

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

**Popcorn:** Store popcorn in a cool dry place until you are ready to prepare it.

Making popcorn with the corncob is as easy as making microwave popcorn. Corn is harvested in October. It is dried until ready to pop. To pop a corncob: Place one corncob in a paper bag (the lunch-size brown bags are perfect) Fold the top over a couple of times to seal the bag Put the bag in the microwave with the folded end facing down. Use the "popcorn" setting on your microwave to pop the popcorn. Stop the microwave when the popping slows, as you would for packaged popcorn. It takes only a second or two to go from perfectly popped to burning. Do not leave the room. Pour popcorn into a bowl and top with melted butter, salt, spices or drizzle with olive oil and sprinkle with Pink Himalayan Salt or the Salt of your choice.

**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.

**Cauliflower:** keep in a plastic bag in the refrigerator. Prepare cauliflower within a couple of days for the best flavor. Cauliflower will keep up to a week.

Check out Cauliflower Risi e Bisi @EatingWell.com

**Summer Squash:** Summer squash can be kept in a plastic bag or container lined with a dry paper towel in the refrigerator for up to 1 week. Summer squash is not meant for long-term storage serve as quickly as possible after receiving shares. Slice into medallions and quick sauté with a pinch of salt and pepper, sprinkle with a little chopped basil or oregano just before serving for a simple side dish. Leftovers are a great addition to a frittata. Shred zucchini and place in containers for specific recipes, zucchini cookies, muffins, bread, or stuffing.

**Peas:** store in a container or plastic bag, unwashed for up to a week.

Try to use peas as soon as possible. Like sweet corn they can lose some sweetness if stored for too long. 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. Simple snow pea salad whisk together Dijon mustard, vinegar, olive oil. Season with salt and pepper. Pour over a mixture of chopped tarragon, minced shallot, red onion, or garlic and halved, snow or snap peas.

## Week 11 Fresh Inspirations July 6th—July 12th 2020

Blueberries were a hit, I think. I believe that the crumble bar cookie was on the menu for a few holiday celebrations. Kim De Maria posted a picture. Vivienne Kay West had the recipe in her plan. They are perfect for a picnic. The hand pies that Judy Kelly Sudol prepared reminded me of turnovers I would often make with the farm campers. If your children are home that can be a fun, family project. We would use Filo or frozen puff pastry making the project a little easier if you feel that crust is not in your comfort zone. Cobbler posted by Laura Mathews is another way to bypass the crust and still bake with the berries. Cobblers, Grunts, and Slumps are all delicious old-fashioned simple blueberry or mixed berry desserts. They were often prepared in a Dutch oven over the fire rather than in the oven.

Our gardens are complete, now we just have to care for them. Be aware that the deer love the sunflowers. You may have a formula that you use for other plants. Shavings of coast or Irish spring soap will keep them away. If they detect the scent of a dog, they may not bother your plants. Placement can help. I have path outside my kitchen that leads to steps that go to the road. They will not stand on the steps, the road, or the stone wall to get to a plant. Some of the herbs, like anise, lavender, or chives will deter as well. Those herbs give off an aroma that they are not attracted to. It can keep them away from your flowers.

Be sure to pinch the herbs. I know that pesto is one of the favorites. I am sure that I do not have to remind you to pinch the basil. I use the parsley constantly in potato salad, meatballs, herb toast, eggs. Chives can be used where you want a little more onion flavor and that fabulous green color., omelets and potatoes come to mind. Dry the anise hyssop leaves for tea or make a pillow for your bedside. Use some cheesecloth and wrap the dried anise and hang it in your shower for aroma therapy.

Have you fried sage leaves? Or have you dried some to keep for fall and winter dishes?

This might be the last week for the late spring crop of peas. Squash continues to be abundant. Those of you who grow squash might know that when it is ready to be harvested there is always quite a bit of it, and we will reap the benefits of this summer veggie. I have added two recipes for summer squash, and I have been inspired by your posts on Facebook. Take a look if you need ideas.

I noticed on Facebook that a few of you were wondering about raspberries that I wrote about in the letter last week. They were available in a small quantity and only distributed into full shares. The same happened with cabbage. Raspberries are however available for pick your own and they are from time to time available in the farm markets, stand, and store.

If you need to contact Trish, with questions or concerns, try to call her first at the Farm Store, 908-879-7189 or e-mail Trish@alstedefarms.com or contact me, jenn@alstedefarms.com if you have ideas and recipes to share.

Until next week, enjoy the freshness!

*Jenn Borealo*



## Vegetarian Stuffed Zucchini

*3-4 medium zucchini, halved lengthwise*

*¼ c olive oil*

*1 medium onion, chopped*

*1 small bell pepper, chopped*

*3 cloves garlic, minced*

*1 T fresh chopped basil*

*1 T chopped fresh oregano*

*¼ cup grated Parmesan cheese*

*¾ c cooked rice*

*1 ½ -2 cups of your favorite tomato sauce*

*Meat Option: ½ lb. ground beef or sausage, removed from the casing, browned and cooked through completely*

*Scoop out the pulp from the zucchini halves and arrange them in a glass baking dish.*

*Coarsely chop the zucchini pulp. Heat 2 T of the oil in a large nonstick skillet over medium-high heat and cook chopped zucchini and onion, stirring occasional vegetables should be tender. Remove from the pan. Add the remaining oil. Cook the pepper until tender. Lower the heat and stir in the garlic. Cook until the garlic is softened and golden do not allow garlic to burn. Return zucchini to the pan. Sprinkle with basil and oregano. Mix in parmesan cheese and the cooked rice. Add cooked meats if you are using. Heat the oven to 375. Evenly divide the vegetable mixture into zucchini halves. Top with a little extra cheese and sauce. Bake 25-30 minutes or until zucchini are fork tender, sauce is bubbly. Serve hot*

## Week 11 Harvest!

Blueberries

Lettuces

Beets

Broccoli

Cauliflower

Cabbage

Summer Squash

Peas

Kohlrabi



Sunflowers

Radishes

Kale

Mint

***\*\*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 Cookies

*The original recipe had a cream filling or the cookies can be used for ice cream sandwiches.*

*1 cup all-purpose flour*

*1 ¼ teaspoons ground cinnamon*

*½ teaspoon baking soda*

*½ teaspoon baking powder*

*Coarse salt*

*1 stick unsalted butter, room temperature*

*½ cup granulated sugar*

*½ cup packed light-brown sugar*

*1 large egg*

*½ teaspoon pure vanilla extract*

*1 cup finely grated zucchini*

*1 cup old-fashioned rolled oats*

*½ cup chopped toasted walnuts (optional)*

*Preheat oven to 350 degrees. Line 2 cookie sheets with parchment paper. Whisk together the flour, cinnamon, baking soda, baking powder, and ¼ teaspoon salt in a medium bowl. Beat the butter with sugars until the mixture looks pale and fluffy. Beat in egg and the vanilla. Using a wooden spoon, stir the flour mixture into butter mix. Stir in zucchini, oats, and walnuts. Refrigerate the cookie dough until firm, about 1 hour. Using a 1 ½-inch ice cream scoop (about 2 tablespoons), drop dough onto parchment-lined baking sheets, spacing about 2 inches apart. Bake until edges are golden, about 17 minutes. Allow to set on the sheet for a few minutes and then cool on a wire rack. Adapted from: Marthastewart.com*

