



### 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,

**Blueberries:** To store blueberries-remove the berries from the container. Place in a glass or plastic shallow container lined with a paper towel so that the blueberries are in a single layer. Do not wash before storing the berries. Blueberries should keep in the refrigerator for up to 5 days.

To freeze the berries, do not wash. Place on a pan in a single layer and place in the freezer.

Once the berries are frozen remove to zip lock bags.

Shell peas when you receive them and store for just a day or 2

Snap peas and snow peas need to be stringed- snap back at the stem and pull the string to the far end. Add snap peas to salads, add snow peas to stir fries, shell fresh peas and add to risotto, soup or stew. **\*\*Save the shells from English Peas to use when making vegetable stock.\*\***

#### **Sesame Snow or Snap Peas**

Slice snap peas into 2 – 3 sections depending on size with a sharp knife. Sauté in a pan with a Tablespoon of Sesame oil on med high heat until bright green. (some of the peas will come out of the shell). Before serving, sprinkle with the scallions and toasted sesame seeds. Salt to taste, if desired. Adapted from Gourmet Magazine

## Week 10 Fresh Inspirations June 30—July 5th 2020

Time waits for no one and the seasons are the same, they are just passing us by so quickly this year spring has left us and we have moved on to the next season, summer. We celebrated the longest day and the arrival of the first summer vegetable this year is squash. Strawberries are a sign of Spring and to delight you this week we bring blueberries which are one of the first signs of summer. Some of you will also receive raspberries. I have heard that pick your own raspberries are available and pick your own blueberries will be available soon. Keep in mind that there are many new regulations added to the pick your own activity so check the website for details.

Peas are considered a spring vegetable and it will continue to come to you in your shares. Most shares contained English, shelling peas last week. This week should bring more sugar snap and snow peas. What is the difference. The two varieties this week are not usually shelled. You will eat them shells and all. I noticed some peas on Facebook. Zuleika Sanchez, Scott Goldstein, and Kathleen Levine posted some of my favorites. Pasta with peas. Great Ideas. If you still have some remember they can be served cooked, raw, hot, or cold. Add some to your salads this coming weekend.

The first holiday of summer, the Fourth of July is already upon us. Everything patriotic and everything red white and blue. I am thinking about a beet and berry salad and a dessert to include the colors as well. Maybe the crepe cake!

I think that the production team knows that everyone needs something “happy” in the shares. This week you will add a sunflower to your garden. We will wait for a few weeks for the bright yellow beautiful flowers to be blooming. They will make you smile! You may want to plant it in its own pot or in the center of one of your extra-large herb pots. It will not be blooming when you receive it, you will have to nurture it to bring it to maturity. Sunflower plants will once again will come to you in a four-inch pot. The plant is a different variety this year. It is from a seed that is designed to grow in a pot. The size of your flower will depend on where you decide to plant it. The more space you give the roots the larger the plant can spread out and grow.

As we celebrate Americas Birthday, I hope that all will be able to spend a little time with family and friends while staying safe and social distancing. It is time for vacations. I noticed that Julie Marie Seibert packed up her family and her share for a camping trip. Some of you may not be able to bring the share along. I believe that “Harvie” may be able to help you with rescheduling. Any questions contact

Trish@alstedefarms.com. If you have ideas or recipes to share please send them to me, jenn@alstedefarms.com.

Until next week, enjoy the freshness!

*Jenn Borealo*



## Blueberry Crumble Bars

*1 pt. of blueberries*  
*1-1/2 cups all-purpose flour*  
*1/2 teaspoon baking powder*  
*1/8 teaspoon salt*  
*1 stick cold salted butter (cubed)*  
*1 large egg*  
*1 pint of blueberries*  
*3/4 cup sugar*  
*1/8 Cup lime or lemon juice (2 T)*  
*2 teaspoons cornstarch*

*Preheat the oven to 375°F. Butter a 9x9" glass baking dish and set it aside.*

*Combine the flour, 1/2 cup sugar, salt and baking powder in a mixing bowl. Add the butter. Using your fingers, or a pastry blender (if you have one) to incorporate the butter into the dry ingredients. Cut the butter into the dry ingredients until you have a crumble. Beat the egg in a separate bowl drizzle into the crumble and mix in with a fork.*

*Press 1/2 of the mixture into the bottom of the baking dish.*

*In separate bowl, whisk together the lime juice, 1/4 cup sugar and cornstarch.*

*Gently mix in the blueberries toss them to coat completely.*

*Layer all the blueberries on top of the crumb mixture in the baking dish. Evenly sprinkle the remaining crumb mixture on top.*

*Bake the blueberry crumble bars for 45 to 50 minutes, you will be able to see the blueberries bubbling the crumb top will be golden brown.*

*Allow the bars to cool completely before cutting -they can be refrigerated overnight.*

*Yield: 12 bars. Adapted from: the smitten kitchen*



## Week 10 Harvest!

Blueberries

Lettuces

Beets

Swiss Chard

Oregano

Spinach

Summer Squash

Peas



Sunflowers

Radishes

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!***

### ***Beet and Berry Salad***

*Large bowl of mixed salad greens*  
*1 cup of sliced - steamed or roasted beets*  
*1 pint fresh strawberries, blueberries, or raspberries*  
*1/2 cup walnut pieces, sliced almonds, or pine nuts (toasted) Optional*  
*1/2 cup raspberry vinaigrette salad dressing*  
*1/4 cup crumbled or sliced goat or feta cheese*

*Toss the greens with some of the vinaigrette and then place onto a large platter. Top with Beets, berries, nuts. Drizzle with remaining dressing. Top with cheese to serve.*

### ***Raspberry Vinaigrette***

*1/2 cup fresh raspberries*  
*1/4 cup extra-virgin olive oil*  
*2 tablespoons apple cider vinegar*  
*1 tablespoon honey*

*Pour all ingredients into a blender. Blend until smooth.*  
*Add a pinch of kosher salt and a little fresh ground black pepper*