

## Tart Cherry Muffins

3/4 cup reduced fat buttermilk

1/4 cup water

2/3 cup canola oil

1 large egg

Zest from 1 lemon, about 1 heaping tablespoon

2 cups flour

1 cup sugar

1 tsp baking powder

2 cups sour cherries (fresh or frozen, make sure the cherries are pitted. 2 cups is about 12 oz cherries)

2 Tbs Sanding Sugar for topping (optional)

Preheat oven to 350 and line muffin pan(s) with liners (the batter makes 18 muffins).

In a bowl mix together buttermilk, water, canola oil and egg. Mix well.

Next add the lemon zest, flour, sugar, and baking powder and stir until well incorporated.

Lastly fold in the cherries and stir until just combined. Using a "2 tablespoon" cookie scoop (or just using a spoon), scoop batter into muffins cups so that each muffin cup is about 3/4 full. Sprinkle a little sanding sugar on top of the muffin batter, and then bake for 25 minutes, or until a toothpick inserted into the center comes out clean. Let rest for a few minutes, and then transfer to a wire cooling rack and allow to cool for 10 minutes before enjoying.

### Notes

These muffins freeze/defrost well. To freeze the muffins allow them to cool completely, then put them in a freezer storage bag or container and freeze. When ready to enjoy, simply remove from the freezer and allow to come to room temperature on the counter, or microwave for a few seconds to speed up the process. Adapted from: [sweetphi.com](http://sweetphi.com)

### Oven Drying Herbs

Conventional ovens can also be used to dry herbs. For quick oven drying, take care to prevent loss of flavor, oils, and color. Place leaves or seeds on a cookie sheet or shallow pan not more than 1 inch deep in an open oven at low heat less than 170 for about 2 to 4 hours.

### Basil Pesto

2-3 cups fresh basil leaves, packed  
1/3 cup pine nuts or walnuts or slivered almonds chopped (optional)  
2-3 medium sized garlic cloves, minced  
1/3- 1/2cup freshly grated Parmesan-Reggiano or Romano cheese  
1/3-1/2 cup extra virgin olive oil  
Salt and black pepper to taste  
Combine the basil, nuts, and garlic in a food processor and pulse a few times. Drizzle in the olive oil while the processor is on. Stop and scrape down the sides of the bowl. Add the cheese and pulse.  
Mix in salt and pepper to taste. Refrigerate up to a week, freeze up to 6 months

### 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

Have you heard, there is still a lot of cabbage to be had so it will be in the shares again this week just in time for Fourth of July cookouts and picnics. I noticed on Facebook that a few of you have already made your favorite coleslaw. I did not however see any recipes. I am sure that many of our members have a favorite recipe and I bet that there will be requests for sharing as the holiday approaches.

We are going to have less leafy greens making this share a little easier to unpack. As it gets warmer the tender leafy greens will bolt in the heat so it will be a while before we see them again. Lettuce, kale, and spinach should be cleaned, dried, and then stored in paper towel in plastic, bags or containers. The rest of the share can be stored just in plastic and be cleaned as you go. Use the tender greens, within a few days. Peas can change from sweet to starchy if stored too long so plan accordingly. Summer squash may be dark or light green or yellow. You may have the traditional long thin zucchini or eight ball. Most summer squash recipes will work with all varieties. If you are planning on stuffing, the eight ball might be your favorite.

There are some new and different fruits in the shares this week. First there will be tart cherries. I find that they are great to eat out of hand. The darker being among the sweetest. The rest will work as an ingredient in muffins or scones or they can be used in your favorite pie, crumble, or cobbler recipes. Tart cherries can reduce inflammation and they are a source of melatonin so they can aid restful sleep. They can help to control cholesterol. Freezing some and keeping them in your diet is one way to maintain the benefits.

We are excited to share currants with the full share members, I believe that this is the first harvest from a new planting. I am including a recipe that we used a while back. Served with some blueberries the Currant Fool would make a very festive patriotic dessert.

All shares will have basil. Keep the basil at room temperature. I notice that Setu Sanghai prepared a cauliflower crust with basil pesto for a grilled veggie pizza. I think that the zucchini might work well here. Setu is a new member who has found a recipe that will use quite a few items in the share, a challenge that we all have tried to conquer at one time or another. Elizabeth Girouard uses quite a few items as well. Add an egg to the top of the pizza and you would have followed her lead.

I am inspired by all of you and you continue to help each other. If you have anything you would like to share with everyone please contact me, [Jenn@alstedefarms.com](mailto:Jenn@alstedefarms.com). Until next week, enjoy the freshness.

~food for thought~



fresh discoveries *every day*



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# CSA Week 10 ~ Jul 2nd - Jul 3rd, 2019

~discover the perfect fit for you~

## Freshly Inspired Box Contents

### This Week's Full Share

- Blueberries - Sustainable
- Currants - Sustainable
- Tart Cherries - Sustainable
- Basil - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Cabbage - Sustainable
- Kale - Sustainable
- Lettuce - Sustainable
- Onions - Sustainable
- Peas - Sustainable
- Scallions - Sustainable
- Spinach - Sustainable
- Squash - Sustainable

### This Week's Half Share

- Blueberries - Sustainable
- Tart Cherries - Sustainable
- Basil - Sustainable
- Broccoli - Sustainable
- Cauliflower - Sustainable
- Cabbage - Sustainable
- Kale - Sustainable
- Lettuce - Sustainable
- Onions - Sustainable
- Peas - Sustainable
- Scallions - Sustainable
- Squash - Sustainable

### This Week's Personal Share

- Blueberries - Sustainable
- Tart Cherries - Sustainable
- Basil - Sustainable
- Broccoli - Sustainable
- Cabbage - Sustainable
- Lettuce - Sustainable
- Onion - Sustainable
- Peas - Sustainable
- Squash - Sustainable

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## 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.

## Pepper Cabbage

1 head green cabbage (about 1 pound), cored and finely chopped

1 medium green bell pepper, seeded and finely chopped

1/4 teaspoon freshly ground black pepper

1/4 teaspoon celery seed

1/2 cup cool water

1/2 cup apple cider vinegar

1/4 cup sugar

1 teaspoon salt

Finely chop the cabbage and green bell pepper, then combine them in a container with a tight-fitting lid. Add the black pepper and celery seed.

Whisk together the water, vinegar, sugar and salt in a liquid measuring cup so the sugar and salt are dissolved, then pour over the cabbage-pepper mixture. Toss gently to thoroughly combine. Cover and refrigerate for at least a few hours, and preferably 1 to 2 days, before serving.

Serve chilled. From: washingtonpost.com

### Red Currant Fool

4 tablespoons (1/4 cup) unsalted butter

3 1/2 cups fresh red currants (about 18 ounces), stems removed

3/4 cup sugar

1 1/2 cups heavy cream

Melt the butter in a large skillet set over medium heat and stir in the currants and sugar. Cover, and reduce heat to low. Cook, stirring occasionally, until the sugar has dissolved, and the currants have softened, about 5 minutes.

Remove the skillet from the heat, and lightly crush the fruit with the back of a wooden spoon. Don't mash to a puree; some texture should remain. Transfer the mixture to a bowl, and cool completely in the refrigerator before proceeding.

In a small bowl, whisk the cream until it holds soft peaks. Set aside 1/2 cup fruit mixture. Gently fold the whipped cream into the remaining fruit mixture, leaving it marbled. Serve immediately in individual bowls, garnished with a spoonful of the reserved fruit mixture. From: Epicurious.com

## 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 7/1/19 and 7/7/19 Must be presented in person

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