

Strawberry Shortcake Cookie Cups

Cookie Cups

6 Tbsp butter, softened
1/2 cup sugar
1 egg
1/4 tsp almond extract
1/2 tsp vanilla
1 1/4 cups flour
1/2 tsp baking powder
1/4 tsp salt

Filling

1/2 cup whipping cream
2 oz cream cheese, softened
1/2 cup powdered sugar
1/2 tsp vanilla
1 cup strawberries, diced

Instructions

Cream butter and sugar in a mixing bowl till creamy. Add egg, almond extract, and vanilla. Beat well.

Whisk together flour, baking powder, and salt. Add to creamed mixture and stir till well combined.

Roll into 1 balls and place in well-greased mini muffin pans. Make an indentation in the dough with your thumb or the back of a teaspoon.

Bake at 350° for about 10 minutes, or till lightly browned on the edges. Use a spoon to press the dough down in the middle, forming a cup. Remove to cooling racks and cool completely.

For filling: Beat whipping cream till stiff peaks form. Set aside.

Beat cream cheese till smooth. Beat in powdered sugar and vanilla. Add whipped cream and beat till well combined. Fill cups with filling. I piped it in, but you can just spoon it in if you prefer.

Top with diced strawberries. Serve immediately or chill.

From the blog Creations by Kara

Garlic Scapes

Mince them and add to salads or add them to a vinaigrette

Rough Chop and add to a stir fry

Blend with a little basil for a pesto

Whole scapes can be grilled like scallions.

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.

How to Store Lettuce

Head lettuce must be dry before storage. It is best stored wrapped in a dry paper towel in a plastic container or bag in the refrigerator for up to 5 days.

To wash fresh greens

Fill a large bowl or dishpan with cold water. Add greens and swirl around vigorously. All the dirt and sand will sink to the bottom.

Lift greens out of basin and into a salad spinner or colander. Spin greens to dry or drain as best you can and dry on towels. If washing before storage be sure leaves are completely dry, layer paper towel between leaves to absorb any moisture.



Alstede Farms Freshly Inspired CSA

We have some new crops to talk about this week. If you are new to us this year you are going to find a little excitement about this share. Garlic Scapes are one of the most awaited items of the season. They are sort of a long stem that is cut from the garlic in the spring so that the energy of the plant will go back down into the root which in this case is garlic. The garlic will now have a few weeks to mature and become larger. That harvest will most likely be in July. This can be a one time treat, with a mild garlic taste, and we hope you will enjoy them.

The other new item is the kohlrabi. Kohlrabi is a German or European turnip. It is a member of the cabbage, broccoli, cauliflower family, also known as cole crops. If you have not tried it before, here is your chance. Kohlrabi can be served raw or cooked. It works shredded for a slaw, sliced and served raw, it can be prepared Au Gratin and it can be roasted. Look at the tips this week and plan to have a new favorite veggie.

Lemon Balm is a member of the mint family and will send out runners that are not very deep, but they will grow off to the side, so it is best if you are using pots to plant it alone. If you plant into the ground it has been recommended that you build walls so that the Lemon Balm cannot become invasive. I think that using the same method that we use for mint would work here. Trans-plant the Lemon Balm into a larger pot and then into the garden.

It has been a while since I have planted chamomile in my garden or in my herb pots. I have been reading that growing chamomile in the same pot as basil can help to keep basil healthy. Chamomile can self-seed so it might be a good idea to plant directly into the garden so that it will have the chance to do that and it will return next year.

Before I close this week, I want to shout out to all the 'Dads' out there. I hope that you have a relaxing Father's Day! If you are looking at for something to do we will be serving brunch. Take a look at the website to make reservations. I heard during the week that there were some questions about Rhubarb. Strawberry Rhubarb Jam seems to be the favorite on Facebook. We have posted Strawberry Rhubarb Pie and Cobbler in the past.

My favorite will always be Rhubarb Bread. If you have any ideas or recipes to share with everyone, please send them to me, jenn@alstedefarms.com. Until next week, enjoy the freshness

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 7 ~ Jun 11th - Jun 13th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Strawberries - Sustainable
- Asparagus - Sustainable
- Chamomile plant - Greenhouse Grown
- Lemon Balm plant - Greenhouse Grown
- Broccoli - Sustainable
- Chives - Sustainable
- Cilantro - Sustainable
- Garlic Scapes - Sustainable
- Kale - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Sustainable
- Collards - Sustainable
- Tomatoes - Sustainable

This Week's Half Share

- Strawberries - Sustainable
- Strawberries - Sustainable
- Chamomile plant - Greenhouse Grown
- Lemon Balm plant - Greenhouse Grown
- Broccoli - Sustainable
- Cilantro - Sustainable
- Garlic Scapes - Sustainable
- Kale - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Sustainable

This Week's Personal Share

- Strawberries - Sustainable
- Strawberries - Sustainable
- Chamomile plant - Greenhouse Grown
- Broccoli - Sustainable
- Cilantro - Sustainable
- Garlic Scapes - Sustainable
- Kale - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Sustainable

fresh discovery time savers | fresh, delicious and fast

Creamy Spring Couscous with Garlic Scape Pesto and Broccoli

2 Garlic Scapes Roughly Chopped
3 green onions roughly chopped
¼ c chopped walnuts
¼ c olive oil
Salt and pepper to taste

1 T Olive Oil
1 Shallot finely diced
Salt and pepper and crushed Red Pepper to taste
1 bunch broccoli roughly chopped
2 Cups Israeli Couscous
¼ c white wine

3 cups stock
2 T Greek Yogurt
1 Green Onion Roughly Chopped

Combine scapes, green onions, walnuts and olive oil in a food processor. Add salt and pepper. Process until desired consistency. Set aside.

Add oil to medium saucepan over medium-high heat. Add shallot, salt, pepper and crushed red pepper and cook until the shallot is browning and translucent. Add couscous and cook until it is just beginning to brown.

Add wine and cook, stirring, until almost evaporated. Add stock and bring up to a boil, reduce heat. Add broccoli and simmer (stirring occasionally) on low heat until the couscous is tender and the liquid has evaporated.

Approximately 10 minutes. Remove from the heat and mix in the pesto and greek yogurt. Adjust salt and pepper to taste. Top with chopped green onion before serving.

From: Food 52

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.

Kohlrabi

Grows above the ground and will be delivered to you with leaves attached. Remove the leaves and use them within a few days. The kohlrabi could last for more than a week.

Peel and slice raw and sprinkle with some salt as a snack or an appetizer.

Peel and slice thin. Toss with olive oil. Sprinkle with a little salt and pepper and some parmesan cheese.

Roast in the oven on a sheet of parchment in a single layer at 425 until the edges of the slices are golden brown. Serve in place of potatoes.

Kohlrabi Slaw

3-4 kohlrabi, peeled & mandolin to thinly slice
3-4 broccoli stalks, julienned

1 large granny smith apple, julienned

1/3 large red onion, very thinly sliced

5 tbsp. chopped chives

1 tbsp. Dijon mustard

2 tbsp. honey

1/4 cup grapeseed or avocado oil

1/3 cup apple cider vinegar or pomegranate vinegar

Black pepper

Himalayan sea salt

Combine first 5 ingredients in a large bowl.

Season with freshly ground

Black pepper & sea salt.

In a small bowl, whisk together mustard through vinegar, toss with the salad ingredients. Garnish with additional chives or parsley.

Sometimes I substitute carrots for the apple, and delete the mustard from the dressing. I basically use whatever is in my CSA share and garden.

From: CSA member Barbara Wyskowski

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 6/10/19 and 6/16/19 Must be presented in person

20% off

Vegetable

Transplants



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