



Storage Tips and Tricks for This Week's Contents

We've heard from many of you regarding this year's herb plant planning. After this week, it looks like we will have 4-5 more herbs in our shares in the coming weeks. This week's sage plant will do well with the oregano or thyme plants that you may already have, it does well when the soil has a chance to dry a bit between watering.

If you are not going to cook and serve one of the vegetables in your share, just cook and store. This will extend its shelf life and allow you a few more days to use it in a meal plan.

What to do with leftover cooked Mushrooms and Kale: Layer with your favorite cheese for the Filling, then find some crusty bread and grill for a vegetarian lunch

Mushrooms

I have been using the mushrooms quickly so I did not notice that the original wrap does not have holes so a brown paper bag is best.

Do not store in a zip lock bag. Mushrooms need to breathe.

Wipe clean with a damp cloth before using.

They should be used within a couple of days

To prolong storage clean and cook and then store.

Sauté to have them ready for a soup or stew or sauce

Radishes

Remove the green tops from the red roots before storing.

Store in plastic storage bags separately

Use the tender greens within a couple of days

Radish Greens

Prepare Radish Green Pesto

Wilt greens into soups

Add chopped radish greens to salads

Check your refrigerator temperature. Lowering just 1 degree can help to keep fresh produce a day or 2 longer.

Week 3 Fresh Inspirations May 12-14, 2020

More challenges this weekend! Snow in May is one thing but when the temperatures dip below 30 while fruit trees and strawberries are blooming. Oh my! No one really knows for sure the extent of the damage as of yet. The strawberries were covered and continue to be covered for protection from cold for a couple more nights. Crazy spring at best!

Angelina Louise posted Spanakopita, or Greek Spinach Pie. Made with spinach that has been pretty consistent in the shares. This was one of my favorite projects with my students when I was teaching. With so many of you home I think it could be a fun family project. Most of the time the pastry is purchased making the recipe a little easier, just take care not to let the filo dry out. I love that the recipe yields quite a large amount. So, you can make and serve some and freeze some to bake later. Spinach is one of those versatile vegetables that can be great on its own, but it can also add so much to other recipes. Can you imagine a steak house menu without creamed spinach? It is great as a bed for grilled chicken, shrimp, or poached eggs. It can be wilted into soups or stews, even risotto before serving. Cooked and drained and chopped and it can be added to ricotta for pasta fillings or a white pizza topping. Don't forget quiche or frittatas. It can be used raw in salads, if it is clean and ready, add it to your smoothie in the morning. Anywhere you add spinach, you are adding vibrant color, great taste, and of course nutrients as well. Don't forget to save the ribs and stems for stock.

We are planting again this week. Quite a few of you have been talking about thyme and oregano that has come back in your garden this year. We actually had a little trading this week at pick-up. If thyme came back members wanted oregano or if oregano was popping back up, they wanted thyme. Sage will be added to all of your gardens this week. Sage is a perennial and it is pretty hardy. Add it to the pot with the thyme and oregano or plant it directly into your garden. Many of you may have some Sage from previous years. I love having this in the garden. Harvest the leaves batter and fry them. If I have a lot of Sage. I let some go to seed. The lavender flowers are a beautiful addition anywhere. If you have Sage from previous years, it is time to prune the plants. Wait until you see new growth, that way you will know if a branch is dead or not. Use your pruning shears to trim. Be sure that you have trimmed off old flowers and cut back stems just a above new growth. Stems that are allowed to get too tall will fall over. Harvest healthy leaves throughout the season and remove any dying, yellow, unhealthy looking leaves as the season progresses.

I am "Freshly inspired on Facebook by so many of you! Julie Marie Siebert was busy at her sewing machine making a re-usable microwave popcorn bag. If you make one be sure to use the original directions for popping corn. Do not butter the corn before popping. Ashley Rivera has Massaged Kale that you can prepare when you get home with your share and then serve for the following days. We just passed Cinco De Mayo, but any Tuesday can be a "Taco Day" so let's follow Denise Koper and have a Mojito!

Until next week, enjoy the freshness!

Jenn Borealo

freshly
inspired

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Jazzy Spinach

1-2 tablespoons coconut oil
1/2 teaspoon cumin seeds
1/2 white onion, finely chopped
3-4 garlic cloves, minced
1/2 teaspoon turmeric powder
1 tomato, finely chopped
Fresh spinach from the share
1 teaspoon cumin powder
1 teaspoon coriander powder
1/2 - 1 teaspoon red chili powder (adults only :) – to taste
Salt to taste & Squeeze of lemon juice or lime

In a saucepan for which you have a lid, heat the oil on medium high heat. Add the cumin seeds and allow them to sizzle but not burn, about a minute. Allow the pan to cool for a few minutes and add the chopped onion. Sauté until softened. Add the garlic and sauté a minute or two more. Garlic will be fragrant. Do not allow garlic to brown. Add in the turmeric and allow to heat through and add the tomato. Continue to cook this mixture 2-3 more minutes. Mix in the fresh spinach and cover with the lid for about 5 minutes check the mixture after 2 minutes, and gently stir. Cover and repeat. Remove the lid when the spinach is tender and wilted. Sprinkle with salt, sauté a few additional minutes. Add the cumin and coriander powders and sauté for 2-3 minutes until any moisture has evaporated. Season to taste. Sprinkle with lemon juice just before serving. Serve over brown rice, Garnish with yogurt (optional) Adapted from: spicespicebaby.com

herb and herb plant notes

Oven Drying Herbs: Conventional ovens can also be used to dry herbs. For quick oven drying, take care to prevent loss of flavor, oils, and color. Place leaves or seeds on a cookie sheet or shallow pan not more than 1 inch deep in an open oven at low heat less than 170 if possible for about 1 to 3 hours. It can take less time and it can take longer. Check the herbs every 1/2 hours.

You can also dry small bunches of herbs in an open paper bag. We have cut your own herbs in the farm store greenhouse available. One afternoon I cut a small bunch of parsley and placed it into a brown paper lunch bag. Much like the popcorn bags you might be using.

The bag was open on the counter and was then moved to a basket. I neglected to get back to it for about a week. To my surprise the parsley was perfectly dried. I pulled out the stems. Crushed the leaves a little and poured this bright green herb into a jar. I have since done the same with cilantro, dill, and oregano.

Week 3 Harvest!

Asparagus
Kale
Spinach
Organic Chives
Baby Bella & White Mushrooms
Lettuces
Parsnips
Cilantro
Radishes



Popcorn
Mint
Sage Plant

***Your actual CSA share contents will be listed on the label inside of your box and may differ from this list. Your share contents are based on your individual preferences and customizations on your Harvie profile. We hope that you are enjoying our new and improved distribution system this year!*

Glazed Radishes

1lb radishes, trimmed and sliced
1 tbsp. unsalted butter
1 tsp sugar
1/2 tsp salt
2 tbsp. minced fresh parsley leaves

In a heavy saucepan that is wide enough to hold the radishes in one layer melt the butter and add the radish slices. Sprinkle with the sugar and keep the heat moderately low, stirring, for 1 minute. Add 1/2 cup water, simmer covered, for 10 minutes, or until they are fork tender. Uncover and allow radish slices to boil, shaking the pan occasionally, watching to be sure the liquid does not evaporate too quickly. The liquid will reduce to form a glaze. Continue to cook the radishes over low-moderate heat, swirling them, until they are coated with the glaze. Sprinkle with parsley, serve.

Adapted from Gourmet Magazine