

## Storage Tips & Tricks

**Strawberry Care**-Remove the strawberries from the farm container. Do not wash the berries before storing! Line a flat plastic or glass container with a paper towel. Place a single layer of fresh strawberries into the container. Cover with paper towel and seal with the lid or plastic wrap. Strawberries will last up to 4 days or longer depending on your refrigerator. Wash or clean them when you are ready to serve. Strawberries, should be cleaned and hulled before freezing. I like to just wipe them with a soft moist cloth and then let them dry on paper towel. Place strawberries on a tray to freeze and then move them into a zip lock freezer bag or an air-tight container and be sure to get out most of the air out of the bag and they should be good for up to six months!

**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.**

**Broccoli**-will keep in a plastic bag or container for 4-5 days. Steam broccoli if you need to keep it longer. That will prolong the shelf life and it will be ready to add to your recipes. If Broccoli comes to you with leaves, they can be prepared in recipes where you might use kale or collards. The stems of broccoli can be chopped or cut into julienne strips. Steam and store so they are ready for quiche, omelets, soups.

**Lettuce**-Be sure lettuce is dry, wrap in paper towel, place into a plastic bag or container. Lettuce will keep 4-5 days

Foil method: 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. 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, you will be able to reuse the same piece over and over. Reuse the paper towels as they dry out too.

**Beets**- remove the beet root from the leaves. Beet and berry salad on the Alstede Farms website can be used though out the summer as we harvest all the different berries!

**Noticing a few batches of Cream of Asparagus soup prepared this week.** The temperatures are perfect for it  
Easy Cream of Asparagus Soup Recipe - How to Make Asparagus Soup (delish.com)  
Gayatri Jagannath-Hall posted the website for her recipe. She used olive oil instead of butter, 4 cloves of garlic, and a ¼ c half and half

## Week 6 Fresh Inspirations May 31st– June 6th

What a delightful surprise last week! Strawberries for everyone. What could be better? After last season I think we had waited long enough, and it really was a treat. At the last minute we added directions for storing however I would find it hard to believe that they lasted through the day! The hot weather ripened the berries faster than expected and now the cold and rain will slow things down a bit. Not to worry, they are still more than plentiful, and they are in the shares again this week and it looks like it will be a great season for them so hopefully we have a few weeks to go as well.

Asparagus and spinach are still coming to us in great quantities so we will reap those benefits! The first field of broccoli has been harvested as well. The production team continues to plant so that crops come in all through the season and now they are harvesting picking strawberries first thing every morning and then onto asparagus, spinach, and now broccoli. Spring days start early and end after dark, we thank them every day for all they do for us!

I was in the greenhouses during the week, and I saw the dill that will be in the shares this week. It is absolutely beautiful. Dill however is very much like cilantro in my garden. It will last for a while but maybe not the entire season. Again, not a worry since the production tea always comes through with a second or third planting so it should be available. Curly parsley will be in as well. If you have room, plant curly with flat parsley in the same pot. Dill can be in that same pot with basil and parsley. Just a reminder, do not overcrowd the pot. Start a new container if you have too many plants and they do not have enough room.

I saw some questions about herbs on Facebook. I read Alan Berger's post about lavender and I did a little research and then read that was not lavender after all, it is tarragon! Gorgeous plants! Members helping members who noticed that it was a mistake in identity. If your lavender is not blooming/budding it may need more sun and it should not be overwatered and the most important tip that I read about and it also came from a member Gina Marcelletti, lavender does not like rich soil. Sandy soil rocky soil is better. Another post was from Vania Oliveira looking for uses for lemon balm. In the kitchen lemon balm can be chopped into a salad, it is known to make a very soothing, calming tea to drink or add the tea to your very soothing bath. Long before it gets to the kitchen it may be helpful in the garden, keeping away bugs that may cause harm to your other plants. Crush some of the leaves and rub them on your skin for a mosquito repellent.

Many thanks to Ellen Crandall, a new CSA member this year who sent an e-mail with some recipe suggestions and these websites that I was not familiar with. <https://www.sproutedkitchen.com/> and <https://dishingupthedirt.com/recipes/> I am including one of her recipe from the Three Rivers Community Farm.

The spinach in the share can be used in this recipe! She had some other suggestions, and I will include those when the shares are appropriate.

Trish is happy to help you if you call her @908-879-7189 or [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com). I look forward to hearing your ideas and suggestions send them to me [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com).

Until next week, enjoy the freshness!

*Jenn Borealo*

## Beans 'n Greens Burritos

4 large or 8 small whole wheat flour tortillas

2 T olive oil

1 onion chopped

1 T minced garlic

1 T chili powder

salt and pepper to taste

1 bunch greens (kale, chard, bok choy, spinach) cleaned, tough stems removed

2 cups cooked beans (black, pinto, lentils, or chickpeas)

Vegetable stock as needed

1/2 cup crumbled queso fresco or Monterey jack, or cheddar cheese

Salsa or Pico de Gallo, avocado slices or guacamole

Pre heat the oven to 300 degrees. Stack the tortillas and roll them up in a sheet of foil.

Heat oil in a skillet over medium heat, add the onion and sauté, a minute or two and then add the garlic and cook until soft, about 5-10 minutes. Sprinkle with the chili powder and salt and pepper. (Place the tortilla in the oven to warm.) Add the greens to the skillet and cook until wilted, about 5-10 minutes. If using canned beans, drain and rinse. Stir the beans into the pan with the spinach. Using a fork, mash the beans a bit.

Add a little veggie stock if the mixture seems dry. To assemble: Lay the tortillas out onto a flat surface and put 1/4 of the filling (or 1/8 if you are using smaller tortillas) on the third of the circle closest to you. Sprinkle with some cheese. Fold the tortilla over from the bottom covering the filling, fold in the sides at either end to fully enclose them; complete rolling and place the burrito seam side down on a serving dish. Garnish with salsa, avocado slices, or guacamole.

These burritos freeze well; just wrap them individually in foil or wax paper and freeze in a tightly sealed zip lock bag or container. Adapted from: The Food Matters Cookbook)

## Week 6 Harvest!

Strawberries

Spinach

Broccoli

Kale

Dill Plants

Asparagus

Beets

Radishes

Lettuce

Curly 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.*

## Lemon Strawberry Trifle

Lemon Cake Mix prepared according to directions or your own favorite recipe.

Cool and break into bite sized pieces

Lemon Curd Recipe (or purchase)

3 lemons

1 1/2 cups sugar

1/4-pound unsalted butter, 1 stick at room temperature

4 extra-large eggs

1/2 cup lemon juice (3 to 4 lemons)

1/8 teaspoon kosher salt

Using a vegetable peeler, remove the zest of 3 lemons. Avoiding the white pith when possible.

Place lemon zest in a food processor fitted with the steel blade. Add the sugar and pulse. Zest should be minced and mixed into the sugar. Juice the lemons. Pour lemon juice and salt into a 2 qt saucepan. Add the zest mixture.

In a separate bowl, using an electric mixer, cream together the butter and sugar. Add the eggs, 1 at a time, beat well after each addition. Mixture should be well combined. Add the butter mixture to the saucepan and cook over very low heat until thickened. It will take about 10 minutes. Stirring constantly. The lemon curd will thicken at about 170 degrees F, or just below simmer. Remove the pan from the heat and cool or refrigerate. Lemon curd can be stored in the refrigerator up to one week. Adapted from Ina Garten, the Food Network

Dessert can be made in individual cups or layered in a large bowl.

Spoon lemon curd into serving dishes. Top with pieces of cake. Spoon over a little more of the lemon curd. This can be done an hour or so before serving. When ready to serve top with fresh sliced strawberries and sweetened whipped cream.

