

Grilled Yukon Gold Potatoes with Garlic and Herbs

4 large Yukon gold potatoes

2 tablespoons freshly chopped thyme leaves

2 teaspoons minced garlic

3 tablespoons extra-virgin olive oil

Gray salt or salt of your choice and freshly ground

black pepper

Rosemary sprigs

Before grilling the potatoes, simmer them in salted water until fork tender.

Preheat a grill on medium-high heat. *

Slice the potatoes lengthwise. Mix together the thyme, garlic, and olive oil. Add the sliced potatoes.

Season with gray salt and pepper. Place the potatoes on the grill at the side of the heat source so

that they cook with indirect heat. Potatoes should cook for about 5 minutes on each side until they have

grill marks and they are cooked though. Sprinkle with sprigs of rosemary to garnish when serving.

*This recipe can be done indoors in a grill pan.

Adapted from: thefoodnetwork.com

Roasted Garlic

Peel off the papery outside layers of the bulb, leaving the actual skin around each clove intact. Remove the root. Cut about a 1/4" slice from the top of the bulb. Place the clove in an oven safe dish like a custard cup and drizzle with a little olive oil. Cover with aluminum foil and bake for 35-40 minutes.

The garlic should feel soft to your touch.

The cloves will be slightly browned.

Cool, squeeze the garlic from the cloves. It is ready to be added to mashed potatoes, hummus, or your favorite pasta recipe.

Goldies

Keep them on your counter for a few days. They do not need to be refrigerated

Longer storage is in a cool dark place but not necessarily a refrigerator

Add them to your salads or to any salsa recipes

Toast a slice of French Bread, spread with a little goat cheese, and top with a few ground cherries

Serve them over ice cream or cereal

Husk cherry sauce- Toss them with a little olive oil, salt and pepper. Roast at 350 in a single layer for 15-20 minutes. Cool, puree.

Serve warm or at room temperature

Eggplant and Tomatoes

This week I grilled slices of eggplant, roasted some chopped tomatoes with basil, garlic and a little olive oil. I plated some salad greens, topped them with the eggplant, then the roasted tomato and finished with Burrata. It was a great side for grilled chicken.



Alstede Farms Freshly Inspired CSA

Just when I think we have seen everything in the shares there is something new. We are going to have goldies, husk cherries, cape gooseberries are just a few names, there are others and of course more name than any one item could ever need. They can also be called ground cherries since they fall from the plant when they are ripe. If you have to pick them off the plant, they are not ready. They are rarely available in any food markets. You will only find them in places where they are being sold by the grower, so farm markets. They have been around for a few years and my favorite activity when I am working is to allow people to taste them. I have seen just about every reaction possible. I think that your reaction to them depends on your expectation of the taste. Here in the farm store we market them with the tomatoes, so our guests are not expecting sweet even though I tell them that the taste to me is more like a pineapple than anything else. I love the Smithsonian description "They are said to taste like a cherry tomato, injected with mango and pineapple juice and they look like an orange pearl encased in a miniature paper lantern." Some descriptions will include the taste of strawberry in there as well. They look like a tiny tomatillo. You are going to find that you will be eating them out of hand. If there are any leftover there will be some ideas in the tips this week. They are delicious and they are good for you. They are known for their antioxidants and effective chemical compounds. They have anti-cancer, antitumor, and anti-inflammatory properties.

There has been a potato harvest and we will find Yukon Gold Potatoes in the shares this week. They are the favored potato for many mashed and smashed recipes. They have a golden rich color and flavor. Before you add butter or milk you will find that they really might not need it.

The apple variety in your share is the (red) Gala. As you may know I work at the Farm Store, in the Pavilion, formerly the produce tent) on the weekends in the fall season. I cannot tell you how many of our guests are looking for an apple that is sweet. Most apple varieties have a bit of a tart edge however the Gala, both red and yellow are truly sweet apples. They are plentiful here at the farm and they are a favorite among customers. Gala apples have surpassed the Red Delicious apple as the nation's favorite. The sweet parents of this apple are Kidds Orange Red and Golden Delicious. Gala apples are best eaten out of hand, they will be a good lunch box treat and they work great for salads.

Each week we will see a little more transition into fall. This week I am noticing the fall colors here at the farm with the addition of mums and pumpkins. On Saturday morning it was a little brisk. I had to run back into the house to grab a sweatshirt. The seasons are definitely changing.

Until next week, enjoy the freshness!

Jenn Borealo

Alstede Farms' Culinary and Education Specialist



fresh discoveries *every day*

CSA Week 21 ~ Sep 17th - 19th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Gala Apples - Sustainable
- Asian Pears - Sustainable
- Husk Cherries - Sustainable
- Cucumbers - Sustainable
- Eggplant - Sustainable
- Garlic - Sustainable
- Kale - Sustainable
- Leeks - Sustainable
- Lunch Box Peppers - Certified Organic
- Onions - Sustainable
- Peppers - Certified Organic
- Radishes - Sustainable
- Sweet Corn - Sustainable
- Cherry Tomatoes - Certified Organic
- Tomatoes - Sustainable
- Yukon Gold Potatoes - Sustainable

This Week's Half Share

- Gala Apples - Sustainable
- Asian Pears - Sustainable
- Husk Cherries - Sustainable
- Cucumbers - Sustainable
- Garlic - Sustainable
- Kale - Sustainable
- Leeks - Sustainable
- Lunchbox Peppers - Certified Organic
- Onions - Sustainable
- Peppers - Certified Organic
- Radishes - Sustainable
- Sweet Corn - Sustainable
- Tomatoes - Sustainable

This Week's Personal Share

- Gala Apples - Sustainable
- Asian Pears - Sustainable
- Husk Cherries - Sustainable
- Cucumbers - Sustainable
- Garlic - Sustainable
- Leeks - Sustainable
- Lunchbox Peppers - Certified Organic
- Onions - Sustainable
- Peppers - Certified Organic
- Radishes - 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 9/16/19 and 9/22/19 Must be presented in person

fresh discovery time savers | fresh, delicious and fast

Hummus Stuffed Lunchbox Peppers

Mini bell peppers – enough to feed your family

Black bean hummus - 1 to 2 tsp per pepper

Plant-based cheddar cheese slices - about 1 slice per pepper

Sweet chili sauce - about 1 tsp per pepper

2-3 tbsp. fresh chopped cilantro

Preheat the oven to 375a F. Cut the tops off of the peppers, scrape out the seeds with a knife or a spoon.

Rinse the peppers and wash out any remaining seeds.

Drain to dry

Carefully spoon as much hummus as you can into each pepper. Push 2 thin strips of cheese into the hummus in each pepper

Place the peppers on a parchment lined baking pan.

Bake for 8- 10 minutes. Check to be sure that the cheese has softened.

Place the peppers on a serving dish. Drizzle with sweet chili sauce and sprinkle with fresh chopped cilantro

Adapted from: leangreendad.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.

Storing Potatoes

Store potatoes in a dark, cool, dry place. Brown paper bags on the top basement steps, maybe in the garage. Separate from onions and shallots, garlic. Separate varieties and rotate to be sure that you are using the older potatoes first.

Pears

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

Storing Fresh Leeks

Refrigerate leek unwashed with roots attached for up to two weeks. Wrap tightly in plastic so the flavor isn't absorbed by other foods.



fresh discoveries every day