

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.

To store sweet corn- Sweet corn is best is served the day it is picked. Store only a day or 2 in the refrigerator. Corn as it ages will become more starchy and less sweet. Shuck the corn as close to serving time as possible. The corn husk actually does protect the corn from heat keeping it sweet and fresh. To help remove silk, very gently rub with a terry towel or run under water while rubbing.

To store fresh cucumbers-be sure cucumbers are dry, place in a plastic bag and store for up to 5 days in the vegetable crisper.

To store fresh peaches: when you arrive home gently remove peaches from the protective plastic container. Store peaches on the counter at room temperature until they are the ripeness you prefer. When ripe, peaches should be stored in the crisper bin of your refrigerator where they will keep for up to five days.

How to store fresh 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.

To store 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.

Zucchini is the favorite vegetable for using a spiralizer. Make gluten free noodles! Or bake this week <https://beyondthebutter.com> one-bowl-chocolate-zucchini bread

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Cabbage:: Refrigerate cabbage in a plastic bag, cabbage should keep for at least a week or more. The outer leaves may become discolored or limp, remove them and the inner cabbage should be fine to use.

For salad or coleslaw thinly slice the cabbage & toss with a vinaigrette or make a creamy or zesty dressing. Add some grated carrots and other shredded vegetables.

<https://www.thekitchn.com/How-to-make-homemade-sauerkraut-in-a-mason-jar> or try a massaged cabbage and kale salad- <https://thenewbaguette.com/kale-cabbage-salad-orange/>

Week 13 Fresh Inspirations July 20th—July 26th 2020

So here it comes, we have arrived at the day that everyone waits for each year. No matter how many years you spend on the farm it is always a big day when the first Home Grown Corn comes into the market! The varieties that will be available through the season are both white and bi color, everyone has a favorite. This week I believe that all shares will have bicolor corn. I always say that white is just a little sweeter and bicolor has more character. Both are equally delicious, and the favorite is a personal choice. Preparation of either variety is the same.

Corn is planted here on the farm twelve or more times during the season. As a planted field sprouts another is seeded. Within the two types of corn there are different varieties, some early and some that will be harvested later.

Corn is picked here on the farm while most of us are still sleeping, every morning. Serving corn on the day of picking will give you the best and the sweetest flavor. As corn ages the sugar turns to starch and the flavor will change. Refrigerate and then plan to use the corn as soon as possible after picking up your share. We should have corn in the shares quite often from this time on. We have been known to harvest corn through mid-October.

Peaches in the shares this week are really a treat. We have always enjoyed fruit in our CSA shares, and we have always been proud to say that we are one of the few Harvest Clubs to include fruit. In past years peaches were in shares through the summer. This year we have to remember that there were losses in the spring due to the freezing temperatures after blossoms. In the past we have had fires in the orchards to keep them warm and there are farms that have used helicopters to push the warmer air down into the orchards as well. Neither method could be used this year due to extremely high winds. Peaches were lost here in North Jersey and in South Jersey as well. The peaches this week are an early variety so they will be clingstone.

As usual I am inspired by all of you. It takes determination to use up everything in the box. Anne Buggy is not letting anything go to the compost pile! I love the sautéed greens from the broccoli, beets, and kohlrabi leaves! Samantha Anne prepared one of my favorites, chocolate zucchini bread. It was so good to hear that some of you are trying vegetables that you have never had before and once again I am reading about children and mini hosts enjoying vegetables more than ever. There is something about picking up that box and unpacking each week. It isn't exactly gardening or growing your own but it does make vegetables more fun.

Many thanks to all of you who have taken the time to write a thank you to the CSA team. I know that they appreciate hearing from you. They all love what they do, and they work long and hard days to bring you the freshest fruits and vegetable from the fields. Trish is always watching out for you and the best way to contact her is Trish@alstedefarms.com. If you have something to share with me, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Simple Corn Preparation

To boil corn, bring 1" of water to boil in a shallow pan and add the corn, cover and boil 3-4 minutes and remove.

To steam corn, place the corn in a steamer basket over boiling water, cover and steam 6-8 minutes.

To grill corn, Pull back the husk, remove the silk, without removing husk. Lightly Butter the corn and sprinkle with salt and pepper. Push the husk back into place. Wrap each ear in foil * Or pull the husk back into place and submerge the corn into cool water for 10-15 minutes. Corn must then be drained well. Remove all excess water! While buttering or soaking and drying at the appropriate time start to prepare your grill.

- Place the corn on the grill and cover.

For gas grills set the heat to medium high. Turn the corn after 5-6 minutes.

If you have a charcoal grill turn/ check after 5 minutes, or longer. It is time to turn when the husk browns. Corn should be ready in 20-25 minutes.

Every grill is different, there can be no exact timing. You should stay close by to be checking the corn often.

At farm camp we place the corn on the hot embers of a camp-fire. Some recipes also have the embers over the corn as well. This process would take 15-20 minutes.

I have had corn that is completely cleaned placed on the grill so that the kernels are brown. With this method the grill lid is down, and you need to stay nearby to turn often, every few minutes! This method gives the most grilled/barbequed flavor.

Serving corn after cooking, my choice is, just as it is. Some other choices include, salt, pepper, butter, herb butters, or a sprinkle of lime, it is certainly a personal choice!

- Grilled Corn Salad

Remove the corn from the husk, add chopped red onion, tomato, cucumber, red and green pepper hot or sweet, and cilantro. Drained and rinsed, black beans can also be added to this mixture. Whisk olive oil with fresh lime juice. add a spoonful of honey, optional. Pour over the vegetables, stir to blend, chill and hour or so before serving.

Top with chopped avocado and cilantro leaves when serving.



Week 13 Harvest!

Blueberries

Peaches

Beets

Sugar Plums

Cauliflower

Cabbage

Summer Squash

Beans

Hot Peppers

freshly
inspired

Alstede's Community
Supported Agriculture



Eggplant

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!***

Grilled Cabbage Steaks

A head of cabbage

Oil – Olive oil or avocado oil

Salt and pepper

A sauce or dressing for topping

Heat the grill to medium high

Cut the cabbage into slices, about 3/4" thick

Brush, spray or drizzle with oil and oil the grill grates as well. Sprinkle with salt and pepper Grill for 5-6 minutes and then turn, grilling an additional 5 minutes on the 2nd side. The thickness of your steaks will determine exact time. You should stay close to the grill. The steaks should be charred, caramelized and a little crispy.

To serve top with your favorite vinaigrette, pesto, ranch, or creamy herb dressing.

Adapted from: Eatthegains.com