

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.

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 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!

Easy One Skillet Chicken Sausage, Peppers, Onions and Potatoes *in a lemon-white wine sauce with capers.*

Sauté sausage in a little olive oil. Halfway through add peppers, onions and garlic. Cook until peppers are soft. Deglaze the pan with wine. Add juice from one lemon, an equal amount of chicken stock, a handful of cherry tomatoes, tablespoon of caper juice, and a tablespoon of capers. Salt and pepper to taste. Make a teaspoon of flour into a slurry and add along with par cooked potatoes (microwave for 7 minutes in a bowl with a little water and a wet paper towel on top). Mix to coat and put in oven uncovered for 30 mins at 350. Fold in a cup of arugula.

Storing Apples: In the crisper drawer of the refrigerator, in a plastic bag or not Apples can stay fresh for up to 2 months refrigerated. Most early varieties do not store as well as later fruits, be sure to check fruits in the drawer before adding more apples/pears each week. It seems that apples come into season at the perfect time, apples are one of the best snacks in a school lunch.

Week 18 Fresh Inspirations August 23rd—August 29th 2020

Such a great week! A little less humidity and I had a chance to meet and tour with some of our Fresh Discovery and CSA members. The farm is really is breath taking! Do not worry there is the promise of more. There are fields where tomatoes are not ready yet and of course the apple orchards are looking good too. Weekdays and weekends are busy with everyone who wants to be out in the fresh air picking. Take a wagon ride and pick or if just enjoying the beauty of the season is your thing then come and see the sunflowers, they will not disappoint!

I had CSA member Sally Levin with me on one of the tours. She had a question about finding recipes on the website. We actually started posting recipes to our website about 7 years ago. We had quite a few recipes for each fruit and vegetable we grow. The recipes had to be removed. Laws have changed in recent years so in order to post the recipes we have to re-write the directions/ instructions. At this time not all of our recipes are posted. To get to the recipe page start with the Alstede Farms Home Page, click on “ways to eat fresh,” under current member you will find CSA recipe. If you click there, the list of produce that we grow will be on the left side of the page. Click on any of the items and recipes will come up.

This week both recipes are directly from us, not the internet. The first is from our production manager, Craig Steely. Sausage, peppers, and onions that he would prepare in a large pan and so that he had dinner ready for a couple of nights. His daughter one day asked him what the recipe was called, and he said “Bella Morte” Beautiful Death in Italian. Hmmm, I am not sure why.

The other recipe is one that both of my grandmothers and my mother prepared every summer. Pickled eggplant was always in our refrigerator. It could be found on antipasto platters or it was the topping on an Italian style sandwich. Believe me no grammar school student would ever trade lunches with me. It was just not something that kids in school would have enjoyed, to say the least.

We are inching closer to fall everyday and apples just confirm that. Paula Red apples, named after Paula Arenda, the wife of a Michigan farmer who found a seedling in his McIntosh orchard. It is thought that the McIntosh and possibly the Cortland are the parents to this late summer apple. Both apples this week are first early apples that are not known for keeping well. These apples are best for snacking and eating out of hand or for making applesauce. They are not recommended for baking or pies. The Red free apple is called the early dessert apple and I am not sure why, maybe we could use the applesauce as a cake ingredient. Red Free apples named not because it is free of the color red, but free and resistant to disease. Rutgers along with Perdue and Illinois Coop did have a hand in the development of this apple. The Raritan could be one parent and it has been said that there was a little crab apple in the development.

I heard from one of our seasoned CSA members, Bev Hansen this week. Bev has been preparing tomatoes for freezing. I will share her favorite recipes and methods in the tips this week. If you have anything to share please send to me, Jenn@alstedefarms.com if you have a question about your share or you need to make any changes contact Trish@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Pickled Eggplant

3 eggplants, peeled and sliced into strips

1 cup onions, sliced thin

1 cup sweet or hot or a mix of red peppers, thin sliced

1 teaspoon kosher salt

1 cup apple cider or white vinegar

2 cups water

4 garlic cloves, sliced or chopped

Chopped fresh oregano, basil and parsley

2 cups (or more) olive oil

Sprinkle eggplant generously with kosher salt and mix with your hands. Allow the eggplant to rest for 2 hours, then rinse well and press out as much liquid as you can. Boil vinegar and water in a large saucepan. Add eggplant and boil only 2-1/2 minutes, any longer and the eggplant will be mushy. Allow the eggplant to drain and cool and wait until you can handle it to squeeze out more liquid.

Mix eggplant with chopped pepper, onion, garlic, and herbs. Press the eggplant mixture into 2 clean jars and pour in olive oil to cover.

Store for 2-3 days before using. Do not store at room temperature. Jars must be refrigerated. Serve within a week or freeze

Week 18 Harvest!



Bell Peppers

Summer Squash

Carrots

Eggplant

Onions

Beans

Hot Peppers

Cherry Tomatoes

Watermelon

Sweet Corn

Garlic

Red Free & Paula Red Apples

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!*

Sausage and Pepper Pasta

1 lb. Penne Pasta

6-8 links of hot or sweet Italian Sausage or a mix both

2 large sweet bell peppers

mixture of 8-10 hot peppers

1 large yellow onion

6 cloves of garlic sliced

5 chopped medium to large tomatoes saving the juice

1-28 oz Can diced or crushed tomatoes (optional)*

Chopped fresh herbs Basil and Oregano or a few sprinkles of Italian Seasoning

Brown the sausage links. Remove from the pan and allow to cool. Slice the sausage into coins. Set aside.

Add some olive oil to the pan. Slice the hot and sweet peppers into bite size slices. Peel and slice the onion. Chop the garlic. Sauté the vegetables until slightly softened.

Add the sausage coins to the pan. Top with the chopped tomatoes. Simmer uncovered for 15 minutes, stirring occasionally. Top with chopped or dried herbs. Add some of the canned tomato as needed.

Continue to simmer on low, stirring occasionally until the peppers and onions are softened and the tomatoes have created a sauce.

Prepare penne pasta according to the package directions. Save a little pasta water if needed to bring together the sauce and the pasta.

