

Roasted Cabbage with Chive-Mustard Vinaigrette

½ medium cabbage, outer leaves removed

1 tablespoon olive oil

sea salt

freshly ground black pepper

VINAIGRETTE

2 teaspoons Dijon mustard

2 teaspoons white balsamic or white-wine vinegar

1 teaspoon lemon juice

¼ teaspoon freshly ground black pepper

1/8 teaspoon salt

3 tablespoons minced fresh chives

2 tablespoon olive oil

Preheat oven to 450 degrees. Coat a large baking sheet with oil.

To prepare the cabbage: Cut cabbage half into four wedges, cut out any thick core, leaving wedges intact as much as possible. Drizzle the cut sides with 1 tablespoon olive oil and sprinkle with ¼ teaspoon each salt and pepper. Place the wedges flat-side down on the prepared baking sheet.

Roast the cabbage for 12 minutes. Carefully flip over (it is ok if it falls apart a little) and roast until browned on both sides, about 8 minutes more.

To prepare the vinaigrette: Combine mustard, vinegar, lemon juice, pepper, and 1/8 teaspoon salt in a small bowl. Add chives and oil; stir until well combined.

Transfer the cabbage to a serving plate (or plates) and drizzle with the vinaigrette while still hot. Serve hot or at room temperature. From Liveearthfarm.net

Chive Plant

Plant the Chives in your garden or make it the center piece in one of your pots. They are a bulb and they will come back every year. They may have some blossoms which can be used in salads, stir fried or Deep fried. The chives can be snipped this week to use in recipes

Blueberry Storage

Remove the blueberries from the container. **Do not wash.** Line a flat plastic or glass container with a paper towel. Place a single layer of fresh blueberries into the container. Cover with paper towel and seal with the lid or plastic wrap. Blueberries 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

During the week Maggie mentioned to me that some of our members are finding it to be a challenge unpacking the share. It can be a time-consuming task. I put together some helpful hints that we have posted before and some hints I have given farm in classes here at the farm. It has been my experience that if a few of you are experiencing an issue, others might be as well.

The list is posted on Facebook and the website as soon as it is approved and can be printed. This should help you to plan menus and recipes you might want to prepare. The day before pick-up, now that we are into the season, clean out the refrigerator and prep what you can for dinner that night. Decide to use the remaining produce during the next day or two. Freeze anything you can for stock or make stock.

I like to cook a meal that I can serve twice at least 2 nights a week. If I have to be out late in the day or I am busy or working more than usual I have dinner almost ready on two "2nd" nights. Pick up day is always a 2nd night! Another suggestion is to plan salad on the 1st night so that you are using some of the greens and maybe some herbs for dressing. That idea does work with this share and the spring shares. It may not work in the coming weeks as it heats up and lettuce is not longer available. I have read that some CSA members order out for the night of pick-up. For me this is counter intuitive and counter-productive. The more you are connected to your kitchen the more proficient you will be at unpacking, planning, storing, and preparing. You need to be ready. Especially in the spring. The leafy greens require cleaning and drying and then storing. Have out your pan ready to fill with ice water. Colander ready to drain. Soak and repeat and rinse until you have no more grit on the bottom of the pan.

Now you can dry and store or you can have a Steamer/boiling water for a partial prep or blanching and shock to freeze. This can be done on day 2 or three as well. Broccoli and Cauliflower are perfect for this method of prep and storage. Consider heating the oven and roast beets. Peel and slice kohlrabi, radishes, and cucumbers, serve raw with just a little sea salt or have a dip or hummus on hand before pickup and you will have snacks ready. If you are picking up a full share, I am thinking that your family is larger than just two. Get the family involved in the process of prepping on pick-up day/evening. Have the kids tear lettuce, shell the peas, place the strawberries, and now blueberries or raspberries in the paper lined flat container.

If you think that there is too much, maybe there is. Give to neighbors and friends as you unpack. Within a day or so of coming home. Cook greens or roast eggplant or make gazpacho or salsa or pickles all the above will lengthen the life of the produce.

We all come together in this group with different skills and knowledge. We, here at the farm try to guide you as much as possible. I have put some other hints in the tips this week, so take a look. The Facebook members inspire me, and I think everyone. Please let me know if any of these ideas were helpful and those of you who are seasoned members, please send in any of your ideas to jenn@alstedefarms.com. Until next week, enjoy the freshness

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 9 ~ Jun 25th - Jun 27th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Blueberries - Sustainable
- Sweet Cherries - Sustainable
- Arugula - Sustainable
- Basil - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Cabbage - Sustainable
- Chive plant - Greenhouse Grown
- Collards - Sustainable
- Garlic Scapes - Sustainable
- Kale - Sustainable
- Lettuce - Sustainable
- Mint - Sustainable
- Peas - Sustainable
- Radishes - Sustainable
- Spinach - Sustainable

This Week's Half Share

- Blueberries - Sustainable
- Sweet Cherries - Sustainable
- Arugula - Sustainable
- Basil - Sustainable
- Broccoli - Sustainable
- Cabbage - Sustainable
- Chive plant - Greenhouse Grown
- Collards - Sustainable
- Lettuce - Sustainable
- Mint - Sustainable
- Peas - Sustainable
- Radishes - Sustainable

This Week's Personal Share

- Blueberries - Sustainable
- Sweet Cherries - Sustainable
- Arugula - Sustainable
- Basil - Sustainable
- Broccoli - Sustainable
- Cabbage - Sustainable
- Lettuce - Sustainable
- Peas - Sustainable

fresh discovery time savers | fresh, delicious and fast

Storage Tips

Storing and Freezing Cherries

Cold storage is important for keeping cherries fresh. Make sure cherries are dry before placing in a plastic bag in the fridge. To freeze them you can pit them if you wish, or keep them whole with stems intact. Spread them in a single layer on a baking sheet, freeze until firm, and then place in a bag or container.

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

Cole Crop Storage

Broccoli and Cauliflower can be stored in a plastic bag for 4-5 days.

Clean as you are ready to use. Steam and store after a few days to lengthen the life of the produce

Blanch and shock to freeze some of this bounty

Cabbage can be stored in a plastic bag for more than a week.

Kale and collards can be stored as is or clean when ready to use or

Clean the Kale and the collards. Dry and store with the paper towel

While the oven is on for the beets, make Kale chips at the same time.

Italian "Street Salad"

1 1/2 lbs. new potatoes, scrubbed fine grain sea salt and freshly ground black pepper, to taste
mixed greens for salad, lettuce and oregano
large handful fresh mint, torn
1 cup fresh peas, sliced snow peas, or cut sugar snap peas

Dressing

juice of 1 orange or blood orange
3 tablespoons champagne vinegar
5 tablespoons extra-virgin olive oil
pinch of oregano
2 tablespoons capers

Heat a large pot of salted water to a boil. Add potatoes and boil until fork tender; Drain and set aside. Peel potatoes, cut into large chunks.

Whisk together orange juice, vinegar, olive oil, oregano, and capers. Season to taste with salt and pepper

Combine potatoes, greens, mint, and peas in a large bowl. Drizzle with dressing and toss to gently coat the salad. Serve!

Adapted from: Habitually Hungry

Storing Tender Leafy Greens

Lettuce, Arugula, Spinach

Cut the roots or the core.

Place leaves in ice cold water, swish, allow to sit

Lift into a colander, check the water, any grit, repeat until the water is clear

Dry, wrap or layer in paper towel. Place in a plastic container or bag

This Week Only

Stop by our store to grab anything you need for your barbecue from meats, buns, condiments, cedar wood grilling wraps, and more.

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

Valid this week only 6/24/19 and 6/30/19 Must be presented in person

10% off

Barbecue
Supplies



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