

## Mexican Street Corn Salad

### Dressing

½ cup plain nonfat yogurt\* 80 g

1 Tbsp lime juice 15 mL

1 tsp honey 5 g

½ tsp paprika

¼ tsp cumin

### Salad

Splash of oil for the frying pan

4 ears corn about 3 cups

1-2 clove garlic minced

2 Tbsp lime juice 30 mL

¼ tsp salt

1 cup canned black beans 200 g, drained and rinsed

1 red or green bell pepper seeded and chopped

½ cup chopped red onion

½ cup packed fresh cilantro chopped

½ cup cotija or feta cheese

Dressing: Mix all dressing ingredients and set aside.

Add a little milk if you are using Greek yogurt.

Grill the corn on the cob and then remove the kernels and add the remaining ingredients.

Or

Remove the kernels from the cob and then sauté over medium – high heat in a large frying pan with the oil and garlic. Cooking for about 15 minutes.

Move the corn to a large bowl and mix with remaining ingredients. Drizzle sauce over and serve either warm or cold. Perfect over tacos, as a chip dip, or topping avocado toast

Adapted from Liveeatlearn.com

### Stone Fruit from plastic

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

### Freezing Tomatoes

For use within 2 months

Core the tomato

Quarter cut tomatoes into small pieces

Place tomatoes onto a parchment lined pan until frozen.

Place in freezer containers or zip lock bags

Date bags- Freeze up to two months

Freezing up to 10 months

Prepare a pan of boiling water

Prepare an ice bath

Work with 3- 4 tomatoes at a time

Cut a shallow X in the bottom of the tomato some sights suggest coring before blanching.

Place tomatoes into the boiling water until the skin starts to split up to 2 minutes

Move the tomatoes to the ice water with a slotted spoon

Blanching will make it easy to peel the tomato

Freeze tomatoes for your recipes, whole, chopped, sliced, quartered in freezer containers, leave room for expansion, about 1"

Or bags, remember to remove the air with a straw.

Label and date the bag, freeze up to 10 months salt.

### 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

Have you made a meal without corn in the last few weeks? I feel like something is missing if corn is not on the table. For me, it doesn't matter, it can be served on or off the cob, hot or cold. If I have a little leftover corn, I can save it for lunch or cut it off the cob and place it in a zip lock bag to save for the soups and stews next season. If I am serving corn, a complex carbohydrate, I am probably not going to serve another starch. Enjoying just the natural flavor is the best way to go. When making a salsa or salad add some other colorful and flavorful chopped vegetables along with herbs. A lime vinaigrette will keep the fat and salt content to a minimum. I read on Facebook there have been more fritters prepared with a comment about frying. I must agree, frying is an occasional treat but not for the everyday!

Corn is a crop that is grown in quite a few different forms at the farm. Sweet corn in the summer, popcorn will be harvested in the fall, and of course the corn maize is field corn which would be harvested late in the season and dried to become many of the corn grain foods like grits, some animal feed and corn chips.

We need carbohydrates and B vitamins for energy and to help nourish your brain, heart and kidneys. We need the bulk and fiber for good digestive health. Don't forget, phosphorous, magnesium and potassium for bone health. It is the sugar that we might be concerned with. The sugar is coming from a plant and is vegetable based. It is not coming from a highly processed food. These are only a few benefits from that serving of corn.

Most of the time I cook and serve meals at home. My kitchen is really my favorite place to be. Because of that I don't often talk about restaurants. Of course, the greatest trend is for farm to table with any new opening. One of my favorite places to meet friends for lunch is Urban Table in Morristown. One of my favorite starters to share is the Avocado Toast with the Mexican Street Corn Salad on top. If you plan to prepare it, be sure to pick up Sour Dough Bread unless you keep a "starter" on your kitchen counter.

There was a question on Facebook about freezing tomatoes. I am including some directions for short term and longer term freezing. Keep in mind that these tomatoes will be best cooked in soups, stews, sauces. Dishes that we will preparing in later seasons.

I love to read your posts and I try to answer your Facebook questions here in the letter and the tips so that everyone will have the chance to benefit from the information. You can also contact me at jenn@alstedefarms.com. Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

# CSA Week 17 ~ Aug 20 - 22nd, 2019

~discover the perfect fit for you~

## Freshly Inspired Box Contents

### This Week's Full Share

- Peaches - Sustainable
- Musk Melon - Sustainable
- Watermelon - Sustainable
- Arugula - Sustainable
- Carrots - Sustainable
- Cucumbers - Sustainable
- Eggplant - Sustainable
- Garlic - Sustainable
- Lettuce - Sustainable
- Hot Peppers - Sustainable
- Peppers - Sustainable
- Radishes - Sustainable
- Sweet Corn - Sustainable
- Tomatoes - Sustainable
- (quart) Cherry Tomatoes - Sustainable

### This Week's Half Share

- Peaches - Sustainable
- Melon - Sustainable
- Eggplant - Sustainable
- Lettuce - Sustainable
- Peppers - Sustainable
- Sweet Corn - Sustainable
- Tomatoes - Sustainable
- Cherry Tomatoes - Sustainable

### This Week's Personal Share

- Peaches - Sustainable
- Melon - Sustainable
- Eggplant - Sustainable
- Lettuce - Sustainable
- Peppers - Sustainable
- Sweet Corn - Sustainable
- Tomatoes - Sustainable
- Cherry Tomatoes - Sustainable

## This Week Only

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

fresh discovery time savers | fresh, delicious and fast

## Marinated Eggplant

1-2 large eggplant rinsed and dried  
Kosher salt  
3-6 Tbsp olive oil  
3 or more cloves garlic pressed (see note)  
1/2 cup Italian parsley finely chopped  
1/2 cup fresh basil finely chopped  
Black pepper freshly ground to taste

Slice the eggplant 3/8" thick. Set the eggplant out in a single layer. Sprinkle with a little coarse salt. Place the eggplant into a colander and allow the eggplant to sweat for about 30 minutes. Rinse and then pat completely dry

Preheat a large skillet over medium heat. Add 1-2 tablespoons of olive oil. Fill the skillet with a single layer of sliced eggplant cook over medium heat for about 6 minutes, until golden brown. Turn and cook until the eggplant is golden on both sides. Replenish oil as needed. Transfer each batch of eggplant to a paper lined tray to absorb any excess oil. Allow eggplant to cool. Continue until all the eggplant is cooked.

Sprinkle minced or pressed garlic over the top of the cooked slices. In the bottom of a container that has a tight-fitting lid. Spread more minced garlic evenly over the bottom of the container. Sprinkle chopped herbs over the garlic and then top with eggplant slices. Do not overlap slices. Sprinkle with pepper. Taste before adding salt. Repeat the layers until all the eggplant and herbs have been used. Top with more herbs.

Cover with the lid, store at room temperature for 4 hours before serving.

Layer eggplant slices with tomatoes and Mozzarella cheese over a bed of chopped greens when ready to serve

Marinated eggplant can be refrigerated for up to 5-7 days. You can serve it cold or brought to room temperature before serving

The original recipe uses dill in place of basil for a completely different flavor.

Adapted from: [tasteofartisian.com](http://tasteofartisian.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

### Peaches for Smoothies

Cut peaches into wedges and place on a cookie sheet place in the freezer.

Remove from the pan into zip lock bags

### Watermelons and Melons

Cut up the fruits sprinkle with a mixture of honey and lime juice

Sprinkle with mint

Infuse water with cucumber, watermelon and mint allow flavors to develop for at least an hour, overnight would be even better!



fresh discoveries every day