

## Cauliflower Risi e Bisi

- 2 tablespoons extra-virgin olive oil
- ½ cup sliced scallions or use your scapes
- 3 cloves garlic, minced
- 4 cups cauliflower rice, fresh or frozen
- 2 cups peas, fresh or frozen
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 2 tablespoons water
- 1 cup whole milk
- 2 teaspoons cornstarch
- ½ cup grated Parmesan cheese
- 2 tablespoons chopped fresh parsley, plus more for serving

Heat oil in a large skillet over medium heat. Add scallions and garlic; cook, stirring, for 30 seconds. Add cauliflower rice, peas, pepper and salt; cook, stirring occasionally, for 3 minutes. Add water and continue cooking until the cauliflower is softened, 3 to 5 minutes more.

Optional: this is a creamy version. Parmesan could be added at this point and the dish can be served.

Whisk milk and cornstarch in a small bowl and add to the cauliflower. Cook, stirring, until the sauce is creamy and thick, about 2 minutes. Remove from heat and stir in Parmesan and parsley. Serve hot, topped with more parsley, if desired. Adapted from: Eatingwell.com

### Peas

Plan to use the peas in the share within a couple of days of pick up. Peas will not keep well.

Store peas in a crisper drawer for a day or two in a plastic bag or container.

### 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.

### Which Peas are in Your Share?

English or Shelling Peas-the pod is too tough to chew. Pull the strings and then a little pressure on the seam will release the peas.

Save the pods for vegetable stock  
Sugar Snap Peas pull the strings and then the entire pod is edible.

Snow Peas- flatter than the others. Peas inside are a little smaller, however they may be a little larger or more uneven than the supermarket variety. Pull the strings and serve raw or in stir fry dishes



## Alstede Farms Freshly Inspired CSA

I think that we will start in the garden this week. The herb will be lavender. It is one of the most beloved herbs, is it the scent, does lavender really elevate our moods, can it be the tender blue flowers that we love. It is a perennial however; it can be considered a tender perennial. You may want to plant it in the pot or in the herb garden along with sage and rosemary. If you prefer to plant the lavender in your flower garden it will pair well with Echinacea, Asters, and Sedum. The care requirements are simple, leave it alone. Lavender does require full sun, it does not like too much water, and like other herbs, do not fertilize. There are Lavender recipes that include cookies, and shortbread and scones. Lavender Lemonade is a refreshing, soothing beverage. There is also the aroma side to lavender. Adding it to bath salts or hanging a sachet in the shower. Placing sprigs of lavender by the bed side, it can help with insomnia. Find a place in the garden that it will love, and it will love you back.

Are you pinching your herbs? The basil was ready when it was delivered so by now you should have used some of it in your favorite recipes. Maybe you added some basil to a scape pesto. If you haven't done that yet there will be more scapes this week, give it a try. Pinching will give you a bushier, healthier, full plant. Herbs by nature want to flower. Pinching will keep the energy in the plant and the roots so that you will get the most from your herbs.

We will have peas this week for the first time. Peas are a plant that can be started in cooler weather. Old fashioned farmers often planted peas on the first day of spring in March. We did just that in a Fresh Discoveries Class this winter. When we met again in April and May the peas were growing and I think when we meet this week for our Strawberry Class they will have harvested! You will receive any of the three varieties of peas that we grow. English or shelling peas, Sugar Snap Peas, or Snow Peas. Look at the tips this week if you can't identify the peas in your share.

Cauliflower is one of the few white vegetables and I love it for the nutrients but I want color on my plate so I am happy to see all the green that we will be able to serve with it. I am sure that many of you will prepare cauliflower rice and I cannot think of a better recipe than peas and rice or in Italian, Risi e Bisi.

I spent most of my weekend at the farm helping to serve Father's Day Brunch. There is a strawberry field just across from Harvest Hall. It was so great to see families out picking strawberries. It brought back great memories from my childhood. If you have not been out yet, I hope you are planning with your family.

If you have a recipe, an idea, or something you would like to share, please send it to me, jenn@alstede-farms.com. I love getting mail from you! Until next week, enjoy the freshness.

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

# CSA Week 8 ~ Jun 18th - Jun 20th, 2019

~discover the perfect fit for you~

## Freshly Inspired Box Contents

### This Week's Full Share

- Strawberries - Sustainable
- Lavender plant - Greenhouse Grown
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Chives - Sustainable
- Cilantro - Sustainable
- Collards - Sustainable
- Garlic Scapes - Sustainable
- Kale - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Sustainable
- Peas - Sustainable
- Radishes - Sustainable
- Tomatoes - Sustainable

### This Week's Half Share

- Strawberries - Sustainable
- Lavender plant - Greenhouse Grown
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Chives - Sustainable
- Collards - Sustainable
- Garlic Scapes - Sustainable
- Kale - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Sustainable
- Peas - Sustainable

### This Week's Personal Share

- Strawberries - Sustainable
- Lavender plant - Greenhouse Grown
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Kale - Sustainable
- Kohlrabi - Sustainable
- Lettuce - Sustainable
- Peas - 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.

### Freezing Peas

Blanch peas for a minute or two, shock into an ice bath and dry, freeze for up to 6 months in a zip lock bag.

Peas will not need to be cooked for long. To keep the bright green flavor, cook as little as possible.

### Cauliflower

How to store fresh cauliflower: keep in a plastic bag in the refrigerator. Prepare cauliflower within a couple of days for the best flavor. Cauliflower will keep up to a week.

Some simple preparation tips:  
To cut and clean cauliflower remove the leaves cut the head in half and then into quarters cut out the stem and the florets will fall away. Rinse in cool water before preparing.

Serve cauliflower raw with a dip. Roast Cauliflower with garlic and parmesan cheese  
Mash steamed cauliflower instead of potatoes

## Oven Dried Strawberries

1 pound strawberries, hulled, halved, quartered if large

2 tablespoons raw sugar or granulated sugar

Toss strawberries and sugar in a large bowl and let sit until berries start to release their juices, 25-30 minutes.

Preheat oven to 185°F (or the lowest possible setting, which may be 200°F). Spread out berries on a rimmed baking sheet lined with a nonstick baking mat and bake, rotating baking sheet about every 30 minutes, until berries are darkened in color and dried out around the edges but still slightly juicy in the center, 3-3 1/2 hours. Let cool on baking sheet. From

Epicurious.com

Berries can be dried 1 week ahead. Cover and chill.

## Roasted Cauliflower Leaves

To prepare the leaves, trim off the woody ends of the stem, give the leaves a quick wash, and then throw them in a bowl or plastic bag with some oil and spices. I can't say enough about dill and garlic powder.

Then, for the transformation, place the oiled leaves in a single layer on a baking sheet and roast in a 400°F oven until they darken and get crispy, about 15 minutes.

Or, if you already heated up the BBQ, go ahead and place larger leaves directly on a grill over high heat or on a grill pan. From: theKitchn.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 6/17/19 and 6/23/19 Must be presented in person

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