

## Easy Overnight Sauerkraut Recipe

### Ingredients

2 medium heads of cabbage 4lb

3 carrots

4-5 large garlic cloves

### Marinade Ingredients:

4 cups water

1/2 cup granulated sugar

2 1/2 Tbsp of sea salt

10 pepper corns

5-6 whole cloves

4 bay leaves

1/2 cup olive oil

2/3 cup white vinegar 5%

Remove the outermost leaves of the cabbage, cut them into quarters and shred finely (use a mandolin to do this). Discard the core or trim it and eat it – it's very tasty and healthy! Place shredded cabbage in a large mixing bowl. Grate 3 carrots and very finely dice 4 garlic cloves, add everything to the bowl with shredded cabbage.

In a medium cooking pot add the first 6 marinade ingredients: 4 cups of water, 1/2 cup sugar, 2 1/2 Tbsp of sea salt, 10 peppercorns, 5 cloves and 4 bay leaves bring to a boil and simmer for 10 minutes. After the time is up, stir in 1/2 cup of olive oil and 2/3 cup of vinegar then remove the pot from the stove to let it cool for 10 minutes.

Remove peppercorns and bay leaves from marinade then pour in the mixing bowl with vegetables and stir everything together until well combined. Now place a weight over your mixture until it fully cools. We put a flat dinner plate over the salad then placed a large bowl of water over the top to weigh it down.

Transfer cooled sauerkraut to a large jar, along with the leftover juice to fully submerge it, place the lid on top and place in the fridge for 24 hours.

From the blog: [Natashaskitchen.com](http://Natashaskitchen.com)

## Sweet Corn

Use corn within a couple of days so that it will be sweet not starchy

Shuck the corn as close to serving time as possible. The corn husk actually does protect the corn from heat keeping it sweet and fresh. To help remove silk, very gently rub with a terry towel or run under water while rubbing.

To boil corn, bring a pot of water to a boil and add the corn, boil 3-4 minutes and remove.

To steam corn, place the corn in a steamer basket over boiling water and steam or 6-8 minutes.

To grill corn remove the silk without removing husk. Soak the corn that is covered with husk by submerging in cool water for 10-15 minutes. Prepare your grill. Remove the corn from water and drain well. Be sure to remove all excess water! Place the corn on the grill and cover. On a gas grill the heat should be medium high, turn after 5-8 minutes. On a charcoal grill check after 5 minutes, it may take a little longer. The husk will brown; the corn is steaming on the inside from the water that was soaked into the husk.

After turning the corn on all sides the husk should be brown and little charred at the top. There is no exact timing, all grills are different. This is just one method of grilling. I have had corn that is completely cleaned placed on the grill so that the kernels are brown. With this method the grill lid is down and you need to stay nearby to turn often, every few minutes! This method gives the most grilled, barbecued flavor.

Serving corn after cooking, my choice just as it is. Some other choices, salt, pepper, butter, herb butters, or a sprinkle of lime, it is certainly a personal choice.

## Beans

Store green beans in a plastic bag in your refrigerator. To extend storage time, steam Green Beans when you get them, and they will be ready for salads.

How to freeze green beans

Wash the beans, remove the ends Blanch in boiling water for 3 minutes.

Plunge into a prepared ice water bath to cool. Drain and completely dry with clean towels.

Place portions in Ziploc bags. As you close the bag insert a straw so that you can draw the air out of the bag. Press the straw closed to complete closing the bag. Label and date



## Alstede Farms Freshly Inspired CSA

First things first. I am hoping that all of you have reserved a time for breakfast next Saturday, July. If not, please contact Maggie to make a reservation. Do it now before you forget! We are looking forward to a visit with all of you. Please bring along your recipes, tips, and ideas so that we can share with everyone. I hope that you will plan to stay a while so that you can visit the sunflower maze and maybe pick some of your own favorite fruits.

We have just completed the first week of camp. Campers were able to pick fruits and vegetables. Blueberries seem to be among the favorites, and they are plentiful and so easy to pick. The production team was getting ready to plant the corn maze so campers helped to harvest beets that may be in the shares this week. The first of the peaches are just starting to ripen so we were able to pick from the orchard and prepare peach salsa including the tomatoes from the greenhouse as well. We had a little rain, so we kept busy indoors but, on most days, we were hot and tired from all the activities. We have two weeks to go and a little space available. Sign up and join us if you can.

The share this week will include beans. I won't call them green beans since you may have some yellow, wax beans or some purple beans. The other variety that you might see during the season is the Italian Flat Bean. Most recipes will work with all varieties. Green beans have great health benefits. They are high in fiber and antioxidants. Green beans in your diet can help to control heart disease, lower blood sugar, prevent constipation, and they can help to maintain good eye health, and boost your immune system. You may want to freeze some beans for later use to help to keep them in your menu's even after the season. Directions will be in the tips this week.

The favored summer "seed" vegetable is being harvested. We will have corn in our shares for the first time this year. You will notice that this variety is a little smaller and the kernels are very tender. We grow white corn and bi color. This is a bicolor variety and the flavor will not disappoint. You can shorten the cooking time by a minute because of the size.

Directions for some simple prep will be in the tips. Cabbage again! There are recipes on the website, there are ideas on Facebook, and I am including a recipe for Easy Sauerkraut so please give that a try. I am looking forward to next week. If by any chance you can't make the date, please send your recipe ideas to [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com). Until next week, enjoy the freshness.

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

# CSA Week 12 ~ Jul 16th - Jul 18th, 2019

~discover the perfect fit for you~

## Freshly Inspired Box Contents

### This Week's Full Share

- Apricots - Sustainable
- Arugula - Certified Organic
- Blueberries - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Cabbage - Sustainable
- Carrots - Sustainable
- Cauliflower - Sustainable
- Cucumbers - Sustainable
- Kale - Sustainable
- Lettuce - Sustainable
- Onions - Sustainable
- Squash - Sustainable
- Sweet Corn - Sustainable

### This Week's Half Share

- Blueberries - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Cabbage - Sustainable
- Carrots - Sustainable
- Cauliflower - Sustainable
- Kale - Sustainable
- Lettuce - Sustainable
- Onions - Sustainable
- Squash - Sustainable
- Sweet Corn - Sustainable

### This Week's Personal Share

- Blueberries - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Carrots - Sustainable
- Kale - Sustainable
- Lettuce - Sustainable
- Onions - Sustainable
- Squash - Sustainable
- Sweet Corn - Sustainable

fresh discovery time savers | fresh, delicious and fast

## Storage Tips

### How to Freeze Zucchini and Summer Squash

Rinse the Zucchini using a soft towel to remove any grit. Remove the ends and slice. Slices should be about 1/2" thick. Boil water in a large pot 3/4 full and prepare an ice water bath. Blanch squash for 3 minutes, remove from the boiling water with a slotted spoon and cool in the ice water bath. Drain completely. Portion squash, place in zip lock bags. Place a straw at the end of the bag and as you close draw out air through the straw. Label and date. Freeze Shredded Zucchini in portions for bread, muffins, or cookies.

### 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.

## Baked Blueberry Cake

### Ingredients

- 1 cup flour
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon coarse salt
- 3/4 cup milk
- 1 egg
- 2 tablespoons butter - melted
- 1 tablespoon butter - for pan
- 3/4 cup blueberries
- 2 teaspoon sugar
- powdered sugar
- syru

Preheat oven to 375 with a rack about 2/3 of thirds of the way up the oven. Place an oven-safe pan into heat also. I used a 10" cast iron pan. A pie pan or fry pan would work also.

Mix wet ingredients. 3/4 cup milk, one egg, two tablespoons melted butter. Whisk.

Mix dry ingredients. One cup flour, three tablespoons sugar, two teaspoons baking powder and 1/2 teaspoon coarse salt. Whisk. Mix wet into dry. Whisk until just combined. Do not overdo it.

When the oven is hot, remove the pan and melt one tablespoon butter being sure to get sides.

Pour batter into the heated buttered pan. Sprinkle 3/4 cup blueberries into the batter then sprinkle with 1-2 teaspoon sugar. Berries may be fresh or frozen (do not thaw).

Bake until browning nicely. 25 minutes for me. A toothpick should come out clean if you want to double check. You may want to turn on the broiler for 1-2 minutes to get more browning.

Remove from oven, allow to cool for a few minutes then sprinkle with powdered sugar (optional) to serve with syru.

## This Week Only

Stop by our store and try our new line of condiments including blueberry barbecue sauce, blood mary mix, apple cider mustard and more!

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

Valid this week only 7/15/19 and 7/23/19 Must be presented in person

10% off

Condiments



fresh discoveries every day