



Storage Tips and Tricks for This Week's Contents

Herb Parmesan Butter - can be made with chives or thyme or oregano

Mix together - 1 stick of unsalted butter -room temperature, 1 T minced garlic, 1/4 c chopped chives, and 1/3 cup parmesan cheese.

Place the butter on a square of plastic wrap and shape into a cylinder. Twist the ends

Place in the refrigerator to chill or freezer for later use.

Spread on a cracker, allow to melt onto a steak or the baked potato, linguini, corn on the cob.

Basil Lemon or Cilantro Lime Butter - 1 stick unsalted butter, room temperature

1/4-1/3 c cilantro, 1 T lime juice, 1/4 t lime zest, 1/2-1T minced garlic, 1/2 t salt

Follow the above directions. Refrigerate or freeze

Melt over grilled shrimp, salmon, chicken. Add to rice. Pasta, corn on the cob

Oven Drying Herbs: Conventional ovens can 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 than an hour or longer than 3. Check the herbs every 1/2 hour.

To Prepare Asparagus for Freezing:

1. It is important to use sufficient water such that when the asparagus is immersed in the boiling water it comes back to the boil within one minute. One gallon of water per pound of prepared vegetables is recommended. If you are using a large (not huge) saucepan you will probably get about 2 pints of water boiling (just under 1/4 gallon) which you can then use for 1/4 pound of asparagus (about 6-8 spears).
2. Before blanching prepare a large bowl of iced water or cold water and running cold water to run over the blanched asparagus as it cools.
3. You will need clean freezer containers or sealable plastic bags.

To Blanch Asparagus:

1. Rinse the asparagus spears in fresh water to clean off any loose sand or grit, cut or snap the woody ends off. Bring the water to the boil. With the heat still on high immerse the asparagus in the boiling water so that it comes back to the boil as quickly as possible. Boil the asparagus for 2, 3 or 4 minutes depending on the thickness of the stalks. (2 minutes for thin, 3 for medium, 4 for fat).
2. Remove from the boiling water and Shock immediately placing the asparagus into the iced or cold water. You are stopping the cooking process to preserve the texture.
3. When the blanched asparagus spears are cold, dry them on kitchen paper and pack in airtight freezer containers or freezer bags. When sealing bags place a straw at one end of the bag. Seal and then draw any air out of the bag using the straw and then slip the straw out of the bag as you complete the seal. Adapted From: Asparagus-lover.com

Week 4 Fresh Inspirations May 19-21, 2020

I am going to include a recipe this week that we printed a few years ago. We made some changes this week when it was prepared in our farm kitchen. The extreme cold did freeze some of the asparagus tips that were peaking through the soil. They were picked and then brought into the kitchen. They blanched the asparagus and then shocked it and then added the pieces with some typical pesto ingredients to a food processor. I think with pasta you might enjoy this recipe. Amazing to me that I could be so cold over the last weekend, worried about fruit and early vegetable crops and now we have actually had temperatures in the high 70's even 80 for a couple of days. A little rain in between did not slow down the farmers the good weather has everyone out plowing and planting. They start early in the morning and continue to work until dark! It finally feels like spring.

In the spring we usually have some classes that help our members with CSA shares. CSA has been a trend in the US for at least 25 years and it has been known to help local farmers with startup costs. In return you, our supporters receive fresh, local, in season produce. In recent years, many members have requested the chance to make choices. We always have an exchange table and I believe that some of the chapters have tried to incorporate the same idea. If you pick up here at the farm store you could even pack your own share. The original plan for CSA would be to try new things. For those of you who prefer not to, the choices work best. Harvey is the new plan allowing for just that. It is however early in the season so choices will be limited for a while. It seems that there are quite a few questions so I am hoping that many of you will join Trish on Wednesday afternoon to learn a little more about Harvie.

Those of you who have been with us for a while have been asking for share contents to be posted earlier. Friday makes it easier for those of you who like to shop over the weekend. Keep in mind that in order to do that, the availability of crops has been reported on Thursday evening or Friday morning. Almost a week before the shares will be collected the following Thursday. Remember that there may have to be adjustments or changes as the week progresses. On Facebook I noticed the "Love" for Lavender the herb plant that will be in the shares this week. Lavender would thrive with the other perennial herbs you have received in the past weeks. Depending on the size of the pot, you can plant it along with those herbs or of course Lavender can be added to your perennial garden or just transferred to a pot of its own. This is an herb that many of you will just enjoy having in your garden. You may or may not cook with it. It can be added to marinades, lemonade, even cookies, or tea breads. I prefer it in a sachet in the shower or on my nightstand. It is known to be relaxing and soothing and can help you sleep. I had an e-mail from CSA member Tamar Bacon who found that a groundhog ate her parsley. Lavender, sage, thyme, and oregano can help with that problem. Most animals are put off by the scent. If possible, place the parsley in a pot behind these other herbs.

I've read questions this week about where to send e-mails: If your question or concern is administrative, contact Trish@alstedefarms.com. If you have an idea or recipe question or something you would like to share please send to me, jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Alstede's Community Supported Agriculture

Homemade Herb Cheese

2 garlic cloves, minced

8 ounces butter, at room temperature

16 ounces cream cheese, at room temperature

3 tablespoons grated parmesan cheese (freshly-grated)

1 tablespoon fresh dill, minced or 1 t dried dill weed, crumbled

1 teaspoon minced fresh oregano or marjoram

1 Tablespoon minced basil

2 teaspoons fresh chopped chives or more

1/2 teaspoon black pepper

1/2 teaspoon fresh thyme leaves

2 tablespoons minced fresh parsley

In a large bowl, beat the cheese and butter together until smooth. Mix in remaining ingredients until well blended. Adapted from: Food.com

Spread 1-2 T of the herb cheese onto the crepe and place blanched asparagus on one side and roll up. Cut into bite sized pieces and serve as an appetizer or side dish to soup or a salad.

Leftover crepes-Can be filled with Ham and Cheese and asparagus, scrambled eggs, seafood scampi, mushrooms and greens, the choices are endless.

Week 4 Harvest!

Asparagus

Spinach

Organic Chives

Baby Bella & White Mushrooms

Lettuces

Parsnips

Popcorn

Cilantro

Radishes



Arugula

Greenhouse Tomatoes

Lavender 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!

alstede fresh asparagus pesto

1 bunch of asparagus cut into 1-2 "pieces

4-6 cloves of garlic

1 1/2 c basil

2-3 T oregano

2-3 T parsley

1/4 c toasted walnuts, almonds, pine nuts (optional)

1-2 T Olive oil

1/2- 3/4 lb. Gemelli pasta or your choice

Salt and Pepper to taste

Butter, Shaved or shredded parmesan

Blanch the asparagus for 2 or 3 minutes, immediately shock by placing it into an ice water bath. Drain and dry. Peel the garlic and place in the bowl of a food processor. Process until minced. Add the basil, oregano, and parsley, and continue to process. Add the nuts if using and the olive oil. Process all of the ingredients in the bowl.

Scraping down the sides of the bowl as necessary. Add the asparagus, saving some pieces to garnish the dish. Process to desired texture. I like to have some pieces that are not completely pureed. Prepare pasta according to package directions, Save a little pasta water. Drain. Add 2 T butter and melt into the warm pasta Mix in the pesto, a little of the pasta water, and top with reserved pieces of asparagus. Garnish with additional coarsely chopped herbs. Serve with parmesan cheese

Chive Crepes with Herb Cheese and Asparagus

Crepes

2 large eggs

1 cup milk

1/4 c water

1 cup all-purpose flour

3 tbsp. butter

2 tbsp. finely chopped chives or herbs of choice

1/8 tsp. salt

Prepare crepe batter: In a medium bowl, whisk eggs, milk, water, and the dry ingredients together. Stir in the chives. Allow the batter to rest for an hour or so.

Prepare the crepes: heat a crepe pan or small to medium non-stick skillet over medium-high heat. Lower the heat to medium. Melt 1 tsp butter in the pan and pour a scant 1/4 c of batter into the pan. As you pour in the batter, you should be holding the pan and swirling to spread the batter evenly.