

Kale and Eggplant Summer Pasta

Serves 4

1 eggplant

2 cup fresh kale leaves, stems removed and roughly chopped

2 garlic cloves, minced

1/4 teaspoon red pepper flakes (less for less spicy)

8 oz. whole wheat penne pasta

1 lemon

1/4 cup. pine nuts, toasted

feta cheese, as needed

olive oil, as needed

salt and pepper, as needed

Preheat oven to 400 degrees.

Remove both ends of the eggplant, then cut in half lengthwise (optional: remove the skin).

Cut into cubes and sprinkle with salt. Allow the eggplant to sweat. Rinse and pat dry. Drizzle with

Olive oil bake for 20 minutes, flipping half-way through. They're should be tender and the edges

Should be browned.

While the eggplant is roasting bring a pot of water to a boil. Add salt and pasta. Prepare according

to the package directions. Reserve about a cup of pasta water and drain the rest. Set aside.

Heat a sauté pan over medium heat with a coating of olive oil. Add the garlic and pepper flakes cook for a minute until fragrant. Do not allow garlic to burn. Add the kale a handful at a time. Toss to coat with oil. Add a little pasta water to help the wilting process. Cover for a minute or two. Kale should all be wilted and cooked down.

Once everything is finished, toss the kale/garlic, eggplant, and pasta in a large bowl. Sprinkle with feta, pine nuts, and squeeze over some fresh lemon.

Serve and enjoy!

Optional: roast the eggplant with some chopped fresh tomato

Sprinkle in some chopped fresh basil and oregano

Adapted from: vodkaandbiscuits.com

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.

Chili Pepper Plant

Use gloves when working with hot spicy peppers or wash hands before touching eyes, face, etc

Use peppers fresh off the plant for hot spicy dishes

If you want to dry the peppers you can remove the leaves from the plant and hang it in a dry place

You can string the peppers under the stem

Or you can dry in a rack.

They can be dried in the oven, low temperature, oven door open

My favorite a swag, layered with herbs from my garden and tied with a few different colors of raffia.

When the peppers are dried I just pull one off when I am serving pasta or pizza and I just crumble it over



Alstede Farms Freshly Inspired CSA

Last week my sister and I were talking about how much we love Macoun Apples. Lisa introduced them to our family when she worked for a farm market as a teenager. She was talking about all the other apples that she liked as well. When she mentioned the Honey Crisp I said "Macoun apples are a parent to the Honey Crisp along with the Honey Gold." This week the Honey Crisp is a treat for you in the shares. I go back to just double check my memory and I find an article about the apples.

"Who's Your Daddy, Honeycrisp?" the article is on-line. Record keeping is to blame for the mistake in identity of the Honeycrisp parents. Now the parents are thought to be the Keepsake and an apple that was never released from the University of Minnesota. The Golden Delicious and the Duchess of Ogdenburg are thought to be grandparents. I have not really gone that far back in the lineage before.

Why does it matter? For me it's a little folklore, I love the stories. It also helps me to understand how the apple can be best used in cooking, baking, and pies. I am sure that there is information that the farmers and apple breeders need as well. Honeycrisp apples have become one of the most beloved apples of all time. Here at the farm we love them along with so many other favorites. During the season I enjoy cutting apples for our guests so that they can try many of the different varieties that we grow. That way they will have more than one apple that they enjoy!

I heard from CSA member Bev Hansen this week. She has been busy with the fabulous tomato harvest this year. She has been preparing the Oven Roasted Tomato Sauce from a blog by Sweet Pea Chef. Bev reminds me that when she prepares the sauce, she microwaves the carrots to soften them just a little so that they are cooked though when the sauce is ready. While working, Bev found a new way to peel tomatoes. We have all done blanching in boiling water, then a cold ice bath. A mess to say the least. I will include a link in the tips. Bev used every bit of the tomatoes. She dried the skins on cooling racks in the oven at 175 until dry. She then blended them in the smoothie cup of her Ninja Food processor. This made tomato flakes/powder. This can be used in soups, stews, omelets for flavoring. Tomatoes are still available if you are thinking about following Bev's lead.

Kim De Maria put my mind at ease. She still prepares lunch for her children; their friends bring lunch as well. They like to have salad, yogurt, sandwiches, veggies and fruit, popcorn and pretzels. How about a wrap with peanut butter and banana and chia seeds? They love the cucumber salsa available in the farm store as well. If I was in school, I would hope to make a trade. Sounds good to me! -- It was good to see some of you at breakfast. It is always nice to hear from you. If you have anything share, send to jenn@alstedefarms.com Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 20 ~ Sep 10th - 12th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Honeycrisp Apples - Sustainable
- Pears - Sustainable
- Beans - Sustainable
- Carrots - Sustainable
- Eggplant - Sustainable
- Garlic - Sustainable
- Chili Pepper Plant - Sustainable
- Kale - Sustainable
- Lunch Box Peppers - Certified Organic
- Onions - Sustainable
- Peppers - Sustainable
- Sweet Corn - Sustainable
- Cherry Tomatoes - Certified Organic
- Tomatoes - Sustainable
- Russet Potatoes - Sustainable
- Tomatillos - Sustainable

This Week's Half Share

- Honeycrisp Apples - Sustainable
- Pears - Sustainable
- Beans - Sustainable
- Carrots - Sustainable
- Eggplant - Sustainable
- Garlic - Sustainable
- Chili Pepper Plant - Sustainable
- Kale - Sustainable
- Onions - Sustainable
- Peppers - Sustainable
- Sweet Corn - Sustainable
- Tomatoes - Sustainable

This Week's Personal Share

- Honeycrisp Apples - Sustainable
- Pears - Sustainable
- Beans - Sustainable
- Eggplant - Sustainable
- Garlic - Sustainable
- Chili Pepper Plant - Sustainable
- Kale - Sustainable
- Peppers - Sustainable
- Sweet Corn - Sustainable
- Tomatoes - Sustainable

Box of Plum

Tomatoes

\$20 each or \$17 for 5

or more

This Week Only

Our bountiful tomatoes will lend themselves perfectly to homemade sauce. Stock up now while we have them!

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

Valid this week only 9/9/19 and 9/15/19 Must be presented in person

fresh discovery time savers | fresh, delicious and fast

Green Beans, Corn, and Carrot Salad

- ½ teaspoon kosher salt, more as needed
- 2 tablespoons red wine vinegar
- 2 garlic cloves, finely chopped
- 1 tablespoon Dijon mustard
- 1 cup extra-virgin olive oil
- ¼ cup minced fresh chives
- Black pepper, as needed
- 1 pound haricots verts, trimmed
- 2 cups cooked fresh corn kernels (from about 4 corn cobs)
- ½ pound carrot, peeled and coarsely grated (2 cups)

Preparation

In a small bowl, whisk together salt, vinegar, garlic and mustard. Continue to mix and drizzle in the olive oil. Until all ingredients are blended. Whisk in chives and pepper.

Clean green beans, cut in ½. Steam until fork tender.

In a large bowl, toss together haricots verts, corn and carrot. Toss in dressing and season with salt and pepper.

From: The New York Times

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.

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

Pears

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

Kale

Wrap the kale in towels and place in a plastic bag or container.



fresh discoveries every day