



## Week 7 Fresh Inspirations June 9th-June 11th 2020

There have been some hints that we are going to get back to normal soon. That will mean that some of you may be returning to work after months of being home. One pot meals have always been an answer to quick dinners. For years Italians prepared “Chicken and Potatoes” It was a meal prepared in a roasting pan with olive oil, garlic, and herbs. The updated version is on a “sheet pan.” The variations are endless and can be used throughout the season. This week I am including a recipe for Lemon Chicken and Potatoes adding asparagus for the last 15 minutes of roasting. This week you could add peeled and cut carrots to the potatoes. They will add a little more color to your plate.

I heard this afternoon that cilantro would be the herb in the shares this week. I spent a little time looking for some information so that maybe we could get this delicate herb to last longer in our gardens. As always, I will remind you that if yours doesn't make it through the summer, the production team here at the farm, will plant cilantro over and over again so they will add it to shares now and then. Cilantro likes morning sun, too much sun in the afternoon is too hot. Plant cilantro with parsley and basil for similar watering needs. Gently, clip back the cilantro so that it doesn't bolt and go to seed in the heat. Cilantro does like cooler temperatures. It is unlike some of the other herbs as it does not grow back as quickly after being harvested.

We have had quite a few cut herbs in the share in the past few weeks. Mint one week and then chocolate mint last week. I had an e-mail from Stacy Maldonado asking for some ideas for the Chocolate Mint. I read that leaves for mint or chocolate mint can be dipped into chocolate, chocolate mint can be dried for tea, the same as the spearmint or peppermint and I am including a web site in the tips for directions to prepare Chocolate Mint Extract. Keep in mind, it is just a hint of chocolate so anything you prepare with mint, you can prepare with chocolate mint.

Lots of leafy greens this week so I am taking some inspiration from Facebook and adding a recipe for Kale muffins. Just a different way to use up some of the greens. There will be stems, and more stems, from spinach, kale, and chard, beet greens. Pickling would be one way to prepare them, saving for stock another and a recipe for baking Chard stems will also be added to the tips for an alternate idea.

Before I sign off this week, I want to take a moment to welcome our “Heart of the Harvest Members” who will be with us through the fall. We are happy to have you join us! Just a reminder, if you need anything, have any comments or concerns, Trish is always available to speak with you. You can reach her at 908-879-7189 or [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com). If you have any questions about a recipe or have an idea, we can share with everyone, please send that to me [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com)

Until next week, enjoy the freshness!

*Jenn Borealo*



### Storage Tips and Tricks for This Week's Contents

These “leafy green” shares with the juicy greenhouse tomatoes are perfect for a BLT!

#### Swiss Chard

Swiss Chard can be prepared like any other tender green

Sauté greens in olive and garlic save leftovers for eggs or a frittata

Add chard to soup or stew and allow chard to wilt in the last 10- 15 minutes of prep.

Creamed chard

Add chopped chard to salads

Save stems from spinach, kale, chard, for stock.

#### Swiss Chard Stems:

Cut stems into 4” lengths, Blanch in salted boiling water for 5 minutes, shock in cold water. Drain and dry completely. Brush with olive oil. Sprinkle with parmesan or breadcrumbs or a mixture of both. Bake 400 for 15-20 minutes

#### Carrots, beets, and Radishes:

Remove the greens from the roots before storing. Store separately. Use tender greens within a couple of days.

Carrot or radish greens: Add to salads or a stir fry, prepare pesto, add to hummus.

Beet greens, can be prepared like spinach or any tender green.

If you still have mint or chocolate mint: Mint tea: Dry mint or chocolate mint leaves as you would any other herb. Place leaves in a single layer on a baking sheet, low oven 170 degrees.

Oven door open, the process can take up to 3 hours. Place leaves in a jar and use 1 t for a cup of boiling water.

Check out Timber Creek Farmer- How to Make Chocolate Mint Extract

## sheet pan chicken and asparagus

2 tbsp olive oil

2 tbsp lemon juice

4 cloves garlic minced

1 T of fresh parsley minced

1T fresh rosemary chopped, stems discarded

1/2 tsp each salt & pepper

1 cup baby potatoes, sliced in half or small red potatoes quartered

4 chicken cutlets (or 2 chicken breasts sliced in half lengthwise)

1 bunch asparagus spears should be similar in size or peel to thin

Preheat oven to 425F. Line a baking sheet with parchment paper. In a medium bowl, mix together the olive oil, lemon juice, garlic, parsley, and rosemary. Add baby potatoes to the bowl and spoon onto the baking sheet generously adding some of the herb mixture. Add the chicken to the bowl and repeat. Pour any extra mix onto the chicken.

Roast for 15 minutes.

Meanwhile, trim ends of asparagus. Remove the pan from the oven and the asparagus to the pan and bake the chicken, potatoes, and asparagus altogether for 8-10 minutes until asparagus and potatoes are fork tender. Divide the chicken, potatoes, and asparagus among serving plates. Enjoy! adapted from: [thekitchn.com](http://thekitchn.com)

## lemon kale muffins

2 cups packed raw kale leaves; woody stalks saved for stock

1/4 cup unsalted butter, softened

1/4 c olive oil

3/4 cup sugar

2 eggs

2 teaspoons vanilla extract

1 lemon zest and juice

1 1/2 cups plain (all purpose) flour

1 teaspoon baking powder

1/2 teaspoon salt

Preheat oven to 325. Line a muffin pan with paper cup liners or grease a muffin pan. Tear the kale leaves into bite-sized pieces. Boil a pan of water and add the kale leaves for 2-3 they should be tender, remove to shock in cold water, drain well and puree. The kale will be a bit stringy. Set aside.

In a large bowl, cream together the butter, oil, and sugar until light and fluffy. Beat in the eggs. Mix in the kale, vanilla, lemon zest and lemon juice.

In a second bowl, sift together the flour, baking powder, and salt and add to liquid mixture. Stir to gently to combine. Do not overmix. Fill the muffin cups 3/4 full and bake for 15-20 minutes. A cake tester or skewer inserted should come out clean. Allow the muffins to set in the tins for 10 minutes. Cool completely on a wire rack.

Adapted from: [veggiedesserts.com](http://veggiedesserts.com)

## Week 7 Harvest!



Asparagus

Kale

Lettuces

Beets

Greenhouse Tomatoes

Swiss Chard

Spinach

Radishes

Carrots

Rhubarb

Oregano

Thyme

Cilantro Plants

Broccoli Florets

Garlic Scapes

***\*\*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 that you make on your Harvie profile, as well as changes in availability.***

*We hope that you are enjoying our new and improved distribution system this year!*

## Homemade Herb Salt Recipe

3 cups loosely packed fresh herbs of your choice, Parsley, oregano, basil, mint, cilantro, thyme, rosemary, and/or dill are all great choice.

1/2 cup coarse salt

1 t granulated garlic

Wash and thoroughly dry the herbs. Remove stems, discolored leaves. Pulse herbs in a food processor to a coarse grind. Do not make a paste. Mix in the salt and garlic. \*

or

Use a knife and cutting board and chop, chop, chop. Coarsely chop the leaves, then add the salt on top and continue to chop the salt and garlic into the herb. You will finish with a uniform mixture

\*Move the herb mixture into a glass jar, and place in the fridge for 7-14 days to let the flavors meld. Shake the jar every day or so.

The salt in this recipe is a preservative, herbs should last 6 months, or even longer. Rub it on roasts or chicken or ribs before roasting. Flavor corn on the cob or Focaccia. Use anywhere you want to add great taste. Adapted from: [theprairiehomestead.com](http://theprairiehomestead.com)