

Shrimp Tacos with Corn-Tomato Salsa

3/4 to 1-pound jumbo shrimp of choice
8 corn tortillas
1/4 - 1/2 cup crumbled queso fresco or cheese of your choice
Arugula or shredded lettuce

Marinate shrimp in some of the dressing prepared for the Corn Salad

Peel, devein and marinate shrimp. Remove shell from shrimp, leaving tails on. De-vein, then marinate in 1/4 of the dressing from corn salad. If you haven't already prepared the salad, do so now.

Preheat grill. Once hot, place the tortillas on the hot grill, leave it on med-high to high heat. When the tortillas start to brown turn and brown the second side. Remove to a baking pan lined with a towel. Fold in 1/2 and gently weight with a kitchen or grilling utensil so that they cool and keep the shape you need to prepare a taco.

Grill the shrimp. Do not overcook. Remove the shrimp from grill as soon as they appear to be opaque They will continue to cook off the grill.

To assemble tacos: Put the salad greens into the shell, add some of the corn salad and then cheese. Top with the shrimp.

Tex-Mex Grilled Sweet Corn & Tomato Salad Recipe

3-4 ears of fresh corn in husk
1 cup grape tomatoes sliced in half or chopped tomatoes
1/4 cup chopped fresh cilantro
1 jalapeno (de-seeded & diced)

Dressing
2 tbs olive oil
2 tbs fresh lime juice
2 cloves of garlic
3/4 tsp Kosher salt
1 tsp light brown sugar
1/4 tsp chili powder

Whisk together the dressing ingredients and reserve a 1/4 of the dressing to baste corn, 1/2 to dress the salad, and another 1/4 for marinating shrimp or any accompanying protein of your choice

Preheat the grill. Peel back the corn husks, discard all but a couple inner layers. Remove the corn silk, then baste the corn with the reserved dressing, and cover over with remaining husk. Grill on med-high for 20-25 minutes, turning 3-4 times during cooking time. Remove the corn from grill and allow to cool a few minutes, then cut off stem end, place the flat cut end on bottom of large bowl, cut off the kernels using a sharp knife mix in remaining ingredients and the reserved dressing. Mix well

From: momfoodie.com

Save Tops to use for Stock

Save leek tops and carrot tops for the stock pot
Remove carrot tops from the roots before storing, store separately

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.

Fresh Tomato Pasta with Brie

A few hours before dinner:

Chop 3 medium tomatoes and add 1 cup chopped basil leaves, 3 cloves of minced garlic, and 1/4- 1/2 c olive oil. Add a medium-large wedge of brie, rind removed, cut into pieces. Allow this mixture to sit on the counter so that the brie will ripen at room temperature.

Prepare 3/4 lb. of linguini according to package directions. Drain and return to the pot. Stir in the tomato mixture. Season with salt and pepper. Serve warm or at room temperature with a sprinkle of parmesan.



Alstede Farms Freshly Inspired CSA

Labor Day Weekend is coming up. How did that happen? I am happy to say I have not been invited to teach this fall. The only classroom I may be in will be here at the farm for school tours. As they say, Labor Day Weekend is the unofficial end of summer. So please remind everyone you know that summer fruits and vegetables are still in season and will be available here at the farm throughout most of September, even in the beginning of October. Our shares will still reflect the heart of the summer. There are however some signs of fall with a few early varieties of apples coming into the market and pumpkins peeking through the vines out in the fields.

Are you thinking about canning or freezing? Labor Day weekend is always the time that orders come pouring in for plum tomatoes. If you need the tomatoes call today. They will have them ready for you to pick up. It seems to be a family event making salsa, sauce, even ketchup. Lauren Shaughnessy Reed said it perfectly, "it is a labor of love" and if you have Monday off to recover from all the work, even better!

Nicole Totilo Pace made a Gazpacho with her share. In previous years I have made vats of it for our events here at the farm. I did not make it this year and I miss it. The shares are perfect for it. I love that you make it and enjoy it the first day and it is better the next day and even the day after that. The vegetables stay crisp in the cold juice. The prep is almost like salsa however it is a Spanish, not a Mexican recipe so it is mild, not spicy. You can tailor the recipe to your liking. The only downside is that you need to know your audience or guests. I have made it for friends and family and even with my students and it is just different enough that some can't get enough, and some let's just say are the opposite. It could be something different to add to your Labor Day Weekend menu. I want to make the Tomato Galette that Lauren Ryan Posted. With a great onion harvest it is time to try that recipe.

I had friends come to visit on Saturday and I prepared a farm to table menu of course. My menu to say the least was a bit ambitious. Early Saturday morning I ran out of time. One of the items on my menu was the Marinated Eggplant. In order to get it done in time I decided to prepare it in the oven on a baking pan instead of frying batches on top of the stove. I have posted an update in the tips this week for you. By the way, they loved it!

I heard from Maria Ricciardi this week about cucumbers. She and maybe all of you will be happy to have them in the shares this week! Any comments, any tips, anything to share, please send to jenn@alstedefarms.com. I love hearing from you. Have a relaxing holiday weekend and until next week, enjoy and share the freshness!

~food for thought~



fresh discoveries *every day*



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CSA Week 18 ~ Aug 27 - 29th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Pears - Sustainable
- Musk Melon - Sustainable
- Watermelon - Sustainable
- Carrots - Sustainable
- Cucumbers - Sustainable
- Eggplant - Sustainable
- Garlic - Sustainable
- Leeks - Sustainable
- Lettuce - Sustainable
- Bell Peppers - Sustainable
- Sweet Corn - Sustainable
- Swiss Chard - Sustainable
- Plum Tomatoes - Sustainable
- Tomatoes - Sustainable
- *Bonus* Peaches - Sustainable

This Week's Half Share

- Pears - Sustainable
- Watermelon - Sustainable
- Cucumbers - Sustainable
- Eggplant - Sustainable
- Lettuce - Sustainable
- Bell Peppers - Sustainable
- Sweet Corn - Sustainable
- Plum Tomatoes - Sustainable
- Tomatoes - Sustainable
- *Bonus* Peaches - Sustainable

This Week's Personal Share

- Pears - Sustainable
- Watermelon - Sustainable
- Cucumbers - Sustainable
- Eggplant - Sustainable
- Lettuce - Sustainable
- Bell Peppers - Sustainable
- Sweet Corn - Sustainable
- Plum Tomatoes - Sustainable
- Tomatoes - Sustainable
- *Bonus* Peaches - Sustainable

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Grilled Eggplant Pita

- 1 large eggplant
- 1 plum tomato, diced
- 1 /2 bell pepper diced
- 1 ½ teaspoons red wine vinegar
- ½ teaspoon kosher salt, more to taste
- ½ teaspoon chopped fresh oregano
- 2 garlic cloves, finely chopped
- 3 tablespoons extra virgin olive oil
- 3 tablespoons chopped parsley
- Black pepper, to taste
- Capers or chopped olives, for garnish, optional
- Grilled pita bread, for serving

Heat grill to medium high. Wash and dry the eggplant. Prick the whole eggplant all over with a fork and place it on the grill, close the cover; cook, turning occasionally, until eggplant is very tender, and the skin is blistered, about 15 minutes. Cool.

Cut the eggplant in half, lengthwise. Scoop out the inside coarsely chop. Transfer eggplant to a bowl and toss with tomatoes, pepper, vinegar, salt, oregano and garlic. Stir in oil and parsley; season with pepper and more salt if needed. Garnish with capers or olives if you like them. Serve with warm pita bread. Adapted from cooking.nytimes.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

Pears

Pears should be stored at room temperature for a couple of days to ripen completely.

Cucumbers

Be sure cucumbers are dry, store in a plastic bag in a crisper drawer for up to 5 days. Cucumbers from the farm have not been waxed, leave the skin on when possible

This Week Only

Now is the time to stock up on peaches before they're gone. It's the perfect time to make peach preserves, freeze peaches, and more.

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

Valid this week only 8/26/19 and 9/1/19 Must be presented in person

20% off of a

Box of Peaches

Now \$26 each



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