

Storage Tips and Tricks for This Week's Contents

Lodi Apples: Serve raw in the first couple of days after receiving. These apples will not keep. Refrigerate and plan to Prepare applesauce within a couple of days after that.

3-4 Lodi apples, peel, core and cut into 8ths. Place in a 2qt saucepan add ¼ c apple cider or water. Simmer until the apples are tender. Sweeten to taste, sugar, brown sugar, maple syrup, honey, agave, Add ¼ – ½ teaspoon cinnamon and of a pinch of nutmeg.

Basil: place roots/stems in water and cover the top with a plastic bag creating a sort of greenhouse. Do not refrigerate. Change water every day or so.

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.

Save some blueberries: We could be close to the end of the season. Freeze your favorite blueberry pie filling in a pie pan that is lined with foil. When you are ready to bake you can prepare or buy a crust, add the frozen filling, and bake.

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.

Carrots: before refrigeration- Remove the tops from the roots/carrots/ Store in a separate bag



Week 14 Fresh Inspirations July 27th—August 2nd 2020

Ta Da, the garlic has arrived! Ann Buggy and Jennifer Rosenzweig have already posted their love of this aromatic. I am with them and I suggest you line up because you are in for a treat. Cutting the scapes allows the bulb to enlarge in the last weeks of growing and this garlic will not disappoint. I am telling you now, you are going to want more of this fabulous harvest. It is not anything like the supermarket variety! Garlic of course will add flavor to so many of your favorite dishes. It will pair well with all of the vegetables in the share, not to mention the basil!

We know that eating local can help to support the local farmer, fresher produce that is often harvested that day, your food doesn't have to travel across the country, and it is in season where you live. Why is that important? Nature takes care of nature. It is always a good idea to eat what is in season where you are, as many times it can be what you need to stay healthy. In this very-hot part of the summer we need to be hydrated. Cucumbers contain the highest water content of all the vegetables. They can quickly boost your hydration and your energy level. They are great to simply serve in slices with just a little salt, add a dip, prepare salads, salsa, tea sandwiches. Cucumber water is most refreshing along with its detoxifying properties. It is not surprising that cucumber and watermelon (that comes just a little later) are close cousins.

I was so happy to see peaches in the shares last week and again this week. We know that many peaches were lost in the cold weather, so we do feel lucky to have this harvest and we are even more pleased to share it with all of you. Stone fruits did suffer in the cold, so I was extremely surprised to see the sugar plums in the shares as well, what a treat! Sorry, that I did not write about them, they were a late addition, after I had already submitted the letter and weekly information. Just a reminder, stone fruits will often come in the plastic protective containers. Be sure to remove them as soon as you can after your arrival home.

Another fruit this week, oh my! Lodi apples may be new to many of you. They are among the very first apples of the season and they will not be followed with another apple probably for a couple of weeks. We will always try to give you some information about each variety. Lodi apples being early are not good keepers so they will be good to eat out of hand on the first few days at home however the most recommended use of this apple is the preparation of applesauce.

This looks like a great share. I am happy to see that many of you are working with Harvie to design a box just for you. As the season progresses the farm is getting busier. We are planning a pancake breakfast next week. I have been making blueberry pancakes every Sunday at home. I am hoping you can join us for breakfast. If not, I am printing my favorite blueberry pancake recipe so that you can prepare at home. If you need anything please contact Trish@alstedefarms.com and if you have anything to share with me, send to jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo

freshly
inspired[®]
Alstede's Community
Supported Agriculture



Blueberry Pancakes

1 1/2 c flour
1/2 t kosher salt
3/4 t baking powder
1/2 t baking soda
1 1/2 T sugar
1 large egg
1 c buttermilk or sour milk
1/2 c milk
1 T melted butter or oil
1 c blueberries

In a large bowl, mix together the dry ingredients.

In a separate bowl beat the egg and blend in the liquid ingredients.

Pour the egg mixture into the dry ingredients just before you are ready to prepare.

Stir gently with a wooden spoon. Batter may be a little lumpy!

Very gently fold in 1 c blueberries. Using a ladle or a 1/3 c. Drop onto a greased griddle heated to 375. Sprinkle in a few more blueberries if you like.

Allow the pancakes to become golden on one side, adjust the heat as needed. Bubbles should be starting to break, pancakes should look set around the edges. Turn to complete cooking on the other side. Never press down with your pancake turner. Serve hot with butter and or maple syrup.

Yield 8-10 pancakes

Week 14 Harvest!



Blueberries

Peaches

Broccoli

Cauliflower

Cabbage

Eggplant

Bunched Onions

Beans

Hot Peppers

Cherry Tomatoes

Cucumbers

Carrots

Sweet Corn

Garlic

Kohlrabi

Basil

Lodi Apples

***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!*

Pepper Cabbage

1 head green cabbage (about 1 pound), cored and finely chopped
1 medium green bell pepper, seeded and finely chopped
1/2 cup cool water
1/2 cup apple cider vinegar
1/4 cup sugar
1 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon celery seed

Combine the chopped cabbage and pepper in a container that has a tight-fitting lid. In a separate bowl whisk together the water, vinegar, sugar, and salt. Sugar and salt should be dissolved. Pour the dressing over the cabbage and peppers. Toss gently to thoroughly combine. Season with pepper and celery seed. Prepare the salad one day in advance or early in the day before serving so that fiber will soften a bit and flavors will blend well. Store the salad covered, in the refrigerator. Serve chilled.

Adapted from: thewashintonpost.com

