

Peach Salsa

- 2 cups fresh peaches chopped
- 1 medium tomato chopped
- 1/4 cup chopped sweet red pepper
- 1/4 cup chopped red onion
- 1 jalapeno pepper, seeded and chopped
- 1 tablespoon minced fresh cilantro
- 1 T lime juice
- 1/4 teaspoon salt

Mix together all ingredients. Refrigerate for 2 hours to allow flavors to blend. Serve with grilled pork, chicken or fish or just chips

Corn Salsa

Ingredients:

- 3 cups raw corn kernels* (from about 4 cobs of shucked sweet corn)
- 1 cup finely chopped red onion (about 1/2 medium onion)
- Optional: 1 diced ripe avocado
- 1/2 cup finely chopped fresh cilantro (about 1 bunch)
- 1 to 2 medium jalapeños, finely chopped (use 1 for mild-to-medium salsa or 2 for more spicy salsa)
- 1/4 cup lime juice (about 2 limes), to taste
- 1 tablespoon white wine vinegar
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/2 teaspoon fine sea salt

Instructions

In a medium serving bowl, combine all of the ingredients. Stir to combine.

Adjust to taste, if necessary: For more zing, add about 1 teaspoon more vinegar or 1 tablespoon more lime juice. For more flavor overall, add another pinch of salt. For more spice, add more jalapeño.

For best flavor, allow the salsa to marinate for 20 minutes before serving. This salsa keeps well in the refrigerator, covered, for 3 to 4 days.

From the blog Cookie and Kate and cookbook "Love Real Food" by Kathryn Taylor (available on Amazon)

Perfect Corn

Member Michele Zanzonico recommends that you boil water for corn the amount depends on how much you are cooking. Add the shucked corn to the pan, cover and remove from heat. Leave the corn in the hot water for 5 minutes. Perfect corn every time!

Instant Pot Corn on the Cob

Member Jennifer Niederhoffer recommends Instant Pot Corn on the Cob is the easiest recipe I make in my Instant Pot Pressure Cooker! It comes out just perfectly cooked. Pressure cooker corn on the cob is easy and fast! 1-10 ears Corn on the Cob (you can cook just 1, or as many as you can fit in the pot)

Instructions

Cut the ends off of the ears of corn (you can fit more in this way). Shuck it if you want to. Place the trivet in the pot, and pour in 1 1/2 cups of water (2 cups for the 8 qt) Stack the ears of corn in the pot. Close the lid and set the steam release knob to the sealing position.

Press the Pressure Cook/Manual button or dial, then the + or - button or dial to select 2 minutes (3 to 4 minutes for unshucked corn).

When the cooking cycle is finished, turn the steam release knob to the Venting position to do a Quick Release of the pressure.

When the pin in the lid drops down, open the lid and carefully remove the corn. Slather with butter and sprinkle with salt and enjoy!

Simplyhappyfoodie.com

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

Saturday was hot and humid, and I am not sure that I wanted to do anything at all. Having breakfast and a chance to visit with our extended farm family made the day absolutely delightful. I think that many of you were happy to find that Harvest Hall was now air conditioned, making the setting just a little more perfect. Thank you all for attending, for sharing your ideas, and for your expression of kindness on Facebook after the event.

I spoke with some of you who took a walk through the sunflower maze before breakfast and some picked peaches and blueberries early as well. As the day became hot and humid many of you said that it would not be the time for activities. I am hoping that you will come back to the sunflower maze and the pick your own crops when you can. Team member Taylor had a great time working with the youngest CSA members on the sunflower "teaching" craft. It is titled "From Seed to Seed." We plant the seeds, they sprout and develop a flower. As the flowers bow their heads and depart, they leave a seed pod and a promise for more sunflowers next season. What could be better?

The young farmers in camp this coming week will be packing vegetables in CSA boxes that they are not very familiar with. I think on Monday we may take a ride out to see the artichokes growing. That way they will recognize them as they help the team pack the shares. Baby onions are new to us as well. They are beautiful to look at and they will be delicious. When we had garlic scapes and we knew that the garlic was not far behind, it's finally here! It is always one of my favorite days when the garlic is harvested. I think you are in for a treat, it is a beautiful crop!

Karla Smock sent me an e-mail before coming to breakfast yesterday. One of the recipes was for hot peppers that I will be able to use later in the season. We will print her recipe for pickling vegetables. It is a simple preservation method if you have too much of something in your share. Michele Zanzonico was in touch this week a new corn preparation method. Jennifer Niederhoffer posted on Facebook as well. We wanted to share your tips in the newsletter this week to celebrate the community of support and positivity we have created. We can't thank you enough!

I haven't seen the written comments from all of you, Maggie will be writing up a report to share with our team by the end of the week. The conversation yesterday with everyone were positive. Here and there I heard about "too much" cabbage and squash. Having been out in the fields for a couple of weeks I can tell you that they are exploding with fruits and veggies and we are reaping the benefits. If you could not come to breakfast and you have something to share, please send it to me, jenn@alstedefarms.com. Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 13 ~ Jul 23rd - Jul 25th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Plums - Sustainable
- Peaches - Sustainable
- Artichoke - Sustainable
- Arugula - Certified Organic
- Beans - Sustainable
- Bok Choy - Sustainable
- Cauliflower - Sustainable
- Carrots - Sustainable
- Garlic - Sustainable
- Kale - Sustainable
- Mini Onions - Sustainable
- Scallions - Sustainable
- Squash - Sustainable
- Sweet Corn - Sustainable

This Week's Half Share

- Peaches - Sustainable
- Artichoke - Sustainable
- Beans - Sustainable
- Carrots - Sustainable
- Garlic - Sustainable
- Kale - Sustainable
- Mini Onions - Sustainable
- Scallions - Sustainable
- Squash - Sustainable
- Sweet Corn - Sustainable

This Week's Personal Share

- Peaches - Sustainable
- Beans - Sustainable
- Carrots - Sustainable
- Garlic - Sustainable
- Kale - Sustainable
- Mini Onions - Sustainable
- Squash - Sustainable
- Sweet Corn - Sustainable

fresh discovery time savers | fresh, delicious and fast

Storage Tips

Artichokes

See Maggie's Facebook post from 7/21 and the alstedefarms.com list posting for 6 methods to prepare artichokes.

Stone Fruit Storage

Remove all stone fruits from the plastic packaging as soon as you arrive home. Allow peaches/plums to ripen on the counter. If ripe store in the refrigerator and take them out and bring to room temperature when you are ready to serve.

Braised Baby Onions

1 lb. fresh small baby onions, stems removed, save for stock
1 T butter
2 T extra-virgin olive oil
½ c fresh orange juice
½ c balsamic vinegar

Set up an ice bath and bring a large pot of water to a boil. Add the onions, blanch for 15-20 seconds. Remove with a slotted spoon and move into the ice water bath. Trip the root from the onion, leave the core intact. Heat oil and butter in large nonstick skillet over medium high heat. Add onions and sauté until onions are rich golden brown. Remove the onions from the pan. Add juice and vinegar; bring to boil, scraping up browned bits. Reduce the liquid in the pan to about ½ cup add onions back to the pan and cover. Simmer until the onions are fork tender, 8-10 minutes Serve warm or at room temperature.

Six-Ingredient Quick Pickles

Many thanks to Member Karla Smock who was in touch Saturday morning with these recipes before leaving for breakfast!

Not just cucumbers, carrots, cauliflower, beets, cherry tomatoes!

SIX-INGREDIENT QUICK PICKLES

Start to finish: 15 minutes

Yield: varies

½ cup white vinegar

1 tablespoon kosher salt

2 teaspoons sugar

6 smashed garlic cloves

1 teaspoon crushed red pepper flakes (or other spice or herb, such a mustard seed, celery seed, or dill)

2 cups vegetables, approximately, trimmed to fit in two 1-pint mason jars

Special equipment: 2 mason jars (1 pint size)

Heat the vinegar, salt and sugar in a saucepan with 2 cups of water and bring to a boil, and stir until salt and sugar dissolve, about 2 minutes.

Meanwhile place the garlic and red pepper flakes at the bottom of the mason jars and add the trimmed vegetables. Pour the boiling pickling liquid into the jars to cover the vegetables completely. (You should have enough water, but if not, boil a little extra plain water and add.) Cover the jars and let the vegetables sit until cool enough to eat. Store in refrigerator. Best if eaten within a week.

From: poughkeepsiejournal.com

This Week Only

Stop by our store to grab spices to flavor your extra sweet corn, including our Mexican street corn blend.

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

Valid this week only 7/22/19 and 7/28/19 Must be presented in person

10% off

Seasoning



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