

Pickled Green Beans with Dill

Basic Pickling Mix

- 8 ounces white wine vinegar
- 1/2 cup water
- 1 teaspoon kosher salt
- 1 tablespoon sugar
- 1/2 teaspoon mustard seeds
- 1 teaspoon fresh thyme, washed and chopped
- 1/2 teaspoon black peppercorns
- 1/2 teaspoon cumin seeds
- 1/4 teaspoon red pepper flakes
- 1 bay leaf

- 2 pounds green beans, fresh, washed and ends trimmed
- 1-2 sprigs of fresh dill

Place all the pickling mix ingredients in a non-reactive saucepan, bring to a boil and reduce to simmer. Cook for 5 minutes.

Bring a large pot of water to a boil.

Fill a large bowl with ice and water and set aside.

Boil the green beans for two minutes, then drain and immediately place them in the ice water to stop the cooking process. Once the beans are cool, remove them from the water and pat dry.

Place the beans in clean, dry canning jars. Place one sprig of dill into each jar.

Pour the pickling liquid over the beans, leaving 1/2 inch of space at the top of each jar. Place the lids on the jars. Cool to room temperature then refrigerate.

Use within 3 weeks. This is NOT a recipe intended for long-term storage or canning. Recipes.sparkpeople.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.

Scallions

Cut the end with the root off of the scallion and place it in a little bit of water, it will start to grow in your kitchen

Freezing Broccoli and Cauliflower

If it is time to preserve some broccoli or cauliflower, cut into florets. Add to boiling water. Boil for 3 minutes and then remove into an ice bath. Drain and dry on paper towels. Place into zip lock bags.

Place a straw at the end of the seal and draw out air as you close the bag. Label, date, and freeze.

Beans

Beans come in 4 varieties. Most of us will receive green traditional beans.

In the coming weeks you may have flat Italian Beans

Yellow or Wax beans and purple beans which can change to green when they are cooking.

All varieties should adapt to our recipes



Alstede Farms Freshly Inspired CSA

It is late Sunday afternoon and I just got home from our blueberry pancake breakfast. It has been a great long weekend at the farm and the breakfast was one of the busiest yet. I was so happy to see some of you there. I will switch hats again early on Monday morning when I get to the farm to greet my first week of farm campers. I believe that we will have 17 young farmers running all over the fields for the next three weeks. We have plans to plant, craft, help pack CSA boxes, pick all our favorite fruits and veggies, maybe even help to weed a little bit. I have seen some familiar names on the roster, and I am looking forward to meeting some new participants! It is not too late to sign up for the coming weeks.

I looked at the crop availability report on Saturday morning and I suggested that dill be added to the shares since we are going to be getting cucumbers this week for the first time. The dill that is in the fields is almost ready to flower so it is time to cut it back. I think we lucked out. My dill did not take off like so many of my other herbs did, so it is a win/win all around. I hope that you agree.

I was checking out Facebook last night and I noticed some very different ideas. I love the home-made ricotta that Michele Zanzonico posted, (I have never made it myself) and with added herbs I am excited to try it. Lisa Butler Di Sciuillo posted a recipe that would work with this coming share and I believe the help of your gardens. Broccoli, Cauliflower, squash, and scallions could be cut and added to a baking pan, drizzled with olive oil and salt and pepper, covered and roasted until fork tender. Add the pesto for great flavor. A first for me "Cabbage and Eggs" was posted by Christine Dunne. She prepared an Asian Slaw with the leftover to really change it up. Jennifer Rosenweig adds so much texture and flavor to that box of mac and cheese, yum! You all have great ideas and I love that you are using up your share contents, snipping from your herb gardens and inspiring each other. You are a great team!

I hope that most of you are planning to attend breakfast on Saturday, July 20th. We are looking forward to the visit. It is always such a special day to connect with all of you. In the past many of you brought your favorite ideas. If you have anything you would like to share now, please send to me, jenn@alstedefarms.com. Until next week, enjoy the freshness.

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 11 ~ Jul 9th - Jul 11th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Raspberries - Sustainable
- Blueberries - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Cabbage - Sustainable
- Carrots - Sustainable
- Cauliflower - Sustainable
- Cucumbers - Sustainable
- Dill - Sustainable
- Kale - Sustainable
- Lettuce - Sustainable
- Onions - Sustainable
- Radishes - Certified Organic
- Scallions - Sustainable
- Squash - Sustainable

This Week's Half Share

- Raspberries - Sustainable
- Blueberries - Sustainable
- Beans - Sustainable
- Broccoli - Sustainable
- Cabbage - Sustainable
- Cauliflower - Sustainable
- Cucumbers - Sustainable
- Dill - Sustainable
- Kale - Sustainable
- Lettuce - Sustainable
- Onions - Sustainable
- Scallions - Sustainable
- Squash - Sustainable

This Week's Personal Share

- Raspberries - Sustainable
- Blueberries - Sustainable
- Beans - Sustainable
- Cabbage - Sustainable
- Cauliflower - Sustainable
- Cucumbers - Sustainable
- Dill - Sustainable
- Lettuce - Sustainable
- Scallions - Sustainable
- Squash - Sustainable

fresh discovery time savers | fresh, delicious and fast

Storage Tips

Cucumber Storage

Be sure cucumbers are dry
Store cucumbers in a plastic bag for up to 5 days

Raspberries

Raspberries are the most tender berry. Serve within the first 2 days after receiving them.

Onions

Onions can be stored at room temperature. Cut from the tops and remove the rubber band

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.

Cauliflower Scallion Pancakes

- 8-9 ounces cauliflower florets
- 1/3 c water
- 2 eggs
- 2 T yellow onion, minced
- 3 scallions
- 1/4 t sea salt
- 1/4 t. black pepper
- 2 T. coconut or olive oil, for frying

Rice the cauliflower by pulsing it in a food processor about 20-25 times.

Bring the water to a boil in a medium saucepan and add in the riced cauliflower.

Turn the stove off, cover the pan, and let the cauliflower sit and steam for 10 minutes.

In the meantime, whisk the eggs with the onion, scallions, salt, and pepper.

After 10 minutes, transfer the cauliflower to a clean tea towel.

Cool the cauliflower enough to be able to touch it.

Squeeze as much water from the cauliflower as you can.

Add the squeezed cauliflower to the egg mix and stir until well combined.

Add the oil to an 8-9inch skillet and heat to medium.

Once hot, add in the pancake batter, spreading it out into the shape of a large circle.

Lower the heat a bit, and cook 4-5 minutes until the perimeter begins to set and tiny bubbles form on the surface. Loosen the edges a bit with a spatula to see if it's ready to flip. Once ready, carefully flip the pancake over and cook for another 4-5 minutes. Transfer to a plate and serve while hot!

From: Oatmealwithafork.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 7/9/19 and 7/16/19 Must be presented in person

10% off

Barbecue
Supplies



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