

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.

Spinach- Clean and completely dry fresh spinach wrapped in paper towel placed in a plastic bag or container for up to a week.

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 starchier 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.

Garlic and onions should be stored in a cool dry place separately. Refrigerate portions of onions after cutting.

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. Cooking can prolong storage time. Best when blanched or steamed 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

Melons: 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.

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. Remove cherry tomatoes from the plastic container when you arrive home.

Oven Drying Herbs Conventional ovens can be used to dry herbs. For quick oven drying, take care to prevent loss of flavor, oils, and color. Place leaves or seeds on a cookie sheet with sides or shallow pan not more than 1 inch deep in a single layer with the oven door open at low heat less than 170 if possible for about 1 to 3 hours. It can take longer, it can also be pretty quick. Check the herbs every 15 minutes- ½ hour.

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

Week 20 Fresh Inspirations September 7th– 13th 2020

Beautiful cool weather is already bringing out the weekend visitors to the farm. The Farmers Markets are busy and so is the farm stand. The corn maze is open, and you can even pick a pumpkin! If you time it right, there may be some berries to pick and of course always call ahead for picking conditions. Jonamac apples were added for the weekend and an early Gala apple is going to be in the shares this week.

Gala apples have become the most popular apple in the United States. Move over Red Delicious! The gala apple also has the highest production volume in the world. The gala parents are the beloved Golden Delicious and Kidd's Orange Red which is not all that well known. However, it is related to an extremely popular Cox Orange Pippin. The seedlings were first planted in New Zealand in the 1930's. It is not often that we hear of our apples being parents of others. The Gala is parent to Jazz, Royal Gala, and Pacific Rose. It took over 40 years before there was any commercial distribution in the United States.

This is an early Gala apple. In recent years we have always recommended Gala apples as a good snacking apple and an apple that would make good applesauce and because of the sweet flavor little or no sugar would be needed. They will not brown easily so using a gala apple is recommended in a salad. In a few recent posts that I have read Gala apples are being recommended for baking pies and cobblers. Some say alone, some say mixed with a Granny or Mutsu so we would have to wait to do that. They say that the fruit will be firm and hold its shape in your recipes. It has also been found that they are best when paired with apples or foods that have a stronger flavor. Maybe a Panini or a grilled sandwich with cheese and bacon. Sounds like a treat to me, let me know what you think! I think it might pair well with all of that fabulous corn chowder that everyone is making. September is starting out as a beautiful month. A little cooler, so relaxing. The perfect weather for soup and sandwich.

I have noticed on Facebook that your herbs are doing well. If they are still in pots it might be time to transfer the perennial herbs into a garden patch. Some of the perennials will winter over and come back in a pot. If possible, move the pots close to the house where they will be a little warmer. It depends on how hardy the plant is and how severe the winter is. If you are concerned and you have the space, move the plants now so that they have time to establish themselves before the first frost. Some gardeners like to bring pots inside. Oregano, thyme, and rosemary are three that might do well inside. I always found that once the heat was on, the air became too dry for the plants to survive. I posted a couple of recipes on Facebook for Sage Leaves and I will include some drying directions in the tips this week if you are ready to preserve some of your herbs.

If you have recipes or ideas to share send them to me, jenn@alstedefarms.com. If you need assistance contact trish@alstedefamrs.com or give her a call 908-879-7189.

Until next week, enjoy the freshness!

Jenn Borealo



Burst Cherry Tomato Sauce

Michele Zanzonico Cotter shared this CSA favorite a couple of years ago

- 1 lb. pasta
- ½ cup olive oil
- 2 large garlic cloves, minced
- 3 pints cherry tomatoes
- ½ tsp freshly ground black pepper
- Pinch of sugar
- 1 cup coarsely chopped fresh basil
- Freshly grated parmesan (for serving)

Heat oil in a large skillet over medium-high heat. Add garlic, then tomatoes, pepper, sugar, and salt and pepper to taste. Allow the mixture to cook, adjust heat as needed, stirring occasionally, until tomatoes burst and release their juices to form a sauce. Just before serving stir in fresh basil. Cook pasta in a large pot of boiling salted water, according to package directions stirring occasionally, drain, reserving ½ c pasta water. Transfer to a large serving bowl. Top with the sauce and toss to coat, adding a little of the reserved water as needed. Serve with parmesan cheese. Adapted From: Epicurious.com

Grilled Cheese, Bacon, and Apple Sandwich

- 2 T butter room temperature
- 8 slices sour dough bread or your favorite
- ½ lb. bacon cooked and drained
- 1-2 Share apples, cored and sliced thin
- Sliced smoked gouda cheese
- Butter one side of each slice of bread

Place bread butter side down in a skillet on medium heat.

Top the bread with a slice of cheese, then bacon, then apple slices

Add a second slide of cheese and cover the sandwich with bread butter side out. Allow the bread to brown on one side before turning. Cheese should be melting. Turn the sandwich, allow bread to brown and cheese to melt. Remove to a cutting board. Cut sandwiches in ½ before serving.



Week 20 Harvest!



Spinach

Summer Squash

Gala Apples

Eggplant

Shallots

Beans

Hot Peppers

Cherry Tomatoes

Musk Melon & 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.*

The Best Green Beans Ever

- 1-pound green beans
- 2 tablespoons bacon grease (can substitute 2 tablespoons butter)
- 2 cloves garlic, minced
- 1 large onion, chopped fine
- 1 cup chicken broth, plus more if needed
- ½ cup very small dice red bell pepper

1/2 to 1 teaspoon kosher salt (can substitute regular table salt, use 1/4 to 1/2 teaspoon)

Ground black pepper

Cook a few slices of bacon to render 2 T bacon fat. Remove the bacon from the pan and reserve for another use. Or add 1 T olive oil and 1 T butter to your skillet.

Clean the beans and remove the ends. Snap in ½ if desired.

*Heat the skillet on medium-low heat. Add the garlic and cook for a minute. Add the green beans, onion and chopped bell pepper. Cook for 2-3 minutes. Beans will be bright green Add the chicken broth, ¼ t salt. Turn the heat to low, cover the skillet, placing the lid so that it is allowing steam to escape. Allow vegetables to cook until all of the broth evaporates. The vegetables will be fairly soft. 15-20 minutes, checking often. Add more broth as needed, when broth is absorbed, and beans are tender remove the lid and allow onion and peppers to caramelize. * Adapted from: Ree Drummondthefoodnetwork.com*

**Optional: Crumbled bacon can be added back when serving*