

Mexican Eggplant

This recipe was shared on Facebook by CSA member Susan Newton Hurst.

1 large eggplant

¼ c oil

1 15 oz can tomato sauce

1 4oz can mild green chilies

¼ c chopped green onion

½ t ground cumin

½ t garlic salt

1 c grated cheddar cheese

6 ripe olives sliced

1 c sour cream, 8 oz

Peel and slice eggplant, brush both sides with oil. Place in a single layer on a baking sheet and

Bake at 450 for 20 minutes

Combine tomato sauce, chilies, green onion and garlic salt in a saucepan and

Simmer uncovered for 10 minutes.

In a greased 9x 13 casserole layer eggplant, sauce and cheese. Top with sour cream and

olives. Bake uncovered at 350 for 20 minutes.

From: Colorado Cache Cookbook 1978

Stone Fruit from plastic

Remove all fruit from the plastic containers as soon as you can

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 ¾ 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.

Storing Tomatoes

Store tomatoes on the counter when possible. If you find that you will not be able to use them within a few days. Refrigerate what you need to keep and then take the tomatoes out of the refrigerator to come to room temperature on the day you will be serving.



Alstede Farms Freshly Inspired CSA

As promised, I will continue to review the breakfast comments and try to bring you items that you requested. One of the requests that had been made was to have the list earlier because it seems that some of you are Sunday shoppers. If you noticed things were still changing during this past week. We at times have some idea of which crops are looking abundant in the fields late on Friday or early Saturday. The team will meet later Saturday and then I have a little information to work with. The next step is trying to plan the share while also taking into consideration the needs of the markets and stores. Just when they think that they have it right, things change. Notice this past week, Thursday an additional pint of the cherry tomatoes and broccoli were added, green beans were removed. If don't get a list up early, it is because we are always trying to get accurate information for you. If you ever want an idea for what crops may be coming in the shares, we recommend looking back at last season's content lists which are posted on our website. That can help you start planning.

I think that we have arrived. It is the peak of the summer. Eggplant, tomatoes, corn, and peaches. This week we will see the addition of peppers, both hot and sweet. I have noticed that many of you are taking the corn off the husk. Corn or corn and black bean salsa or salad is coming to mind or maybe a salad that includes peaches both will be printed for you this week.

Jennifer Rosenzweig shares my first name and my love of garlic. She reminds you on Facebook that you can order extra's if you need them. Garlic was in her order; it would be mine too if I didn't work here. It was one of my birthday presents last year, a basket of it! Go Maggie, I love the Roasted Veggie Tacos and the Corn Fries have piqued my curiosity. I have to try them. The Cucumber Salsa is a farm favorite and yes you can order it. Growing up in an Italian Family eggplant would be parmesan or more recently roasted eggplant would be the preparation of choice. Susan Newton Hurst has changed that up with Mexican Eggplant, a recipe that she posted on Facebook. This recipe changed her husband's mind about eggplant. I think that it might be kid friendly as well. Give it a try!

I have been working a little on Fermentation. You may want to learn along with me. I promise to share with everyone. I have a friend who does make her own sauerkraut and kimchi. Her strongest recommendation is to buy a book by Sandor Katz. Before purchasing the book, "The Art of Fermentation" you can read his posts on-line. I would love to hear what you have learned, send to jenn@alstedefarms.com I know that some of you have tried sauerkraut, share your success story with me. I look forward to hearing from you. Until next week, enjoy the freshness!

~food for thought~



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CSA Week 15 ~ Aug 6th - Aug 8th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Plums - Sustainable
- Peaches - Sustainable
- Artichokes - Sustainable
- Broccoli - Sustainable
- Carrots - Sustainable
- Eggplant - Sustainable
- Garlic - Sustainable
- Kale - Sustainable
- Long Hot Peppers - Sustainable
- Onions - Sustainable
- Peppers - Sustainable
- Sweet Corn - Sustainable
- Cherry Tomatoes - Sustainable
- Tomatoes - Sustainable

This Week's Half Share

- Plums - Sustainable
- Peaches - Sustainable
- Broccoli - Sustainable
- Carrots - Sustainable
- Eggplant - Sustainable
- Garlic - Sustainable
- Onion - Sustainable
- Peppers - Sustainable
- Sweet Corn - Sustainable
- Cherry Tomatoes - Sustainable
- Tomatoes - Sustainable

This Week's Personal Share

- Plums - Sustainable
- Peaches - Sustainable
- Carrots - Sustainable
- Eggplant - Sustainable
- Onion - Sustainable
- Peppers - Sustainable
- Sweet Corn - Sustainable
- Cherry Tomatoes - Sustainable
- Tomatoes - Sustainable

10% off

Peach

Items

This Week Only

August is the perfect time to enjoy fresh peaches. If you are looking to infuse even more of your diet with peach sweetness, try our peach vinaigrette, vidalia peach hot sauce, peach cobbler syrup, peach cobbler mix, and more!

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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Peach Tomato Summer Salad

- 3 peaches, chopped
- 1 pound cherry tomatoes (approx one quart), chopped
- ½ sweet onion, diced
- Corn cut from one ear
 - cup fresh basil, rolled and cut into ribbons and then cut into smaller pieces
- 1.5 teaspoons kosher salt
- Black pepper to taste
- ½ cup pecans, chopped
- ¼ cup olive oil
- 1 tablespoon high-quality red balsamic vinegar
- 1 teaspoon honey
- ½ cup crumbled goat cheese

Combine all ingredients from peaches to pecans, leaving a little bit of basil for garnish.

Combine in a small bowl the olive oil, vinegar and honey to make the dressing.

Mix dressing with the chopped vegetables and fruit.

Taste to see if you prefer more salt or pepper.

Top with goat cheese and basil garnish.

Serve immediately. From:styleblueprint.com

Storage Tips

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.

Freeze Ahead Peach Pie Filling

- 4 quarts sliced peeled fresh peaches
- 3 T corn starch
- 1 t cinnamon
- 3-1/2 cups sugar
- 3/4 cup quick-cooking tapioca
- 3/4 teaspoon salt
- 1/4 teaspoon lemon juice

In a large bowl, combine all ingredients. Let stand for 15 minutes. Line four 9-in. pie pans with foil. Add fruit mixture and level; place in freezer until frozen solid. When frozen, close foil, sealing well to prevent freezer burn. Remove from pans and stack in freezer until ready to use.

To bake, remove frozen peaches from the foil and place in an unbaked pie shell. Cover with top crust and seal. Brush with melted butter and cover crust edges with foil. Bake at 400° for 50 minutes. Remove foil and continue to bake about 20 minutes or until bubbly and golden brown. Yield: 4 pies, 24-32 servings.

Adapted from: ATasteofHome.com



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