



Storage Tips and Tricks for This Week's Contents

Peas: store in a plastic bag. Use within a day or two before the sugar turns to starch

Cut the sugar snap peas into salads, shell and steam English peas add to rice or risotto or pasta. Add raw peas to your favorite potato salad. Snow peas can be served raw or added to traditional stir fry recipes.

How to tell the difference:

English Shelling Peas have a waxy shell and they are the largest of the 3 varieties. Pull the stem end along the seam and the pod will open. You can also push along that edge to create an opening.

Sugar Snap Peas are more cylindrical. The peas seem to be more tightly packed into the pod. A true test is you are not sure is that if you bite into the pod it is juicy and you can easily chew it, not so with English Peas. The entire pod is edible.

Snow peas are flat and the actual peas inside are a little larger when picked locally however they are generally smaller than those in the other 2 varieties.

All of the peas should have the strings removed before preparation and serving. Save the pods for stock.

Summer Squash - is not meant to be stored for a long time. In a plastic bag in the refrigerator for up to 4 days. Thinly slice zucchini, heat a skillet with olive oil. Saute with a pinch of salt and pepper. Just before serving add some chopped basil or oregano.

Leftovers: Add to frittata, quiche,

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.

Or

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.

Strawberries should be cleaned and hulled before freezing. Wipe the strawberries clean with a soft moist cloth and then let them dry on paper towel. Place them on a tray to freeze and then move them into a zip lock freezer bag and be sure to get out most of the air and they should be good for up to six months.

Raspberries- do not clean before serving. Remove from the container to pan that will hold them in a single layer. Serve within a few days.

Week 9 Fresh Inspirations June 23rd-June 25th 2020

Every week I wait to hear about availability as I hope that something new and different will appear for its season debut. This week we will have peas. They are one crop with three different varieties and through the next few weeks you hopefully will taste each in your shares. Peas are near and dear to my heart. Over the years I have told many stories about my love for fresh peas. Since we have so many new CSA members this year I will tell my favorite today and save some of them for the next few letters. Years ago, as a little girl my parents would food shop on Friday nights. My father purchased some English peas. My mother continued to shop. Flanking the supermarket parking lot was a playground. He took the three of us out there and on a bench took out the peas and opened a pod and gave each of some of the sweet seeds. We were so excited and even at a young age I think what I remember most that he was enjoying this moment of sharing and teaching. Through the years I would purchase fresh peas when I would see them and when I came to work for the farm years ago imagine how thrilled I was to find the peas being harvested right about the time I started working. A few years ago I wrote about this family memory. CSA member Trisha Stone who is also a family friend brought the letter to my father. He was so proud to have been mentioned. I think the letter touched his heart. Perfect on Father's Day weekend. So, all of that being said, I don't usually cook with the English, shelling peas. I eat them raw as a snack. The other two varieties are sugar snap, again great eaten out of hand or in salads, and snow peas that we know best as a stir fry ingredient. I am not sure which variety will be in your share.

Surprise, surprise, another crop comes in and I think it might be a little early. I have noticed that many of you have been purchasing zucchini along the way at the farm store. Now it will be home grown and fresh from our fields!

Out in the garden you will have the chance to plant 2 herbs chamomile and hyssop anise. Chamomile is among the plants that like to dry a little before watering. It can do well with basil and cilantro. Chamomile is an annual however it can re-seed and come back next year. If you pick up at the CSA shed at the Chester Farm Store take a look under the refrigerator truck. You will see a chamomile plant that re-seeded there. The more sun that this plant gets the more chance it will flower. It can be planted in part shade especially in hot weather. Chamomile can be one of those herbs that sometimes doesn't make it through the summer, depending on temperatures. Anise Hyssop has come back in my garden in a few places this year. I grow it more for the beautiful flowers and uses around the house more than food. You may find that the animals will stay away from you garden if they smell this herb first. It is not however, as invasive as its mint family members. So sorry not to shout out to all of our dads last weekend. Happy Father's Day from all of us! I hope that the day was memorable and fun for all of you! Looking forward, believe or not to July 4th. I am printing a crepe cake recipe this week that I always enjoy with the berries in season. I am thinking it may be my red, white, and blue dessert this year. Just a hint, blueberries, come next! If you have any suggestions for a patriotic dessert send your ideas to Jenn@alstedefarms.com. Any administrative questions should be sent to Trish@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



crepe cake

To make the crepes, bring the batter to room temperature. Place a nonstick or seasoned 9-inch crepe pan over medium heat. Swab the surface with the oil, then add about 3 tablespoons batter and swirl to cover the surface. Cook until the bottom just begins to brown, about 1 minute, then carefully lift an edge and flip the crepe with your fingers. Cook on the other side for no longer than 5 seconds. Flip the crepe onto a baking sheet lined with parchment. Repeat until you have 20 perfect crepes.

For the vanilla pastry cream:

2 cups milk
1 tbsp. vanilla extract
6 egg yolks
1/2 cup sugar
1/3 cup cornstarch, sifted
3 1/2 tbsp. butter

Bring the milk to a boil. Turn off the heat and stir in the vanilla extract then set aside for 10 minutes. Fill a large bowl with ice and set aside a small bowl that can hold the finished pastry cream and be placed in this ice bath.

In a medium heavy-bottomed pan, whisk together the egg yolks, sugar and cornstarch. Gradually whisk in the hot milk, then place pan over high heat and bring to a boil, whisking vigorously for 1 to 2 minutes. Press the pastry cream through a fine-meshed sieve into the small bowl. Set the bowl in the ice bath and stir until the temperature reaches 140 degrees on an instant-read thermometer. Stir in the butter. When completely cool, cover and refrigerate.

To assemble the cake:

2 cups heavy cream
1 tablespoon sugar
3 tablespoons Kirsch
icing sugar (optional)

Whip the heavy cream with the tablespoon sugar and the Kirsch. It won't hold stiff peaks but that's okay. Fold it into the pastry cream.

Lay 1 crepe on a cake plate. Using an icing spatula, completely cover with a thin layer of pastry cream (about 1/4 cup). Cover with a crepe and repeat to make a stack of 20, with the best-looking crepe on top. Chill for at least 2 hours. Set out for 30 minutes before serving. If you have a blowtorch for creme brulee, sprinkle the top crepe with 2 tablespoons sugar and caramelize with the torch; otherwise, dust with confectioners' sugar. Slice like a cake.



Week 9 Harvest!

Strawberries
Organic Kale
Organic Lettuces
Beets
Swiss Chard
Oregano
Spinach
Anise Hyssop Plants
Summer Squash
Peas



Thyme
Chamomile Plants
Broccoli
Scallions

****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!

Zucchini and Chickpeas

2 T olive oil
1- pound young zucchinis, trimmed and sliced about 1/2 inch thick
16 oz can chickpeas, drained
2-3 large garlic cloves, chopped
S & P to taste
2 T finely chopped fresh parsley leaves

Heat the oil in a large skillet over medium heat and cook the zucchini until tender. Remove from the pan. Add a little more oil and cook the chickpeas, garlic, salt and pepper and cook over low to medium heat for about 10 minutes. Toss in the zucchini and continue to cook for an additional 3-4 minutes. Sprinkle with parsley when you are ready to serve.

This dish can be served hot or at room temperature.

Leftovers, Fill a tortilla or a wrap

adapted from: Mediterranean Vegetables by Clifford Wright