

Green Bean Gremolata

- 1 lb. tender green beans
 - 2 t garlic (2 cloves)
 - 1 tablespoon grated lemon zest (2 lemons)
 - 3 tablespoons minced fresh flat-leaf parsley
 - 3 tablespoons freshly grated Parmesan cheese
 - 2 tablespoons toasted pine nuts
 - 2 1/2 tablespoons good olive oil
 - Kosher salt and freshly ground black pepper
- Boil water and blanch the green beans for 2-3 minutes or steam until tender crisp. While beans are cooking prepare an ice water bath. Add the beans to the bath to stop the cooking. Drain and pat dry.
- Mince the garlic and the parsley. Add the lemon zest and the parmesan. Mix in the pine nuts, set aside.

When ready to serve, heat the olive oil in a large sauté pan over medium-high heat. Be sure the beans are dry. Add the beans to the pan and sauté, turning frequently, for 2 minutes, until coated with olive oil and heated through. Remove the pan from the heat, stir in the herb mixture and toss well. Serve

Adapted from: InaGartenFoodNetwork.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.

Healthy Apple Snacks

Core an apple
Cut into rings
Spread with a nut butter
Sprinkle with nuts, raisins, cereal, granola, your choice



Alstede Farms Freshly Inspired CSA

Lunch box peppers are some of the brightest peppers to come out of the field. They are tiny so you might think that they could be hot, and you will be pleasantly surprised to find that they are sweet. Perfect for the lunch box or appetizer recipe or for just cutting up as you would any other bell pepper. Add a few cherry tomatoes to that lunch as well. An apple a day could be added to that lunch box too. As we know that once the apple season starts, we continue to have one of the many different varieties in our shares until Thanksgiving. Pears, the first of the fall fruit, are also perfect for eating out of hand not to mention some of the baking we will be doing! Is it really time for the aroma of fall fruit and cinnamon to be coming from the kitchen!

~food for thought~

I guess in this case I am thinking about all the children in our CSA families who are returning to school. I am just wondering what the trend is. Packed lunches or cafeteria lunches. In recent years school cafeterias have made a big change. I don't remember cafeteria food as a favorite. Years ago the meal was prepared every morning in the cafeteria kitchen. Now there are companies that run the cafeterias in most schools and there is really no cooking. Just heating or reheating foods. Except for a soup or salad bar, most menu items are just like fast foods. Pizza, burgers, nachos. What are students eating for lunch? That is my question, fresh from the farm or fast, processed food? I still see adds for lunch boxes and I wonder, is there a lunch from home in that back- pack or not?

Back to school, a sure sign of fall. We will all start to see the transition in our shares each week. We had pears in our shares last week and they will be in again this week. Pears and apples will replace peaches as we change seasons. Zestar is the apples that will be the first in shares this year. It is perfect for the transition of seasons as it is a late summer/ early fall apple. This apple is red where it was touched by the sun. There will be a little greenish yellow skin where the sun could not reach the fruit. It is crisp and juicy. Zestar apple have their own unique taste, sweet and tangy along with a hint of brown sugar. This apple does store well. It can be kept at room temperature if you are going to eat them in a day or two. Refrigerate for longer storage and bring the apple back to rom temperature for serving out of hand. Zestar apples are good for cooking, eating out of hand, and in recent articles they have been recommended for baking and even pies.

If you have any early fall, or lunch box recipes, or ideas to share. Please send them to me, jenn@alstedefarms.com. Until next week, enjoy the freshness.



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 19 ~ Sep 2nd - 4th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Pears - Sustainable
- Musk Melon - Sustainable
- Zestar Apples - Sustainable
- Beans - Sustainable
- Carrots - Sustainable
- Garlic - Sustainable
- Kale - Sustainable
- Lettuce - Sustainable
- Lunch Box Peppers - Certified Organic
- Onions - Sustainable
- Sweet Corn - Sustainable
- Cherry Tomatoes - Certified Organic
- Tomatoes - Sustainable

This Week's Half Share

- Pears - Sustainable
- Musk Melon - Sustainable
- Zestar Apples - Sustainable
- Beans - Sustainable
- Carrots - Sustainable
- Garlic - Sustainable
- Lettuce - Sustainable
- Sweet Corn - Sustainable
- Cherry Tomatoes - Certified Organic
- Tomatoes - Sustainable

This Week's Personal Share

- Pears - Sustainable
- Musk Melon - Sustainable
- Zestar Apples - Sustainable
- Beans - Sustainable
- Lettuce - Sustainable
- Sweet Corn - Sustainable
- Cherry Tomatoes - Certified Organic
- Tomatoes - Sustainable

fresh discovery time savers | fresh, delicious and fast

Risotto Stuffed Tomato

4-6 medium tomatoes

4-6 tablespoons Arborio rice

A handful parsley leaves, finely chopped

2-3 cloves garlic, minced

¼ c parmesan cheese

4-6 tablespoons extra virgin olive oil

1 c vegetable broth

Sea salt and pepper to taste

8 basil leaves

Preheat oven to 400. Carefully scoop out the flesh of the tomato and chop. Place the tomato cups in a baking pan. Mix chopped tomato, rice, parsley garlic and cheese. Stir in some salt and pepper. Divide the filling among the tomatoes and cover with tops. Place a basil leaf in each core. Heat the broth and pour over the tomatoes. Cover the pan tightly with foil. Bake 25-30 minutes, lower the temperature to 350 for 10 more minutes. Check to see if the rice is tender. Allow tomatoes to set a few minutes before serving. Serve hot or at room temperature

Storage Tips

Baked Pears with Walnuts and Honey

2 large ripe pears

¼ t ground cinnamon

2 tsp of honey

¼ cup of crushed walnuts

Optional yogurt or frozen yogurt

Preheat the oven to 350. Cut the pears in ½ and scoop out the core and place in a baking pan. Sprinkle with cinnamon, top with crushed walnuts and drizzle the honey over the top. Loosely cover with a piece of foil. Bake for 15 minutes. Remove the foil and bake until tender, about 15 minutes more.

Serve for breakfast with yogurt, raisins and granola or for dessert with frozen yogurt.

From: Skinnytaste.com

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

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

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



fresh discoveries every day