



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

**Scapes** – can be stored in a plastic bag for a week. Cut scapes into pieces and add to stir fry or soups. Add scapes to pesto in place of garlic. Chop scapes into quiche or frittata

**Strawberries** - 2 methods of storage— Remove the strawberries from the container. Do not wash. Place in a flat pan lined with paper towel and place Strawberries in a single layer. Top with a sheet of paper towel and cover with plastic.

Clean the strawberries with 1- part water and 3- parts vinegar. Place strawberries in a bowl covered with the vinegar mixture. Drain, dry completely on paper towels. Store in a single layer. Vinegar will keep help to clean berries and keep the berries fresher longer.

**Save some asparagus for later in the season:** To Prepare Asparagus for Freezing, One gallon of boiling water per pound of prepared vegetables is recommended.

Use a large (not huge) Dutch oven. Prepare an ice bath. Ice and cold water to shock the vegetable and stop the cooking process. You will also need sealable plastic bags.

**To Blanch Asparagus:** Clean and trim the asparagus spears and bring the water to a boil. Keep the heat on high and the water boiling. Immerse the asparagus in the boiling water so that it comes back to the boil quickly. 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). Remove the asparagus from the boiling water and immerse into the iced water, stopping the cooking process. Preserving the texture of the vegetable. Dry the spears on towels and pack in airtight freezer bags. As you close the bags place a straw at the end of the seal, drawing air out of the bag as you close and pressing on the straw as you pull it from the bag. Adapted From: Asparagus-lover.com

**Carrots and Beets:** Remove the greens from the roots and store in separate bags or containers.

Use the beet greens as you would prepare Spinach or tender greens within a couple of days Add the carrot greens to salads, carrot top pesto, chop into hummus, carrot tops can be added to stock, stir fry

**Broccoli:** Stems, flowers, stalks, leaves.

Flowers are the most delicate part of the plant. Add the stem when preparing flowers. If possible, wilt chopped leaves into the dish before serving. Peel and shred, julienne, or spiralize the stalk.

## Week 8 Fresh Inspirations June 16th-June 18th 2020

During week 7 we had two last- minute additions and wow, they were some of our favorites. Garlic Scapes will be in some of the shares again this week. They are a favorite because of the great garlic flavor and don't forget that their arrival announces the promise that the actual garlic harvest is not far behind. If you missed my Facebook post, I explained that the scape which grows through the leaves, and spirals around is a stem that would bloom if it is allowed to mature. Instead, it is cut and the energy from the plant will go back into the root, in this case the garlic bulb. The garlic bulb will now have a chance to increase in size as a result of this process. I know that the strawberries were a surprise for you and me. It was so great to see them.

The season has been difficult for many local farms. Some farms have opened for “pick your own” and then had to close. It was as special for the farmers and the team to be able to bring the strawberries to you as it was for you to receive them. This week we will have berries once again. Recently I have read some different storage directions that I will include in the tips. On Facebook I saw a post about “hair on strawberries” which it isn't hair of course! I can remember the first time I noticed it and how I reacted. In the cold weather the strawberries are covered. The string that you may occasionally find on the strawberries is a fiber from the crop cover.

Lemon Basil is going to be added to our gardens. It can be planted with the parsley, cilantro, and traditional basil. This herb is tender, and the flavor is mild, it should be added at the very end of preparation when cooking. Lemon basil is often used in dressings and salads, you might want to flavor vinegar with it. There are recipes for Lemon Basil Pesto. There is sweetness to this herb, and it can be found as an ingredient in cookies, cakes, or scones as well. We have had asparagus for weeks and the season will soon be over. It will not appear again until next year. If you haven't put some in the freezer now might be the time. There are directions for blanching and freezing in the tips this week. We have some CSA members who serve the last of their frozen bounty just a couple of days before picking up the first share in April. They are able to serve from their share all winter long. Amazing!

We have quite a few new members this season. I am noticing that there are constant requests to join the Facebook page. So many of our seasoned members will inspire them and they will be able will bring new ideas as well. I hope that our posts and newsletter help all of you to navigate through each share. If you have administrative questions, the best way to reach out to Trish is to call her at the Farm Store or email [trish@alstedefarms.com](mailto:trish@alstedefarms.com). If you have questions about a recipe or ideas to share send to me [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com).

Until next week, enjoy the freshness!

*Jenn Borealo*



## lemon strawberry trifle

*Lemon Cake Mix prepared according to directions or your own favorite recipe.*

*Cool and break into bite sized pieces*

*Lemon Curd Recipe (or purchase)*

*3 lemons*

*1 1/2 cups sugar*

*1/4-pound unsalted butter, 1 stick at room temperature*

*4 extra-large eggs*

*1/2 cup lemon juice (3 to 4 lemons)*

*1/8 teaspoon kosher salt*

*Using a vegetable peeler, remove the zest of 3 lemons. Avoid the white pith when possible. Place lemon zest in a food processor fitted with the steel blade. Add the sugar and pulse. Zest should be minced and mixed into the sugar. Cream the butter and beat in the sugar and lemon mixture. Add the eggs, 1 at a time, beat well after each addition. Mix in the lemon juice and salt. Mixture should be well combined. Cook the lemon mixture in a 2 qt saucepan over low heat until thickened. It will take about 10 minutes. Stir constantly. The lemon curd will thicken at about 170 degrees F, or just below simmer. Remove the pan from the heat and cool or refrigerate. Adapted from Ina Garten, the Food Network Dessert can be made in individual cups or layered in a large bowl.*

*Spoon lemon curd into serving dishes. Top with pieces of cake. Spoon over a little more of the lemon curd. This can be done an hour or so before serving. When ready to serve top with fresh sliced strawberries and sweetened whipped cream.*

## Week 8 Harvest!



Strawberries  
Organic Kale  
Organic Lettuces  
Beets

Asparagus

Swiss Chard

Spinach

Radishes

Carrots

Dill

Oregano

Thyme

Lemon Basil Plants

Broccoli

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!*

## Broccoli Stalk, Celery, and Radish Salad

3 or 4 large broccoli stalks (from 2 to 3 lb. broccoli; reserve florets for another use)

6 medium radishes, thinly sliced (about 1 cup)

1 celery heart (about 3/4 lb.), trimmed and thinly sliced on the diagonal (including the leaves)

1/3 cup loosely packed parsley leaves

1-1/2 Tbs. extra virgin olive oil

1 Tbs. fresh lemon juice

Fine sea salt and freshly ground black pepper

1-1/2 oz. Parmigiano-Reggiano, shaved with a vegetable peeler (about 3/4 cup)

Peel the tough outer layer of the broccoli stalks, you will be left with the tender interior. Trim away the tough ends. Cut the stalk in 1/2 lengthwise and slice as thin as possible. Transfer slices to a medium bowl.

Add the radishes, celery, and parsley. Toss vegetables with oil, and lemon juice. Season to taste with salt, and pepper. Sprinkle with cheese before serving.

Adapted From: [Finecooking.com](http://Finecooking.com)

## 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)