pot alone. I think that many of you have done this in the past. I often hear conversations about the size of the basil as we get later in the season. The more room that it gets the bigger it will grow. Be sure that the pot is going to allow for that freedom or start a new pot.

Along with strawberries in shares and in our markets, it is also the first of the "pick your own" crops. We have a Strawberry Breakfast again next Sunday. Maybe you could join me, jenn@alstedefarms.com and the team for a great day. Plan to stay and pick some fruit. I hope to see you there. Until next week, enjoy the freshness.

~food for thought~



fresh discoveries *every day*



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CSA Week 6 ~ Jun 4th - Jun 6th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Strawberries - Sustainable
- Asparagus - Sustainable
- Basil plant - Greenhouse Grown
- Thai Basil plant - Greenhouse Grown
- Broccoli - Sustainable
- Beets - Sustainable
- Cilantro - Sustainable
- Kale - Sustainable
- Mint - Sustainable
- Mizuna - Sustainable
- Rhubarb - Sustainable
- Radishes - Sustainable
- Spinach - Sustainable
- Tomatoes - Sustainable

This Week's Half Share

- Strawberries - Sustainable
- Basil plant - Greenhouse Grown
- Thai Basil plant - Greenhouse Grown
- Broccoli - Sustainable
- Kale - Sustainable
- Mint - Sustainable
- Mizuna - Sustainable
- Rhubarb - Sustainable
- Radishes - Sustainable
- Spinach - Sustainable
- Tomatoes - Sustainable

This Week's Personal Share

- Strawberries - Sustainable
- Basil plant - Greenhouse Grown
- Broccoli - Sustainable
- Mizuna - Sustainable
- Rhubarb - Sustainable
- Radishes - Sustainable
- Spinach
- Tomato - Sustainable

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Storage Tips

Freezing Strawberries

Strawberries should be cleaned and hulled before freezing. I like to just wipe them with a soft moist cloth and then let them dry on paper towel. Place them on a tray to freeze and then move them into a zip lock freezer bag and be sure to get out most of the air and they should be good for up to six months.

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.

Root Vegetable Greens

Be sure to remove the beet roots and the radishes from the leaf tops. Store separately.

Sauteed Broccoli Greens

2 cup Broccoli Greens, cooked (which is about 15 large raw leaves)

1/4 cup Green Onion, chopped

5 sprigs fresh Rosemary, minced

2 cloves Garlic, minced

2 Tbsp Bacon Grease or olive oil

1 tsp Salt and Pepper, or to taste

1. Wash broccoli greens and remove stems (including the primary vein bisecting the leaves).
2. Tear broccoli leaves into small pieces, chop green onion, mince garlic and rosemary.
3. Heat the bacon grease in a large soup pot or French oven over medium high heat.
4. Sauté green onion and garlic for 2 minutes, then add the broccoli greens and rosemary. Sauté for 10-15 minutes, stirring often - it will be finished when the garlic and onions soften, and the broccoli greens are wilted. From: primalpalate.com

This Week Only

Get all of the plants you need to start your vegetable garden! Greenhouse grown plants including tomatoes, peppers, lettuce, eggplant, squash, strawberries, and so many more are here for you.

Our Farm Store is open every day from 9am-8pm.

Valid this week only 6/3/19 and 6/9/19 Must be presented in person

20% off

Vegetable

Transplants



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