

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 Freeze 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.

Start with the fresh corn on the cob in your share or from our farm store, stand or farmers markets. It has been picked the day it was delivered. Keep the corn chilled in the refrigerator until you are ready to prepare for freezing. Sugar can turn to starch at room temperature. Fill a large pot $\frac{3}{4}$ full of water. Heat the water to a rolling boil and prepare an ice water bath. Husk the corn. Taking care to remove all the silk. Gently rub the corn with a textured kitchen towel or soft terry towel to be sure that all of the silk is off.

Corn is ready for blanching which will stop the action of the enzymes in the fresh harvested vegetable. Gently drop the corn into the boiling water. It is important that the water should does not lose the boil. Boil for 4-6 minutes.

Lift the corn with a slotted spoon or drain and stop the cooking in the ice water bath. Add extra ice as needed. Remove the corn to a towel to be sure that it is dry

Remove the kernels from the cob. Hold one end of the corn, with the other end in a deep bowl. Run a very sharp knife under the kernels. (There are some special tools if you prefer.) The corn will come off in strips and should break apart as you are packing them.

Another method is to place the end of the corn in the center opening of an angel food cake pan. Run the knife under the kernels and they will fall into the pan.

Portion the corn into zip lock bags. Be sure to push out as much air as possible. Place a straw into the bag at the end of the closure. As you close the bag press out air. Draw air out with the straw and press to close as you pull out the straw. This step should prevent freezer burn and drying. When you are ready to serve the corn, it will need very little preparation. You can heat

up the corn in the microwave or in the top of a double boiler or in a skillet with a little butter. There really is no need to cook further. *There are directions for freezing corn on the cob, our experience is that this method, corn off the cob will give you the best results.*

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.

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 19 Fresh Inspirations August 31st—September 6th 2020

Sadly, and much too quickly the unofficial end of summer is in our view! Over Labor Day weekend we will host some of our last summer picnics. Labor Day has often signaled the end of summer menus for many. We, all of us here at the farm, and all of you I believe, do know better. Tomatoes are at their best and corn will be with us probably until Columbus Day, depending on weather, maybe later! There will be summer squash for a while and eggplant continues to be plentiful, not to mention peppers as well! Most of our phone calls these days are customers who want to order large quantities of one of the summer crops. They want to put away some summer tastes for the late fall and of course winter. I have noticed on Facebook that tomato sauce is being prepared. Remember last week Bev Hanson wrote about her sauce preparation methods. Fresh from the farm in the middle of the winter will always be a treat. Bev mentions that when you make your own there is no sugar or unwanted additives from processing. This week I will include our favored directions for freezing corn. It will be a welcome Thanksgiving side dish! I know I have written more than once about our members who finish the containers in their freezers just about the time that the first spring share, the following year, will be delivered. They amaze me!

With all that being said, fall fruit, apples of course, will continue to show up in the shares as they become ripe and in season. The Zestar is the apple of the week. It is considered an all- purpose apple, reading further however, I think we continue to have apples that are best for eating out of hand and cooking, but they are not the best for baking. This apple is almost all red where the sun hits the skin and there is a little creamy yellow where they mature in shade. This is a tart, crisp apple with a hint of brown sugar flavor. It has been said that they are a great early apple to introduce the season to come. It is the offspring of State Fair and MN 1691, unfamiliar apples to me. Zestar apples were introduced in 1998 and I have read that it has been called the precursor to the Honeycrisp. Both apples were developed at the University of Minnesota.

We have two new crops in our shares this week. Move over garlic and make room for shallots. They can replace onion in recipe and if the recipe calls for onion and a hint of garlic then you have the perfect ingredient. Shallots are used all the time in French Sauces and vinaigrettes. My best suggestions are that in recipes where they need to be minced or finely chopped. I chill the shallot or you can freeze them or light a candle while chopping or put a piece of bread in your mouth. I have also used a mini chopper unless I really feel like a good cry!

Lunch box peppers are coming from the organic fields just in time for the start of school. They are a perfect size for snacking, and they bring the same vitamin A, C, folate, and fiber as their larger cousins. In recent years they have been stuffed, with meat and rice or hummus or ricotta. For those of you who would prefer sweet to hot and spicy, lunch box peppers could be your “pepper popper” option. They are great sautéed in olive oil with onion and garlic, season with some fresh herbs, and a dash of balsamic.

Labor Day is the last “Monday Holiday” of the summer. Take a little time to relax. Stay safe while getting together with friends and family for picnics and parties. Share recipes with me, jenn@alstedefarms.com and if you have any questions or concerns trish@alstedefarms.com is ready to help.

Until next week, enjoy the freshness!

Jenn Borealo



Poached Fish in "Crazy Water" or "Aqua Pazza"

Serves 4-6

6 or more fillets of white-fleshed fish, I have used cod or tilapia

3-4 cloves of garlic, peeled and sliced

½-¾ lb. cherry or grape tomatoes cut in ½ or larger tomatoes cut into chunks

Olive Oil

A few sprigs of parsley, basil, oregano, finely chopped

1 cup Salted water or seasoned fish broth

1-2 fresh or hot peppers or dried chili peppers or red pepper flakes

Capers and olives optional

Sauté the garlic in olive oil. in a large non-stick skillet. Drizzle with more oil and add the tomatoes and the hot pepper and continue to cook for a few minutes allowing the tomato and pepper to soften. Add ½ of the chopped herbs and the salted water and simmer for 5-6 minutes.

Place filets of white-fleshed fish into this 'bath' in a single layer. Season with salt and pepper and sprinkle with remaining chopped herbs. Cover and allow the fish to simmer gently until it is cooked through, about 5-10 minutes, time will depend on the thickness of the fish. Fish should flake easily with a fork .

Serve immediately, lift fish with a slotted spoon to plate and top with sauce and a bit more parsley and some chopped black olives and capers for flavor and color.

Adapted from: MemoriediAngelina.com



Week 19 Harvest!



Lunchbox Peppers

Summer Squash

Zestar! Apples

Eggplant

Shallots

Beans

Hot Peppers

Cherry Tomatoes

Watermelon

Sweet Corn

Garlic

Collard Greens

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.*

Ricotta Stuffed Lunchbox Peppers

¼ c finely chopped shallots

1 lunch box pepper finely chopped

1 tbsp olive oil

1 tbsp fresh oregano, chopped

1 T chopped fresh parsley

1 ¼ c ricotta

2-3 T Parmesan cheese

2 T shredded mozzarella

Salt and pepper, Chopped herbs (oregano, basil, parsley) for serving

1 qt. Mini lunchbox peppers from the share

Prepare a baking pan lined with parchment and brushed with olive oil. Preheat the oven to 375. Wash and dry the peppers. Slice off the tops or slice the peppers in ½ lengthwise and remove seeds and ribs. Heat olive oil in a small skillet over medium heat. Add chopped pepper and shallot and cook until translucent, do not allow them to brown. stirring as needed. Remove from heat, cool. Combine pepper& shallot with ricotta, herbs, parmesan, mozzarella. Add salt and pepper taste. Place peppers in the prepared pan, cut side up. Pipe or spoon filling into peppers. Do not overfill. Bake peppers 20-25 minutes until they bubble. Sprinkle with fresh herbs and serve warm or at room temperature. Optional: Add some cooked chopped spinach, (drained well) to the ricotta mixture. After baking serve with a little tomato sauce