

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.

How to Freeze Asparagus: Prepare the following items: Bring 1 gallon of water per pound of asparagus to a boil, Prepare an ice bath ice and ice water, Freezer containers / zip lock bags

Clean the asparagus to remove any grit, soil, and snap or cut off the woody ends. Bring the water to a boil, keep the heat on high and immerse the asparagus, water should come back to a boil in one minute. Boil 1 ½ minutes for thin stems, 2 minutes for medium and 3 for fat. Immediately remove and submerge into the ice bath. This will stop the cooking process. When cold, drain, allow to dry on paper towels. Pack in airtight containers or bags. If using bags, close the bag almost to the end. Stick a straw into the bag and draw out as much air as possible from inside the bag. Press down on the

Straw as you continue to close the bag and pull the straw out. Label and date bags or containers.

What can I do with all this spinach in my share?

Prepare: Spanakopita, Spinach Quiche, Wilted Spinach Salad. Add spinach to sauces, soup, and stew. Sauté a bunch of spinach and prepare a bed for chicken or fish or sliced steak. One of the most nutritious additions to a smoothie would be fresh spinach.

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.

Remove the greens from the radish root. Store separately or together. The greens are tender, use within a couple of days. Radishes should last up to a week. Same method can be used for beets

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

Kohlrabi- remove the leaves, store separately, use the leaves within a few days. Kohlrabi can last up to 2 weeks. Simple prep: peel and slice and lightly salt for an appetizer or snack. To roast pre-heat oven to 425, peel, thinly slice, place into a bowl, and add a sprinkle of salt and pepper and a little olive oil to coat and a Tablespoon of parmesan cheese. Spread out onto a parchment lined baking sheet in a single layer, roast for 12-15 minutes. Checking after 5-7 minutes. Kohlrabi should be fork tender and have lightly browned edges.

Most Kale or collard recipes will work using kohlrabi leaves.

Week 4 Fresh Inspirations May 17th—May 23rd

Get out to the garden again and plant this week. It looks like the temperatures are going to be a little more cooperative. Warmer is better for our herb plants and for the farmers. Everyone will receive Thai basil which can be planted with basil or in the pot with rosemary. It seems to pair well growing with that herb. Cilantro will need similar care as the parsley so pairing these two plants will work as well. Keep in mind that it isn't always possible to keep cilantro growing all season long. The farmers plant it quite a few times during the season. In order to have it in the garden we would need to do the same. While you are out there planting be sure to be pinching back herbs that are growing. Pinching will help the herbs fill out and keep them from going to seed. I don't see any rain in the forecast so be sure to water as needed.

Every year I write about our members who freeze and preserve from the share and they can serve Alstede vegetables all year long. They have been able to plan it so perfectly that they are waiting for the first share because they "just finished up" everything that was in the freezer. If being a member of a CSA doesn't teach you anything else, you will definitely learn about seasonality. Starting with the first crop of the season. Asparagus started in May and will be finished before the middle of June. The beginning is a little slow and before the season actually ends, we will see it slow down and be less plentiful. It is time to freeze some of this favorite vegetable now! Directions are in the tips.

Spinach is a leafy green and it is plentiful. You may have noticed last week and again this week. Leafy greens thrive in cooler weather, so we won't have spinach all through the season. There are directions for freezing spinach this week as well. Nature does take care of nature. There are reasons why fruits and vegetables come into season where we live. We should always try to eat what is in season. It is another benefit of CSA. Farmers add to the shares the fruits and vegetables that are plentiful. It is what our bodies need at the time.

We do have two crops this week from our organic fields. Radishes and Arugula are being harvested once again and will be in all of the shares. All of our farming is sustainable. We are always considering the health and welfare of our employees, families, and all of you. We take care of the crop in the present and consider the future of the farm in all of our practices as well.

We are always looking for recipes that use more than one or two items from the box. The recipe shared by Sandra Van der Veer Herzog will use spinach and arugula, and scallions if you still have them and lots of it! It is a NYT recipe that she posted in Facebook. I am posting an asparagus recipe posted by Kathleen Levine as well. You all continue to inspire each other and me. I have noticed questions about planting. Please send me jenn@alstedefarms.com your questions or concerns, I would be happy to help you. we have written instructions in every letter, if it is not in your share, we can direct you to the letter on the website or attach one to your e-mail.

If you have administrative questions, call 908-879-7189 or Trish@alstedefarms.com will get you an answer quickly.

Until next week, enjoy the freshness.

Jenn Borealo



Week 4 Harvest!

Spinach

Dill

Organic Radishes

Organic Chives

Beets

Kohlrabi

Thai Basil Plants

Arugula

Kale

Mint

Lettuces

Asparagus

Parsley

Cilantro 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.*

Kathleen Levine's Roasted Asparagus with Pancetta

I roasted the asparagus with just salt/pepper/oil. Cook the pasta and save a cup of pasta water at the end.

Meanwhile I cooked the pancetta and threw in some garlic. Once the pasta is strained, mix about a cup of ricotta,

juice of 1-2 lemons, zest of 1 lemon, salt, pepper, and crushed red pepper with half of the pasta water. Stir to combine.

Add grated Parmesan or pecorino for extra creaminess. Once combined stir in the pancetta and garlic, the pasta,

and the asparagus. Stir well and add more of the pasta water as needed.

Season to taste.

Spinach And Orzo

1 cup orzo pasta

1 tablespoon olive oil

2 cloves garlic, minced

1 onion, diced

1 tablespoon all-purpose flour

1 cup milk

1 1/2 cups spinach, roughly chopped

1/2 cup grated Parmesan cheese

Kosher salt and freshly ground black pepper, to taste

In a large pot of boiling salted water, cook pasta according to package instructions; drain well.

Heat olive oil in a saucepan over medium heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes.

Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, and cook, whisking constantly, until slightly thickened, about 3-4 minutes.

Add spinach and cook until wilted, about 2-3 minutes. Stir in Parmesan until melted, about 1 minute. Add orzo and gently toss to combine; season with salt and pepper, to taste. Serve immediately. From: Food.com

