

## Storage Tips and Tricks for This Week's Contents

**Root Vegetables-** Carrots, Kohlrabi and Beets- Remove the green tops from the root. Store separately

**Apples-** should be kept cool. Do not store in the same drawer as other produce, they give off ethylene gas that can cause decay of other vegetables and fruits. Handle Macintosh apples as gently as possible as they do bruise easily. They like a little humidity so a damp paper towel in the drawer is recommended. Fall apples are better keepers than the summer. For the crisp juicy texture serve as soon as you can.

**Spinach-** Clean and completely dry fresh spinach, wrap in a paper towel, and place in a plastic bag or container for up to a week.

**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.

**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

**Freeze Herbs in Ice Cube Trays** Fill each Ice Cube about ¼ way full. Add fresh chopped and cleaned herbs. Avoid adding stems. Fill the cube with water and freeze. Prepare a minimum of 6 cubes /tray freeze completely and then remove to baggies and label.

Alternate fill the cube ¼ full with olive oil or butter or a mix. Add the chopped herbs, avoid adding stems. Fill with the oil /butter and freeze completely. Repeat the storage process in the baggie. Be sure to label the bags.

## Week 22 Fresh Inspirations September 21st– 27th 2020

We started the season on pins and needles around Mother's Day as we worried about a late frost. We watched the weather every minute. We had to decide what to cover and what we could save. The high winds mixed with the cold meant we could not have orchard fires and we could not hire helicopters that send the warm air down to the crops on the property. Now as we are in the Harvest of the season, we are watching the weather as I write this very closely. I have been around the farm for a long time and I think that this is an early prediction for a frost. If you were at the farm today you could see the rolls of crop cover waiting to be placed over tomatoes, and peppers and beans and even flowers. Fields that we pick for sale and for you and fields where guests pick their own. It is an overwhelming responsibility and a job that will take the production team hours in the evening to complete. Don't forget that in the morning the cover has to come off and it may need to be put back in place tomorrow night.

The tomatoes this week will include yellow. There are varieties that are light yellow. This year here at the farm the yellow tomato is almost orange or "taxicab" yellow! In a salad I like to mix the two colors, red and yellow for a very vibrant look. From the taste standpoint the yellow tomato is lower in acid and sometimes it is said to be sweeter because of that. We have had yellow pear-shaped tomatoes and yellow cherry tomatoes at times and there are some heirloom varieties that are also yellow. There have been some nutrient comparisons between the red and yellow tomato. Yellow is lower in calories, has a little less fiber and iron, phosphorus, and potassium. They have a little more sodium, niacin, and folate. Surprising that red has more vitamin A and Lycopene and Vitamin C. Both are good for you and if you serve both, you will get all the nutrients you need.

In the past we had a four- pound potato that made its way around the farm until it became a little gag gift for my father one year on his birthday. Do I have to say, he loves potatoes? This week I had a cute little red potato that looked like it had toes. I have seen hugging carrots on Facebook and then today a post of an eggplant that looks like it has a nose. The more time you spend in the fields or in the markets the more chance you have to catch some of these veggie shapes and even faces. Just a little fun with food!

Eat all the colors this week with this beautiful share that continues to highlight the heart of the season. If you have any administrative questions call Trish @ 908-879-7189 or Trish@alstedefarms.com. If you have any recipes or ideas to share send them to me, jenn@alstedefarms.com. Until next week, enjoy the freshness!

*Jenn Borealo*



## Colorful Red Onion and Tomato Salad

Yellow Tomatoes  
Grape or cherry tomatoes  
Red onion  
Basil leaves  
Wine or apple cider vinegar  
Olive oil  
Salt and Pepper to taste

Thinly slice the yellow tomato, cut grape or cherry tomatoes in half. Add sliced of red onion and chopped basil leaves Dress the salad with vinegar and olive oil Salt and pepper to taste

## Sautéed Beans, Carrots, and Spinach

Olive Oil  
2 cloves of garlic or a shallot minced  
1 cup of green beans trimmed  
2-3 carrots peeled and cut in julienne strips  
Salt  
Red Pepper Flakes  
1 bunch of spinach trimmed, washed, and drained  
Balsamic vinegar, optional

Preheat oil in a medium skillet over medium heat. Add the beans and sauté for 4-5 minutes until the beans are bright green and they are crisp tender. Remove from the pan. Add a little more oil if needed and sauté the carrots for a 2-3 minutes and add the garlic or shallot if using allow to cook for a minute or two. When the carrots are tender add the beans back to the pan. Season with salt and pepper. Top with spinach and stir. Allow the spinach to wilt, about a minute or two. Salt to taste. Optional, add a dash of balsamic vinegar before serving



## Week 22 Harvest!

Spinach  
Summer Squash  
Gala Apples  
Eggplant  
Cilantro  
Beans  
Beets  
Cherry Tomatoes  
Lettuce  
Sweet Corn  
Kohlrabi  
Collard Greens  
Tomatoes  
Kale  
Bell Peppers



*\*\*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.*

## Baked Apple Slices

*Use these baked apples to fill crepes or as a topping for ice cream or pancakes*

4 apples peeled and sliced  
1/3 cup brown sugar  
1/2 teaspoon cinnamon  
A sprinkle of nutmeg (optional)  
1 T cornstarch  
2-3 T butter a little more for the pan  
1/2 cup raisins (optional)  
1/3 cup apple cider  
Preheat the oven to 350

Slice apples into a medium bowl. In a separate bowl mix together the sugar, spices, and cornstarch. Mix the apples with the spice mixture and raisins if using. Pour into a buttered glass baking dish. Pour apple cider over the apple mixture dot with pieces of butter and Bake 45 minutes or until the apples are tender and juices are bubbly. Cool slightly before serving.

