

## Tomato Corn Pie

This recipe will work for most of the remaining weeks of the season. Changes I would make, saute some zucchini and add as a layer. Roast sliced tomatoes or halved cherry tomatoes it will add another layer of flavor and help to keep the crust from getting soggy without blanching.

2 cups all-purpose flour  
 1 tablespoon baking powder  
 1 3/4 teaspoons salt, divided  
 3/4 stick (6 tablespoons or 3 ounces) cold unsalted butter, cut into 1/2-inch cubes, plus 2 teaspoons melted  
 3/4 cup whole milk  
 1/3 cup mayonnaise  
 2 tablespoons fresh lemon juice  
 1 3/4 pounds beefsteak tomatoes  
 1 1/2 cups corn (from about 3 ears), coarsely chopped by hand (my preference) or lightly puréed in a food processor, divided  
 2 tablespoons finely chopped basil, divided (skipped this, no harm was done)  
 1 tablespoon finely chopped chives, divided  
 1/4 teaspoon black pepper, divided  
 7 ounces coarsely grated sharp Cheddar (1 3/4 cups), divided

Whisk together flour, baking powder, and 3/4 tsp salt in a bowl, then blend in cold butter (3/4 stick) with your fingertips or a pastry blender until it resembles coarse meal. Add milk, stirring until mixture just forms a dough, then gather into a ball. Divide dough in half and roll out one piece on a well-floured counter (my choice) or between two sheets of plastic wrap (the recipe's suggestion, but I imagined it would annoyingly stick to the plastic) into a 12-inch round (1/8 inch thick). Either fold the round gently in quarters, lift it into a 9-inch pie plate and gently unfold and center it or, if you're using the plastic wrap method, remove top sheet of plastic wrap, then lift dough using bottom sheet of plastic wrap and invert into pie plate. Pat the dough in with your fingers trim any overhang.

Preheat oven to 400°F with rack in middle. If your kitchen is excessively warm, as ours is, go ahead and put the second half of the dough in the fridge until you're ready to use it. Whisk together mayonnaise and lemon juice.

Cut an X in bottom of each tomato and blanch in a large pot of boiling water 10 seconds. Immediately transfer with a slotted spoon to an ice bath. Peel tomatoes, then slice crosswise 1/4 inch thick and, if desired (see Notes above recipe), gently remove seeds and extra juices. Arrange half of tomatoes in crust, overlapping, and sprinkle with half of corn, one tablespoon basil, 1/2 tablespoon chives, 1/2 teaspoon salt, 1/8 teaspoon pepper and one cup of grated cheese. Repeat layering with remaining tomatoes, corn, basil, chives, salt, and pepper. Pour lemon mayonnaise over filling and sprinkle with remaining cheese. Roll out remaining piece of dough into a 12-inch round in same manner, then fit over filling, folding overhang under edge of bottom crust and pinching edge to seal. Cut 4 steam vents in top crust and brush crust with melted butter (2 teaspoons). Bake pie until crust is golden and filling is bubbling, 30 to 35 minutes, then cool on a rack. Serve warm or at room temperature.

Do ahead: Pie can be baked 1 day ahead and chilled. Reheat in a 350°F oven until warm, about 30 minutes. From: SmittenKitchen.com, Adapted from Gourmet's adaptation of Laurie Colwin's and Jame's Beard's versions.

An idea: Want to slab pie this and serve it to a crowd? I agree, it would be brilliant. This is how I'd approach it: Make 1 1/2 batches of the crust (slab pies require more crust for the same amount of filling) and arrange the filling in one layer instead of two in a parchment-lined 15x10x1-inch pan. Increase the amount of butter you brush the top with to a tablespoon or two and the baking time to about 45 minutes (this is an estimate, you should take it out when it is golden and the filling is bubbling). Be sure to remove the tomato seeds; that extra wetness could make for a slab pie mess.

### Vegan Alternative to Eggs

1 Tbsp Chia Seeds  
 + 3 Tbsp water  
 = 1 egg

### Freezing Sweet Corn

Start with fresh corn on the cob - as fresh as you can get. If there is a delay between harvesting and freezing, keep the corn in the refrigerator. The sugars break down quickly at room temperature.

Fill your largest pot 3/4 full of water. Heat to a rolling boil. Fill a large bowl with ice water. Husk the corn. Be sure to remove all the silk. Gently rub with a soft terry towel to be sure that all of the silk is off.

Blanch the corn in the boiling water. This step stops the action of the enzymes in the corn. The water should not lose the boil. Boil for 4-6 minutes.

Drain and stop the cooking in the ice water bath. Add extra ice as needed.

Cut the kernels from the cob. Holding one end of the corn, the other end in a bowl. Run a very sharp knife under the kernels. (There are some special tools if you prefer.) The corn will come off in strips and should break apart as you are packing them

Portion the corn into zip lock bags. Be sure to push out as much air as possible to prevent freezer burn and drying. Use the straw trick. Place the straw at the end of the seal of the zip lock bag. Seal the bag, as you get to the straw, draw out as much air as you can and continue to seal pressing on the straw as you pull it out.

Label the bags with the date.

When you are ready to serve you can heat up the corn in the microwave or

in the top of a double boiler. There really is no need to cook further, just heat up.

Some of you might rather freeze corn on the cob, our experience is that this method, corn off the cob will give you the best results.

### 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

The event at the farm this week that most touched my heart was Friday which was the last day of camp for the season. We had 24 little high energy young farmers who did a little crafting, a little cooking, and quite a bit of picking. I think that blueberries win as the favored crop to pick and digging potatoes the most exciting. The kids had a great time, the hugs at the end of the week were heartfelt, and now it is time to rest a little bit.

Maggie has spent some time reviewing your feedback sheets from our breakfast last week. She sent out a summary of comments. I am going to work on some points that apply to me and what I share with you, today and in the coming weeks.

So, first things first. Some of you are looking for more vegetarian and vegan recipes. In years past as I would dwell on the vegetables as a side dish our members would ask for more main dishes using the vegetables with meats, poultry, and fish. I have always tried to fill that request. I believe that most of our recipes can be vegetarian by simply leaving out meat. Changing to vegan would take a little more adjustment. Leave out butter and use olive oil, coconut oil, or vegan butter. I almost always use vegetable broth in place of beef or chicken broth and very often I can make it myself. I have used some vegan cheeses and I have read that cashews can take the place of parmesan cheese and when blended can be part of a creamy dessert. Nutritional yeast flakes can add cheese flavor and alternative sourced milk such as almond, hemp or soy or brown rice can be used for sauces. When baking use pureed beets, applesauce, or vegan butter for fat. I have used chia seeds when I was baking with a vegan student in place of egg. I believe that ground flax seeds would work as well. I know that we have quite a few members who do follow a vegan diet. I would love to hear from some of you with more recommendations and recipe ideas to share with everyone.

I was happy to read that you are enjoying the herb selection this year. Some of you had questions about using the Lemon Balm and Lavender. I am including some culinary and non-culinary uses of these herbs in the tips this week.

I had an e-mail this week from CSA member Beatrice Schwarzkopf. She included a recipe for chocolate zucchini bread. She made muffins and adjusted the time to 23 minutes. Her son hates zucchini, "he gobbled these up!" I will share the link for the recipe in the tips. One of the suggestions that you made was to use zucchini or beets in our breakfast menu. This year the frittata had roasted zucchini and squash as an ingredient, maybe next year we can add the bread as well. If you have a Vegan recipe or a use for Lemon Balm or Lavender to share please send them to me, jenn@alstede-farms.com. Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

# CSA Week 14 ~ Jul 30th - Aug 1st, 2019

~discover the perfect fit for you~

## Freshly Inspired Box Contents

### This Week's Full Share

- Yellow Plums - Sustainable
- Peaches - Sustainable
- Artichoke - Sustainable
- Banana Peppers - Sustainable
- Beans - Sustainable
- Broccoli - Sustainable
- Carrots - Sustainable
- Eggplant - Sustainable
- Garlic - Sustainable
- Squash - Sustainable
- Sweet Corn - Sustainable
- Cherry Tomatoes - Sustainable
- Heirloom Tomatoes - Sustainable

### This Week's Half Share

- Yellow Plums - Sustainable
- Peaches - Sustainable
- Beans - Sustainable
- Broccoli - Sustainable
- Carrots - Sustainable
- Eggplant - Sustainable
- Garlic - Sustainable
- Sweet Corn - Sustainable
- Cherry Tomatoes - Sustainable

### This Week's Personal Share

- Yellow Plums - Sustainable
- Peaches - Sustainable
- Beans - Sustainable
- Carrots - Sustainable
- Eggplant - Sustainable
- Garlic - Sustainable
- Sweet Corn - Sustainable
- Cherry Tomatoes - Sustainable

## fresh discovery time savers | fresh, delicious and fast

### Vegan Air-Fryer Eggplant Parm

### Storage Tips

1 large Eggplant stems removed and sliced  
1/2 c Flour  
1/2 c Almond Milk  
1/2 c Panko Bread Crumbs  
2 tbsp Vegan Grated Parmesan  
Onion Powder to taste  
Garlic Powder to taste  
Salt & Pepper to taste

#### TO TOP THE EGGPLANT PARMESAN:

1 c Marinara Sauce plus more for serving  
1/2 c Vegan Mozzarella Shreds  
Vegan Grated Parmesan

#### FOR SERVING:

4 oz. Spaghetti or pasta of your choosing, cooked al dente (about 2 oz. per person)  
sprinkle Vegan Grated Parmesan  
Parsley for garnish

#### Instructions

Wash, dry and remove stems of eggplant. Create slices. Dip the slices into flour, then almond milk and finally, the panko breadcrumbs that you have mixed with the vegan parmesan, salt, pepper, garlic and onion powder.

Spray lightly with oil (if desired) and place into the basket of an air fryer at 390 degrees for 15 minutes, flipping halfway through (spray the second side lightly).

Alternately, you can do this all in the oven at 400 degrees. Cooking time may vary since air fryer's use a convection type cooking method. Just keep an eye on them.

While the eggplant is cooking, go ahead and cook your pasta.

Once golden on both sides, spoon on some of the marinara and top with a combination of the two vegan cheeses. Cook just until the cheese begins to melt.

Serve with the pasta (and extra sauce), garnishing with fresh parsley and perhaps another sprinkle of the vegan parmesan. Enjoy! From:theveglife.com

### Eggplant

Eggplant can be stored on the counter, (preferred spot) or in the refrigerator for a short time. The best temperature is about 50 degrees. Store for just a day or two do not close in a plastic bag. If the skin wrinkles a bit, it is still good to use.

Peeling Eggplant is personal preference. I have always peeled the larger purple varieties. White, pink and mini have more tender skin.

After slicing, before proceeding with recipe prep, sprinkle with a little salt. Blot dry and then prepare recipe.

### Chocolate Zucchini Bread

Thanks to Beatrice Schwarzkopf for sharing!

3 cups all-purpose flour  
1/4 cup unsweetened cocoa powder  
1 tablespoon ground cinnamon  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1 teaspoon salt  
2 cups white sugar  
3 eggs  
1 cup vegetable oil  
2 teaspoons vanilla extract  
2 cups shredded zucchini  
1 cup chopped walnuts  
1 cup semisweet chocolate chips

Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.

In large bowl, combine flour, cocoa, cinnamon, baking soda, baking powder and salt, mix well. In separate bowl, combine sugar and eggs, beat until well blended. Add oil and vanilla; beat until combined. Stir in zucchini. Add flour mixture; stir just until moistened. Stir in nuts and chocolate chips. Spoon evenly into loaf pans.

Bake in preheated oven for 55 to 60 minutes, or until toothpick inserted in center comes out clean. Cool in pans for 10 minutes. Remove bread from pans; cool completely on wire rack. From: allrecipes.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 7/29/19 and 8/5/19 Must be presented in person

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Seasoning



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