

## Storage Tips & Tricks

Check your refrigerator temperature. Lowering just 1 degree can help to keep fresh produce a day or 2 longer. If you are not going to cook and serve one of the vegetables in your share, just cook and store. It will give you a few more days to use it in a meal plan

**Asparagus-** To store, place the ends in a container of water. If storing for a couple of days leave room for possible growth and check the water level each day or wrap in a damp paper towel and store in plastic. Cleaning asparagus. Run under cold water gently rubbing the stalk and the tip. You may also soak in cold water. To ensure grit is removed, bring a pan of water to a boil, add a little salt. Add asparagus for 2-3 minutes to release any sandy soil remove and drop into an ice bath to stop the cooking. Store asparagus for later use. Use in salad, roast, or sauté in olive oil and serve with lemon.

**Popcorn - Place the ear of corn into a paper lunch bag, Fold the bag closed.**

**Set the bag in the microwave and set the time at 2.5 minutes. DO NOT LEAVE THE ROOM**

**Listen to the corn popping and if it slows, stop Then remove the bag from the oven, CAUTION, EVERYTHING IS HOT!**

**Pour popcorn into a bowl and then top with butter or olive oil, salt, herbs, your choice.**

**Leafy greens-** Leafy greens will come to you wet. They have been watered or washed or iced.

You may clean them when you receive them or as you use them. Either way before they are refrigerated, they should be dry, wrapped in paper and stored in plastic, bags, or containers

To clean greens: Fill a pan with cold water, plunge in the leafy greens, Swish the greens. Allow to sit. Gently, lift out the greens, check the bottom of the pan for grit/sand/dirt. Repeat until the water is completely clear, Drain and allow to dry.

Wrap in paper towel and place in a plastic bag or layer paper towel in a container, Refrigerate Use the most tender greens 1st within a couple of days.

**Garden notes-Herbs can live in the 4" pots for a while. They need to be transferred to a larger pot for full potential - 3 or 4 herbs can be planted together in a 14"- 16" pot. If you are planting in pots, you should have at least 3 large containers.**

**You will often receive a bunch of cut herbs: To keep fresh herbs:** Wash herbs in cool water, remove dead stems and leaves, Snip the ends and gently pat dry. Place stems in a container filled with water, do not submerge the leaves.

Changing the water daily will help to keep the herbs fresh. They can keep up to a week on the counter. OR Cover the container with a plastic bag and refrigerate. Change water if it becomes murky. Most fresh herbs (not basil) will last more than a week when stored this way. Herbs that are dried in your own kitchen will have much better flavor than those that you purchase in the supermarket. **Dry herbs in your oven.** Place leaves or seeds on a baking pan with sides not more than 1 inch deep in an open oven at low heat less than 170 for about 2 to 4 hours. Leaves will be dry, brittle, they may crumble when you touch them. Allow the herbs to cool and then pack them in jars label and date.

Home dried herbs will last for years and they do make great hostess gifts. Both herbs can be used in salads, salad dressings, marinades, use chives to garnish any potato dish and soup. Use cilantro in tacos, prepare cilantro pesto or chimichurri for use with grilled chicken, fish, steak served with southwestern accompaniments. Add cilantro to black beans. Another Idea: Prepare and freeze herb butter. Add chives to cream cheese. Mix chives into eggs for an omelet

**This tip came in an e-mail from CSA member Lisa Seela a couple of years ago. Really it is just one more step and she says that the greens will keep for over a week. Wash and use salad spinner, lay on paper towels (use layers if there are a lot), roll up paper towels and place in HEAVY DUTY foil (buy the name brand really heavy and wide), and label with name and date. Lisa says that with this method "the greens are easy to access when preparing a meal and already cleaned and ready to go. The heavy-duty foil is a must, and the great news is that because the foil is thick, I reuse the same piece over and over. I even reuse the paper towels as they dry out." It is my plan to try this method this week.**

**Home-made Vegetable Stock** It is time to start keeping a stock container/bag in the freezer. 4 cups vegetable scraps = 2 quarts of stock. Veggie peels, ends, tops, roots, vegetables a little past prime. Be sure they are not spoiled, moldy etc. The three vegetables always found in stock are: Onion, Celery, and carrot. Save, leeks, scallions, parsnips, asparagus ends, mushroom scraps, lettuce, spinach, and kale leaves and stems. Parsley, cilantro. Later in the season, pepper, squash, eggplant, and corn cobs. Add a bay leaf and some black peppercorns

**Bev Hanson was in touch this week with a recipe that used 3 items from the share. Shares will be similar this week so you may want to give it a try. <https://www.rachaelraymag.com/recipe/bring-on-spring-veggie-pasta> she served the dish topped with some sausage, ground fine and parmesan cheese. She said it was delicious with or without the sausage. She also switched the crème fraiche with sour cream and she did not use tarragon. This is a sort of pasta primavera where the first vegetables of spring are utilized and switched out as they change. Thanks Bev!!**

## Week 2 Fresh Inspirations May 3rd—May 9th

We are officially into the season. Week 1 brought us boxes of long-awaited fresh greens and it looks like many of you are more than ready with so many creative ideas. You are an inspiration to me, and I am hoping that our new members have signed onto Facebook to catch all the great meals that have been prepared. Recipes from last week will probably work again this week. Asparagus will continue as you know until the middle of June. Greens will vary as we work through the spring. This week the spinach is from the fields where it was planted in the fall for spring harvest. The same method was used for scallions that will be in this weeks share as well.

It is also time for lettuce. If you have been with us before you know that it is time to make "salad" the main course. The weather has been perfect for grilling so once the greens are cleaned and stored it is just a matter of dressing and topping. I had a sneak preview of the Romaine from the high tunnels over the weekend, the perfect lettuce for Chicken Caesar. Cobb Salad is also one of my favorites. I love the story about Bob Cobb from the Brown Derby in Hollywood. One night after hours he was hungry and went into the cooler and collected various items and came out to prepare a salad that made the menu the next day. Cobb salad continues to be on menus across the country with so many variations. That is why it works with the shares all through the season. Over the winter I had an assignment to feature a vegetable each week. A few weeks ago, it was asparagus. The recipe was Salad Niçoise, a sort of salad bar on your own individual plate. Vegetables are either raw or steamed and then they are placed over a bed of lettuce. I am including the recipe in this newsletter.

Keep an eye on e-mail this week. The recipes feature cilantro, and it will be posted before Cinco de Mayo. Along with that holiday we are also wishing all of our CSA moms a very Happy Mother's Day. I am hoping there will be some dads and kids preparing next Sunday or maybe you will special order a quiche from our market or if there is still space, join us for brunch here at the farm.

Let's get out and garden again. The plants in your shares this week will be flat leaf parsley and rosemary. If you planted the lavender in a pot the rosemary can be planted along with it. We should have a few more herbs to add later. The parsley will start a new pot, later we will add curly parsley and the plan would also include basil.

As always you know that the team is ready to help you. If you have any questions Trish can be reached at 908-879-7189 or [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com) If you have ideas or recipes to share, contact me, [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com)

Until next week, enjoy the freshness!

*Jenn Borealo*

## Asparagus and Eggs Mornay

Parsley, chopped  
2-3 strips of Bacon, cooked, drained, and chopped  
10-12 asparagus spears  
Olive oil  
1-2 slices of bread toasted and cut into small wedges  
2/3 c milk, heated  
1 T butter  
1 T flour  
Salt  
1/3 c Gruyere  
2 T parmesan cheese  
2-4 eggs

Prepare the bacon and chopped parsley for garnish and set aside.

Clean and trim 10-12 spears of asparagus. Steam asparagus until it is almost fork tender, about 4-5 minutes, season with a little salt to taste.

Set the oven to 350. Place the asparagus on a baking sheet and brush with olive oil. Keep asparagus warm in the oven.

Set up a deep skillet to poach eggs. Fill the skillet with 1" of water. Set the pan over high heat.

Meanwhile, Prepare the sauce: Heat the milk for 1 minute in the microwave. Melt butter in a saucepan over medium heat. Add flour to the butter. Mix to create a roux. Mix in a pinch of salt. Add the warmed milk. Stir until milk starts to thicken. Remove the pan from the heat and stir in the cheeses. Warm the plates if possible.

Check the water in the skillet. When water is boiling, add a 1/2 t of salt and 1-2 T white wine. Lower the heat to simmer. Break eggs into small bowls or cups. Gently turn the eggs into the water spacing them so that they remain separate. Simmer for 2 minutes for a very runny egg, 3-4 for more cooked yolk. Longer will hard cook the yolk. Remove the eggs with a slotted spoon. Blot the spoon on a paper towel to be sure that all the water is removed.

While the eggs are cooking, place the sauce back onto very low heat and stir to be sure all the cheese is melted, and sauce does not stick to the bottom or burn. Criss cross the spears of the asparagus onto the warm plates. Place an egg or two on top of the asparagus in the center.

Drizzle the sauce over the spears and the eggs. Sprinkle and garnish with chopped parsley, bacon, or sauteed chopped ham if using. Place toast pieces of choice around the plate.

Serve with a little extra parmesan, optional. Serves 2-3

**Vegetarian-Vegan Option:** eliminate the bacon or ham, replace with vegan bacon, vegan egg substitute can be scrambled. Vegan cheeses may be substituted

## Week 2 Harvest!

Spinach

Popcorn

Radishes

Leeks

Scallions

Cilantro

Rosemary Plants

Arugula

Kale

Mint

Lettuces

Asparagus

Chives

Parsley Plants



**\*\*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.**

### Salad Niçoise a la Alstede Farms

Salad Ingredients:

8-10 cups of mixed salad greens torn into bite size pieces

2-3 Grilled or Roasted Chicken Breasts skin removed room temperature or cold, sliced

1 pint of cherry or grape tomatoes, cut in 1/2 (optional)

3/4 c niçoise olives or a mix of olives of choice

1-2 T capers

3/4 lb. Green beans cleaned and steamed (optional)

3/4 lb. Asparagus, steamed to fork tender

Thinly sliced red onion

4 Alstede Farms Eggs, steamed to hard cooked peeled and sliced

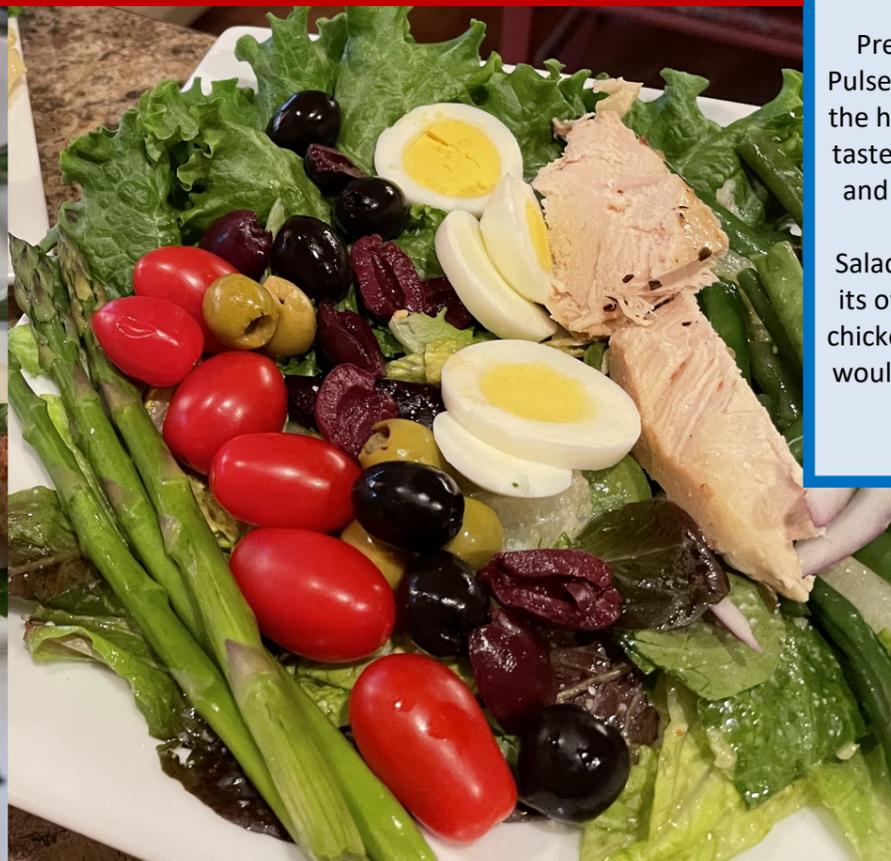
4-6 small to medium red jacket potatoes boiled in salted water until fork tender, sliced

Vinaigrette: 1 minced shallot, 1 minced garlic clove, 1/4 c red wine vinegar, 1 T lemon juice, 1-2 t Worcestershire Sauce, 2 t Dijon mustard, 1 T fresh basil leaves, 1/2 t fresh oregano leaves, 1/2 T fresh thyme leaves, 3/4 c olive oil, salt and pepper to taste

For a creamier dressing add 1/4 ripe avocado, 1 T of Tahini, 1 hard cooked egg peeled, or 1-2 T mayonnaise

Prepare dressing- peel and quarter the shallot and add the peeled garlic clove to the bowl of a food processor. Pulse the processor to mince the aromatics. Add the vinegar, lemon juice, Worcestershire Sauce, the mustard, and the herbs. With the processor running add the olive oil in a thin stream until it is well blended. Salt and pepper to taste. If preparing a creamy dressing add the alternate ingredient and process. Place the potato slices into a bowl and add a little dressing enough to coat. Season with salt and pepper. In another large bowl mix the greens with enough dressing to coat.

Salad niçoise appears to be an individual composed salad where each vegetable, fish or poultry and egg stands on its own. Spoon the greens out onto a serving plate or onto four dinner plates. Top with the vegetables, eggs, and chicken, side by side. Drizzle with a little more dressing. Serve with crusty French bread. \*Traditional Salad Niçoise would not feature chicken it would include tuna and anchovies. \*\*Vegan or vegetarian options may include grilled mushrooms and/or beans.



^ Asparagus and Eggs Mornay

Salad Niçoise a la Alstede Farms >>>