

Storage Tips and Tricks for This Week's Contents

To store sweet corn- Sweet corn is best 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.

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

To store eggplant – try to serve eggplant as soon as possible. Store one of two ways for a short time. Either on the counter, in a cool environment for no longer than a day or two or in the refrigerator for a day or two. The best temperature is about 50 degrees.

Some simple preparation tips: Peeling eggplant is a personal preference. White eggplant, Asian eggplant and some of the mini varieties have very tender skin. Cut eggplant into large chunks or thick slices, toss in a bowl with olive oil and chopped garlic and roast in an oven at 425 or Slice eggplant, dip into egg and then breadcrumbs. Pan fry or bake until golden and crisp. Serve as a side dish or top with tomato sauce and sprinkle with cheese. Bake in a single layer just until the cheese is melted for a quick eggplant parmesan. Optional! Sprinkle eggplant with salt, allow to sit to reduce acidity. Pat dry and it is ready to grill, roast or sauté or fry.

To store fresh melon - When receiving melon from the farm they should be ripe and ready to eat. If you are planning to serve within a day keep a melon at room temperature. For longer keeping place in the refrigerator for up to 3-4 days depending on the degree of ripeness when they are delivered. Always wipe the melon clean and remove all soil before storing, be sure the melon is dry in the refrigerator. Always wash a melon before cutting so that you do not drag soil or bacteria through the flesh. Muskmelon can be wrapped in a plastic bag, so the aroma does not affect the flavor of other foods in storage.



Week 15 Fresh Inspirations August 3rd—August 11th 2020

As promised, melon was not far behind the harvest of cucumbers. It has arrived. Musk melon is one of the melons that will be in the shares this week. It is most often compared to cantaloupe. All cantaloupe is actually considered a musk melon however not all musk melon is considered cantaloupe. It can also be Honeydew, Persian, and Santa Clause melon. When I first came to work here at the farm, I was told that Musk Melon is New Jersey cantaloupe and for this week, that is absolutely true. Watermelon is also coming into season.

It looks like eggplant was in some of the shares last week. I did pick some up from the Farm Store during the week. In the past I had read and even written that New Jersey is the number one producer of eggplant in the country. As I look to confirm that information today, I find that California is also listed and so is Florida, even Georgia. News 12 New Jersey says that we grow 849 acres. And we cannot discount the pot at Julie Siebert's house where the adorable Becca had her own harvest! Here at the farm we harvest eggplant from late July through October. You may have the most common variety in the shares. The deep purple globe. You may see pink, or marble, or a round Sicilian, there is a long thin variety that is Asian and, in the store, you can find some mini varieties as well. Of course, white that really does look like an egg was first, hence the name "eggplant" Cheryl Presuto posted a picture where she used her eggplant in a recipe, we printed a while back. It looks like she used share scallions to garnish. The recipe called for Asian Eggplant. She used the globe. Most recipes are interchangeable. That recipe is posted on our website if you would like to give it a try.

It has been a long time since I have seen a foodie magazine with a cover that makes me want to purchase it. We can't even go to the library to see magazines. We have all moved to looking up our recipes on websites and getting e-mail blasts from our favorites. If those magazine covers were available, they would be featuring pictures of what is in season and eggplant, squash, tomatoes, corn, and peppers would take center stage. The Kitchn.com is one of my favorite sites and in an e-mail the other day they posted a "winner" recipe for Eggplant Parmesan. The recipes were from popular websites, books, and chefs. Their clear winner Saveur's "Best Ever Eggplant Parmesan". Give it a try if it is something you and your family would enjoy.

Last but not least and certainly a great debate, to salt or not to salt, eggplant that is. It has become more popular not to unless you are going to be frying. And even then, sometimes not. Most of the time I don't salt and sweat eggplant. My rule is that if I am trying a recipe for the first time and it is suggested I will go ahead and follow the directions completely.

We had an e-mail this week from CSA member Laura Davis who shared a picture of a corn and red pepper salad. I will share her recipe/link in the tips this week. If you have an idea to share please send to me, jenn@alstedefarms.com. Please remember that the best way to reach Trish and our team with any question or concerns is by phone at 908-879-7189. We are always ready to help you!

Until next week, enjoy the freshness!

Jenn Borealo

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Gazpacho

Gazpacho reminds me of a salad. It is a Spanish cold soup, so it is not spicy. We can make this recipe our own as the season progresses. The soup is best is allowed to chill after preparation. The vegetables will be crisp and the flavors will have had a chance to develop.

4-6 ripe peeled and chopped tomatoes

1 onion finely chopped whatever onion is in the share or scallions

1 cucumber peeled, seeded, chopped

1 green or red bell pepper, cored and seeded, chopped

2 or more stalks of celery chopped, fine

2-3 T minced fresh parsley

3 T chopped fresh chives

1-2 cloves of garlic minced

¼ cup red wine vinegar

2 T fresh squeezed lime or lemon juice

3-4 cups tomato juice

¼ cup good quality olive oil

3- 6 drops of Tabasco sauce or to taste (optional)

1-2 t Worcestershire sauce

Kosher salt and fresh ground pepper to taste Prepare the vegetables herbs and garlic and mix together in a bowl, set aside. Place a cup or two of the prepared vegetables into a food processor. Pulse a couple of times. Mix back into the vegetable bowl. Blend together the last 6 ingredients and stir together well. Add the liquid over the vegetables. Season with salt and pepper and cover and allow to chill for 4-6 hours or overnight. Taste and adjust seasonings as desired.

Week 15 Harvest!



Bell Peppers

Lettuces

Carrots

Eggplant

Bunched Onions

Beans

Hot Peppers

Cherry Tomatoes

Beets

Sweet Corn

Garlic

Musk Melon

Tomatoes

Kale

Radishes

***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!*

Cantaloupe Agua Fresca Recipe

11 (3-pound) ripe cantaloupe or other small melon, cut into large dice (about 4 cups)

3 cups cold water

3-4 teaspoons freshly squeezed lime juice (from about 1/2 lime)

¼ c granulated sugar, plus more as needed

Ice

Heat 1 ½ cups water and ¼ c sugar in a small saucepan. Bring to a boil and cool to room temperature. Place the melon and the simple syrup, and lime juice in a blender. Blend the ingredients on high speed until smooth, about 20 seconds.

Set a strainer over a bowl or large pitcher. Strain the blended mixture through the fine-mesh. Pressing down on the solids. You should have about 2 cups of liquid. Discard the solids. Add the remaining 1- 1 ½ cups water and stir to combine. Taste and add additional sugar as needed. Refrigerate until cold, at least 1 hour. Serve over ice. Adapted From: Chow.com

