

## Corn Fritters

6 ears of corn (about 3 cups)  
4 scallions, both white and greens finely chopped  
1/2 cup chopped herbs of your choice chives or chives and parsley mixture  
About 1 cup (6 ounces) grated sharp cheddar  
3/4 teaspoon kosher salt, plus more to taste  
Freshly ground black pepper  
4 large eggs  
1 cup all-purpose flour, plus 2 more tablespoons if needed  
Olive or a neutral oil for frying (I used safflower)

Remove the husk from the corn and place the narrow end of the ear into the bottom of the bowl. With a sharp knife cut the kernels from the ear of corn. When the kernels are removed continue to run your knife up and down the cob to release milk. You may have more than 3 cups of corn.

Mix in the scallions, herbs and cheese. Mix in salt and black pepper to taste.

In a separate bowl beat the eggs and then add to the corn mixture. Add the flour and stir to blend. Only add the extra flour if needed to hold the mixture together.

Heat a thin coating of oil in a large frying pan over medium heat. Once the oil is hot, drop heaping tablespoons of batter and press the fritters to flatten. Allow to brown on the underside before turning. Brown the second side. Do not press down on the fritter. Drain on paper towel. Sprinkle with a little extra salt if desired.

It is recommended that you fry a fritter or two, allow to cool to room temperature and taste. Season remaining batter then as needed.

Adapted from: Smittenkitchen.com

### Stone Fruit from plastic

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

### Fresh Basil Pesto

2-3 cups fresh basil leaves, packed  
1/3-1/2 cups pine nuts or walnuts or slivered almonds chopped (optional)  
2-3 medium sized garlic cloves, minced  
1/3- 1/2cup freshly grated Parmesan-Reggiano or Romano cheese  
1/3-1/2 cup extra virgin olive oil  
Salt and black pepper to taste

Combine the basil, nuts, and garlic in a food processor and pulse a few times. Drizzle in the olive oil while the processor is on. Stop and scrape down the sides of the bowl.  
Add the cheese and pulse.

Add salt and pepper to taste. Refrigerate up to a week, freeze up to 6 months

### Simple Fresh Tomato Sauce

Slice garlic 3-4 cloves and add to warming 2 T olive oil in a medium shallow pan  
Garlic can brown around the edges but it should not be too dark or burn.

Add 2 medium to large or a pint of cherry chopped tomatoes, chopped basil leaves, and oregano leaves. Simmer for a few minutes. Pour the mixture into a square or round oven safe pan. Roast at 350

Sauce should be bubbly and should be ready in 20 minutes.



## Alstede Farms Freshly Inspired CSA

It was so nice to see that some of you were able to join us for the "Peach Pancake Breakfast" With such beautiful weather this weekend I hope you had a chance to stay and pick some fruit or vegetables before leaving the farm. It has been so festive out near the market with the band playing and everyone relaxing at picnic tables.

I want to mention something from last week. For those of you who might be new this year there was an update after my work was handed in last week. Instead of traditional peaches there were donut peaches in the shares. They can also be called Saturn Peaches. Like most of us at the farm I think that they are a treat, however for the first time ever last year some members were not quite as excited about them. I am just as excited this year as ever to see them in season and you can let us know what you are thinking. As with all fruit they must be removed from the plastic and they should be at room temperature for a day or two to get just a little softer when they will be very juicy and sweet. They can start to brown from the middle around the pit. If that happens, cut and serve them quickly. They will be delicious. Peaches continue to be in the shares this week and there will be a melon for the first time. Some of you will have a larger Muskmelon and some a Sugar Cube which is a little smaller. Both are New Jersey Cantaloupe.

Carrots have been in the shares now for a couple of weeks. I am including a grilled carrot recipe and uses for the carrot tops in the tips this week. We know that they are good for us. The orange yellow color identifies vitamin A that is needed for healthy eyes and skin and the gorgeous color will always brighten any menu.

It seems that shallots are the last of the aromatic bulbs to be harvested this season. They will be in the shares this week and available in the farm store and markets through the fall. They will add great flavor to sauces, vinaigrettes and some main dishes. You can use them where you would use an onion for even better flavor.

I have noticed that some of you have been preparing corn fritters. I had a recipe for them when I was teaching, and they would go in and out of favor through the years. It seems that they are in, so I have added a recipe this week for all of you to try. Let me, jenn@alstedefarms.com know what you think.

Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

# CSA Week 16 ~ Aug 13 - 15th, 2019

~discover the perfect fit for you~

## Freshly Inspired Box Contents

### This Week's Full Share

- Peaches - Sustainable
- Melon - Sustainable
- Basil - Sustainable
- Chard - Sustainable
- Carrots - Sustainable
- Eggplant - Sustainable
- Jalapeño peppers - Sustainable
- Kale - Sustainable
- Onions - Sustainable
- Peppers - Sustainable
- Scallions - Sustainable
- Shallots - Sustainable
- Sweet Corn - Sustainable
- Cherry Tomatoes - Sustainable
- Tomatoes - Sustainable

### This Week's Half Share

- Peaches - Sustainable
- Melon - Sustainable
- Basil - Sustainable
- Carrots - Sustainable
- Eggplant - Sustainable
- Jalapeño peppers - Sustainable
- Kale - Sustainable
- Peppers - Sustainable
- Shallots - Sustainable
- Sweet Corn - Sustainable
- Tomatoes - Sustainable

### This Week's Personal Share

- Peaches - Sustainable
- Melon - Sustainable
- Basil - Sustainable
- Carrots - Sustainable
- Eggplant - Sustainable
- Peppers - Sustainable
- Shallots - Sustainable
- Sweet Corn - Sustainable
- Tomatoes - Sustainable

fresh discovery time savers | fresh, delicious and fast

## Grilled Carrots

8 medium carrots, each 6 to 8 inches long and about 1 inch wide at the stem

2- 3 T unsalted butter

½ teaspoon red wine vinegar

¼ teaspoon freshly ground nutmeg

½ teaspoon kosher salt, divided

¼ teaspoon freshly ground black pepper, divided  
1 teaspoon minced fresh Italian parsley leaves or chervil (optional)

Wash and Peel the carrots and steam them over boiling water until they are partially cooked but still crisp, 8 to 10 minutes. Plunge the carrots in to ice water to stop the cooking. Drain and pat dry

Prepare the grill for direct cooking over high heat (450° to 550°F).

Place the carrots into a glass baking pan. In a small saucepan over medium heat melt the butter with the vinegar and nutmeg. Brush the carrots with about half the butter mixture and season with half the salt and pepper.

Grill the carrots over direct high heat, with the lid open, until lightly charred with spots and stripes, 3 to 5 minutes, turning occasionally. Place carrots back into the pan. Brush with remaining butter mixture and season to taste. Sprinkle with chopped parsley or chervil. Serve warm.

Adapted from: Weber.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.

### Melons

Just wipe the melon clean before storing. Be sure it is dry before you put it into the refrigerator.

If melon is ripe when you receive it refrigerate up to 3-4 days. If you are using today, leave at room temperature. Wash the melon when you are ready to cut and serve

### Carrot Top Tea

Clean carrot tops from 4-5 homegrown carrots. Chop and place into a tea pot. Cover with boiling water and steep until the water is cool. Strain and chill

### Carrot Salad

6 -8 home grown carrots with their leaves  
4 fresh mint leaves (can be replaced with another herb, to taste)  
1 hand full of raisins  
1 dash olive oil  
1 dash lemon juice 1 pinch salt

Wash, peel, and chop the carrot in the food processor on pulse. Set aside. Finely Chop the Carrot Tops. Remove the hard stems if there are any. Add to the chopped carrots mix in the raisins and chopped mint leaves. Season to taste with lemon juice, olive oil and salt.

## This Week Only

Make your own fresh homegrown caprese salad with your share tomatoes, basil, with some mozzarella and balsamic vinegar from the store.

Available while supplies last.

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

Valid this week only 8/12/19 and 8/18/19 Must be presented in person

Buy One

Mozzarella Cheese

Get Balsamic

Vinegar 25% Off



fresh discoveries every day