

All About Edamame

Edamame- keep in a tightly closed plastic container or bag

Boil or steam in the pods. Break open the pods to serve

Fill a 4 qt pot ½ full and bring to a boil. Add 1t salt and the edamame. Remove a pod after 5 minutes to check and see if the beans are tender. Strain. Place the pods into a bowl and sprinkle with salt. Break open the pods and enjoy.

To steam. Boil salted water under a steamer. Place the steamer over the water. Add the edamame. Steam for 5 minutes. Check a pod for tenderness. Plunge beans into ice water bath. Drain Sprinkle with salt and serve. Break open the pods and enjoy

Garlic Edamame; Mix together 2-3 cloves of minced garlic, 2 T sesame or oil of choice, sprinkle with red pepper flakes, and salt to taste. add the edamame and serve. adapted from elizabethrider.com

Prepare an Edamame salad. With the Garlic Edamame, some blanched corn off the cob, chopped tomato and pepper hot or sweet. Onion or garlic your choice, some parsley a little basil, and your favorite vinaigrette.

Broccoli Butter

This recipe uses the stems and pieces that you might otherwise discard.

Chop the broccoli stems and bring them to a boil in either salted water or broth, just enough liquid to cover the vegetable. Broccoli will be fork tender. Pour into blender and puree, add a tablespoon or two of butter. Pour over steamed florets, warm through and serve over pasta.

A Different Way to Store Broccoli

To store broccoli. Place the stem in bowl with a couple of inches of water where the broccoli can stand and then cover the head with a plastic bag. Change the water daily. Keep broccoli up to 5 days in the refrigerator

If you can't use the broccoli or beans in the share within the 5 days, blanch them or steam them. They will be ready for the recipe of choice when you go to use them, and the process will extend the storage time.

Storing Apples

Keep apples cool. Apples on the counter for a day or two are ok. For longer storage and to maintain a crisp texture place them in the refrigerator. For the best flavor bring them back to room temperature before serving.



Alstede Farms Freshly Inspired CSA

Before you pick up your shares this week, we will celebrate the Fall or Autumnal Equinox. The sun has been setting earlier. The full harvest moon was last weekend. The farmers could use that light all season with the never-ending work that they have to accomplish, and the daylight is getting shorter. As we slip into Autumn think about doing something to celebrate the season. Take a walk on one of these gorgeous days or change some of your decorations from summer to fall, if you have a little time, come over to check out the corn maze. I spent a part of my morning hunting for seasonal decorations for my house and the farm has inspired me as it becomes more seasonal and more colorful each week. If you pick up your share at the farm store you will see more pumpkins, mums, Corn Stalks, Indian Corn or Fingers, and I am sure that there will be some surprises in the Harvest this year. Stop by to take a look.

There is broccoli coming from the field this week and we will reap the benefits. We can truly serve all the parts of this vegetable. The buds, the stems, and the leaves are all edible. You will be able to incorporate broccoli a few times as part of your meal planning this week. Broccoli with pasta has been a favorite in Italian menus for a long time. Add the sautéed leaves and prepare broccoli butter for the sauce to change up the recipe a bit. Use the leftovers for a frittata.

I wrote a recipe last week for the lunch box peppers stuffed with hummus. During the week I went out to a Farmers Market in Allentown and one of the butchers had the peppers stuffed with sausage. It did look inviting. I guess you have to decide, carnivore or omnivore, leave out the cheese with the hummus and it can be vegan, so the choices become yours.

A rare treat will show up in the shares this week, edamame! We have been waiting for this arrival! Edamame is an immature soybean. They are well known in Asian cuisine and often purchased frozen so fresh is a real treat. Edamame is usually eaten as a snack. Edamame is a complete protein and a suggested food if you are on a vegan diet. They can lower cholesterol, they are low in carbohydrates and will not raise blood sugar levels. Edamame are high in vitamins and minerals as well as fiber. Edamame is a noted source for vitamin K so if you are on blood thinners keep that in mind.

As of today, I am hearing that Honey Crisp apples will be in the shares again so enjoy them. We will also share a pair of Crimson Crisp apples with each of you. Crimson Crisp live up to their name. They are the deepest red apple. They have a creamy-white flesh that is sweet with a tart finish. They are best for eating out of hand. While discussing this week's box, Maggie went to grab one to snack on herself! Rutgers University is one of three schools that helped to develop this apple in the 1970s and it was released in 2005. You will only find this apple growing at specialized farms. We are so happy to share what we can with you. We hope you enjoy them and all the freshness until next week!

~food for thought~

Until next week, enjoy the freshness!

Jenn Borealo

Alstede Farms' Culinary and Education Specialist



fresh discoveries *every day*

CSA Week 22 ~ Sep 25th - 27th, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Honeycrisp and Crimson Crisp Apples - Sustainable
- Pears - Sustainable
- Bok Choy - Sustainable
- Beans - Sustainable
- Broccoli - Sustainable
- Carrots - Sustainable
- Edamame - Certified Organic
- Garlic - Sustainable
- Kale - Sustainable
- Leeks - Sustainable
- Onions - Sustainable
- Lunch Box Peppers - Certified Organic
- Yukon Gold Potatoes
- Cherry Tomatoes - Certified Organic
- Tomatoes - Sustainable

This Week's Half Share

- Honeycrisp and Crimson Crisp Apples - Sustainable
- Pears - Sustainable
- Bok Choy - Sustainable
- Beans - Sustainable
- Broccoli - Sustainable
- Edamame - Certified Organic
- Garlic - Sustainable
- Onions - Sustainable
- Lunchbox Peppers - Sustainable
- Yukon Gold Potatoes - Sustainable
- Cherry Tomatoes - Certified Organic
- Tomatoes - Sustainable

This Week's Personal Share

- Honeycrisp and Crimson Crisp Apples - Sustainable
- Pears - Sustainable
- Beans - Sustainable
- Broccoli - Sustainable
- Edamame - Certified Organic
- Garlic - Sustainable
- Onion - Sustainable
- Lunchbox Peppers - Sustainable
- Yukon Gold Potatoes - Sustainable
- Tomatoes - Sustainable

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Storage Tips

Broccoli Leaves

Remove stems and rib from leaves and cut or tear the leaves into small pieces. Sauté some sliced garlic. Shallots or garlic and onions in olive oil. Remove with a slotted spoon. Add the broccoli leaves and sauté leaves for a few minutes and then add back the aromatic ingredients. Prepare pasta according to package directions. Save a cup of pasta water. Toss the pasta with the broccoli leaves, garlic, shallots, onion. Add a little pasta water to marry flavors. Sprinkle with a little cheese and red pepper flakes and serve.

Preheat the oven to 400 Roast leeks and carrots. Cut the roots from the leeks and the tops from the carrots. Cut the vegetables into 1" pieces. Cut the pieces in 1/2 if they are large. Mix with olive oil, salt and pepper. Roast on a baking sheet lined with parchment paper for 15 minutes. Check the vegetables. Lower the heat to 375 and roast an additional 15-20 minutes. Vegetables should be browned around the edges and fork tender. Adapted from: Arlene Ward Adventures in Cooking

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.

Onions and Potatoes

Do not store onions and potatoes together.

Roasted Broccoli Steaks

Preheat the oven to 450. Heat the baking sheet in the oven while preparing ingredients.

Trim the broccoli; Remove some of the stem and reserve. Slice from the stem end into thick steaks. While you are doing this some of the florets will fall off. Save them for another recipe. Toss the steaks with a little olive oil, just enough to coat and sprinkle with salt. Roast on the preheated sheet until browned around the edges, about 15 minutes.

Mix together, 2 tablespoons blood orange juice or orange juice and 1 tablespoon lemon juice; whisk in the 1/3 c olive oil. Drizzle the dressing over the broccoli; sprinkle with salt and red pepper flakes. Garnish with chopped parsley, thinly sliced red onion and crumbled feta or shredded parmesan

Adapted from: thefoodnetwork.com

This Week Only

**10% off of Spices
and Dip Mixes**

Compliment the vegetables in your box with our range of spices.

Our Farm Store is open Monday through Thursday 9am-7pm and Friday-Sunday 9am-8pm.

Valid this week only 9/23/19 and 9/29/19 Must be presented in person



fresh discoveries every day