

Storage Tips and Tricks for This Week's Contents

How to store tomatoes- Tomatoes should be kept at room temperature for best taste and texture. If necessary, to refrigerate be sure to take out what you will need for the day early to return to room temperature for the best flavor.

If tomatoes start to get soft prepare them as a quick sauce or slice them and roast them layered in a glass pan with garlic, basil, oregano, and parmesan cheese. Drizzle with olive oil, bake @ 425 until bubbly and slightly charred.

Just snack on the grape or cherry tomatoes the day you receive them, they are so sweet and delicious. When tomatoes are plentiful make a tomato only salad, with garlic or red onion, fresh basil a little bit of vinegar and some olive oil. If you have leftovers, chop up the tomatoes add some parmesan cheese and server over pasta for a quick lunch. A

favorite recipe is Brie Pasta using share tomatoes and garlic and garden basil

How to store fresh sweet and hot peppers-Peppers can be kept in a plastic bag in the refrigerator for up to 2 weeks.

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 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 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. Sprinkle eggplant with salt, allow to sit to reduce acidity. Pat dry and it is ready to grill, roast or sauté or fry. Anne Buggy posted eggplant meatballs on Facebook, here is the link: <https://www.skinnytaste.com/eggplant-meatballs/> They look amazing!



Week 17 Fresh Inspirations August 17th—August 23rd 2020

This week it is time to spice up our recipes with a mixture of hot peppers. We do grow 8 different types of hot peppers and with some there are different varieties growing as well. Hot peppers can be mild, and some are found a little higher on the Scoville Index of heat. Hot peppers can be green, or orange or of course red. Growing up I knew about a chile pepper, a long hot pepper, and cherry peppers. It seems that all of those could be used in Italian cuisine. Latino and Mexican recipes have become a part of our daily lives and many of the peppers that we grow are an ingredient in the foods we love.

There was a question on “Who Wants to be a Millionaire” a few weeks ago about the Scoville Scale and what it might represent, of course the answer is the heat index of hot peppers. They did not know the answer. Now you will know: https://en.wikipedia.org/wiki/Scoville_scale

Most of the peppers that we receive in our shares are sweet. This week there will be a hot pepper mix. The mildest and the darkest green and the largest of the spicy peppers is the Poblano. The jalapeno is among the most popular peppers that we sell, and it is spicy but not too hot. The serrano has a similar shape however it is a little smaller and thinner and the heat index is quite a bit higher. Long hot peppers are said to be the “Russian Roulette” of hot peppers. They can be almost sweet, and they can be very spicy but not nearly the hottest of them all. Hot cherry peppers are very often the peppers that are stuffed. You might see them in Italian specialty shops with prosciutto and provolone in a marinade. In the past we have had the super chile pepper in our shares. The peppers are delivered attached to the plant or branch. These are the peppers most noted to be strung and dried.

We do grow Habanero and bonnet peppers as well as the ghost peppers. I doubt that they will be a part of the hot pepper mix. If more hot peppers are something you would like, get in touch with Trish and she will guide you through to the source. The hottest of peppers is the Carolina Reaper and it is not grown here on the farm.

All hot peppers come with a warning. Just so that you are working with a little care. When handling hot peppers either wear gloves or be sure that you are washing your hands before doing anything else. Use caution if children are helping to unpack the share. Be sure that you wash their hands immediately. The flesh of the pepper is hot however It is the capsaicin in the pepper that brings even more heat. If you are preparing peppers and you want the minimum of heat, discard the rib that does have capsaicin and seeds the that only have heat from capsaicin because they are attached.

I have noticed in my personal life that hot and spicy is well accepted or it is not. There is truly little grey area. If you like hot and spicy, good for you! The capsaicin is beneficial to your health. You can actually purchase capsaicin vitamin tablets. Read further: <https://draxe.com/nutrition/capsaicin/>

If you have questions or have a request contact Trish @ 908-879-7189 or Trish@alstedefarms.com if you have ideas or recipes or questions about a recipe, contact me, jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo



CSA Boilermaker Tailgate Chili

- 2 pounds ground beef chuck & 1 pound bulk Italian sausage
- 3 (15 ounce) cans kidney beans & 1 (15 ounce) can black beans drained
- 2 (28 ounce) cans diced tomatoes with juice or fresh tomato from the share
 - 1 (6 ounce) can tomato paste
 - 1 large yellow onion, chopped
 - 3 stalks celery, chopped
- 1 green bell pepper, seeded and chopped & 1 red bell pepper, seeded and chopped
- 3 chopped jalapeno or hot mix from the share peppers seeded and chopped
 - 1-2 tablespoon minced garlic
 - 1/4 tablespoon chopped cooked bacon
 - 4 cups beef broth & 1/2 c beer or wine
 - 1/4 cup chili powder
 - 1 tablespoon Worcestershire sauce
- 1/2 tablespoon dried oregano or 1T chopped fresh & 2 teaspoons ground cumin
- 2 teaspoons hot pepper sauce (e.g. Tabasco™)
- 1 teaspoon dried basil or a T chopped fresh
- 1 teaspoon salt & 1 teaspoon ground black pepper
- 1 teaspoon cayenne pepper & 1 teaspoon paprika
- 1 teaspoon white sugar
- 1 (10.5 ounce) bag corn chips
- 1 (8 ounce) package shredded Cheddar cheese or jack or pepper jack

Heat a large stock pot over medium-high heat. Crumble the ground chuck into the hot pan, 1/3rd at a time. Cook until evenly browned. Remove and drain off excess grease. Remove the sausage from the casing. Break sausage into pieces and brown, remove from the pan, and set aside. Leave some fat to coat the bottom of the pan. Add the vegetables (onion, celery, pepper, garlic) to the stock pot and cook over medium heat until slightly softened. Add the meats back into the pan with the vegetables. Stir to combine all ingredients.

Pour in the beans, diced tomatoes, and tomato paste. Bacon, broth, and beer. Season with chili powder, Worcestershire sauce, oregano, cumin, hot pepper sauce, basil, salt, pepper, cayenne, paprika, and sugar. Stir to blend, then cover and simmer over low heat for at least 2 hours, stirring occasionally.

After 2 hours, taste, and adjust salt, pepper, and chili powder if necessary. The longer the chili simmers, the better it will taste. Remove from heat and serve, or refrigerate, and serve the next day. To serve, ladle into bowls, and serve cheese for topping serve with corn chips Adapted from: All recipes.com



Week 17 Harvest!



Bell Peppers

Kohlrabi

Carrots

Eggplant

Onions

Beans

Hot Peppers

Cherry Tomatoes

Watermelon

Sweet Corn

Garlic

Musk Melon

Tomatoes

Kale

Cucumbers

***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!*

Spicy Hot Tomato Sauce

- 1/2 cup extra-virgin olive oil divided
- 4 cloves of garlic, finely chopped
- 1 medium onion chopped
- 2 bell peppers halved, seeded, and cut into 1-inch square pieces
- Kosher salt
- 1/2 pound or more hot peppers cut into short, thin, slices
- 1 can crushed tomatoes
- 2-3 fresh tomatoes peeled, chopped, and seeded
- Small bunch basil and oregano leaves

Heat 4 T of the oil over low heat and the oil over low to medium heat in a large pan. Add the onion, garlic and bell peppers, and allow to sweat for 5 minutes. Remove from the pan. Add a little more oil and the hot peppers, and a sprinkle of salt. Cook over low to medium heat for about 8 minutes, or until the peppers have softened and are partially tender. Add the onion mixture back to the pan, stir and continue cooking until all the vegetables are tender. There may be some liquid left in the pan. Add the tomatoes and the herbs. Lower the heat and continue to cook for another 15 minutes, until all the peppers are tender. Season with salt as needed. Remove from the heat.

Serve over pasta, grilled meats, fish, pizza, or frittata