

Storage Tips and Tricks for This Week's Contents

Beans: To store fresh beans place in a plastic bag and store in the refrigerator, store for 2-3 days. To prepare, break off the top of the bean at the stem end. Best when blanched or steam for 5-10 min. Beans are done when the color begins to brighten and become tender (not soft or mushy). If you are serving the beans cold in a salad, cook them less so they stay crisp.

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.

Week 12 Fresh Inspirations July 13th—July 19th 2020

I noticed a while back at the beginning of the season that Ashley Rivera posted a blueberry pie, hmmm, where did the berries come from? She froze them last year. Keep in mind that freezing blueberries might be something you will do before the end of July to treat yourself to that summer flavor off season! I cannot tell you how many of our Thanksgiving pie orders are for blueberry, imagine, you could make your own. Freezing blueberries is simple, take a look in the tips for directions.

Picking your own blueberries is an activity that the family might enjoy before the end of the season. If you haven't picked blueberries before you will be surprised at all the different colors the berry takes on before becoming that deep blue when they are ripe. It is like looking at pearls. The field is large and even long before this year, there has always been room to socially distance in the patch, especially on the weekdays. Be sure to check our website for the state mandated regulations that are followed for pick your own access. When you arrive at the field, be sure to follow signs for the best picking, you may have to walk a little, but it will be worth the effort! Always call in advance for picking conditions.

This week's share represents almost all the categories of vegetables. In the past I have said that we eat the entire plant and this week we are only missing two parts. Tubers and bulbs are missing. So, add some potato and garlic or onion to your menu or recipes and you will have it all. The leafy greens, or leaves, are holding out even in this incredible heat and humidity. Cauliflower and Broccoli are flowers, and they enjoy cooler weather as well and they could start to sprout flowers at any time. Peas are truly a spring seed vegetable and they are making way for beans to get started this week and I think before long corn will be in the picture too. Our first fruit form of a vegetable is squash and we are all waiting for the other summer fruits that should come along in the next few weeks. We also have a stem, Kohlrabi and for those of you who are new to our CSA this year, kohlrabi may not be a well-known vegetable. Kohlrabi is German for cabbage turnip and actually that does describe the taste. It is considered a stem vegetable and it does grow above ground. Kohlrabi can be eaten raw or cooked and the leaves are edible as well. I noticed that you could trade out for kohlrabi so do so and try one if you haven't before. I will include some simple prep directions in the tips.

CSA member Christina Lynn posted a young member and sous chef eating his peas. We love to see children helping in the kitchen, at CSA distribution as mini hosts, and of course enjoying vegetables at meal-time from the share!

Trish is always available, Trish@alstedefarms.com and she will be able to help with any of your questions or concerns. Many of you are members on the Facebook page, if not send your ideas and recipes to jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo



This is a favorite recipe that was shared by CSA member Kimberly Knarr DeMaria in a past season.

Zucchini Pancakes

2 cups grated zucchini, not peeled and squeezed dry with a paper towel
¼ tsp. lemon juice
1 Tbsp. minced garlic
½ cup chopped yellow onion
½ tsp. salt
¼ tsp. pepper
⅛ tsp. cayenne pepper
egg
½ cup Parmesan cheese
¾ cup flour
Oil for frying.

Beat the egg in a large bowl and add the zucchini, lemon juice, garlic, onion, and spices. Mix with a wooden spoon. In a separate bowl combine the parmesan and the flour and blend into the first mixture.

Mix gently, do not overmix the batter.

Heat the oil on a griddle or frying pan over medium heat. Drop scant ¼ c batter onto the hot oil, spread with a spoon. Cook until golden, about 2 minutes, flip over and continue to cook until browned.

Serve warm with sour cream, avocado, tomatoes or however you want to enjoy it.

Adapted from: Chefintraining.com



Week 12 Harvest!

Blueberries

Lettuces

Beets

Broccoli

Cauliflower

Cabbage

Summer Squash

Beans



Kale

Mint

Kohlrabi

*****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!***

Balsamic, Pesto, Green Beans, and Potatoes

Boil 4 medium red potatoes, until tender, cool, peel and cut into large chunks,

Clean green beans, steam beans until fork tender

Finely chop 3-4 cloves of garlic

In a large skillet heat 2-3 T olive oil, sauté garlic in olive oil until soft and slightly browned. Add the potatoes and green beans to the garlic. Stir to coat

In a mini chopper mince 8-10 basil leaves and a sprig of oregano,

Mix the herbs into the beans and potatoes over low heat. Add 1- 2 T balsamic vinegar.

Remove from heat

Salt and pepper to taste.

Serve warm or allow to sit and serve at room temperature.