

Storage Tips & Tricks

To store summer squash: Summer squash can be kept in a plastic bag or container lined with a dry paper towel in the refrigerator for up to 1 week. Summer squash is not meant for long-term storage serve as quickly as possible after receiving shares.

Slice into medallions and quick sauté with a pinch of salt and pepper, sprinkle with a little chopped basil or oregano just before serving for a simple side dish. Leftovers are a great addition to a frittata

To freeze zucchini slices/chunks, add to a pan of boiling water for 2 minutes, remove to shock in ice water, allow to dry. Freeze on a tray lined with parchment and then move to freezer bags.

Remember to draw out air from the bag with a straw when closing. Frozen zucchini works best in casserole, sauce, soup, stew recipes. It will be softer than when fresh.

Freezing for breads and baking. Shred zucchini and measure what you need for the recipes you like and a little extra. When you defrost, before baking be sure to drain and blot excess moisture.

Cauliflower can be stored in a plastic bag for up to a week. For the best flavor use within a few days. Steam and keep extending storage time.

Cabbage-will keep longer than a week. Outer leaves may become limp or discolored, once removed the inner portion will continue to be good to use.

Storing blueberries and raspberries: remove from the container. Do not wash, Place in a shallow pan or container lined with paper towel. The berries should not be washed before storage. Berries should keep for up to 5 days. Cherries- do not wash cherries before storing,

English Shelling Peas have a waxy shell, and they are the largest of the 3 varieties. Pull the stem end along the seam and the pod will open. You can also push along that edge to create an opening. All of the peas should have the strings removed before preparation and serving. Save the pods for stock Peas, store in a plastic bag. Use within a day or two before the sugar turns to starch English peas add to rice or risotto or pasta. Add raw peas to your favorite potato salad.

Snow peas are flat and the actual peas inside are a little larger when picked locally however they are generally smaller than those in the other 2 varieties. Open them up and pipe in some hummus or herb cheese or serve with a dip. Add snow peas to your favorite stir fry

Sugar Snap Peas are more cylindrical. The peas seem to be more tightly packed into the pod. A true test if you are not sure, is that if you bite into the pod it is juicy and you can easily chew it, not so with English Peas. The entire pod is edible.

Week 10 Fresh Inspirations June 28th—July 4th

Sadly, the season caught up with us and we will no longer have strawberries in the shares. On a happier note, there are blueberries coming into season. As much as the strawberry is very much so loved the blueberry in recent years has it beat because of its ranking as a superfood. It is that blue color that carries the antioxidants that are not found in very many foods. Blueberries will be around for a while and pick your own blueberries can be a fun, family activity that you might want to add to your summer plans. Always check on availability! I am going to prepare a tart cherry syrup for waffles, and I will share that recipe with you. Sprinkle in some blueberries and you have the perfect 4th of July breakfast! I think the production team had a plan for red, white, and blue!

I used scapes this week in Pasta Primavera and I realized that I am using at least 5 items from the share in that recipe, to include broccoli, cauliflower, peas, and spinach. As I look through our Facebook page, I notice that many of you are preparing scapes with other veggies as well. Did anyone enter their recipe in the box challenge? Hoping so!

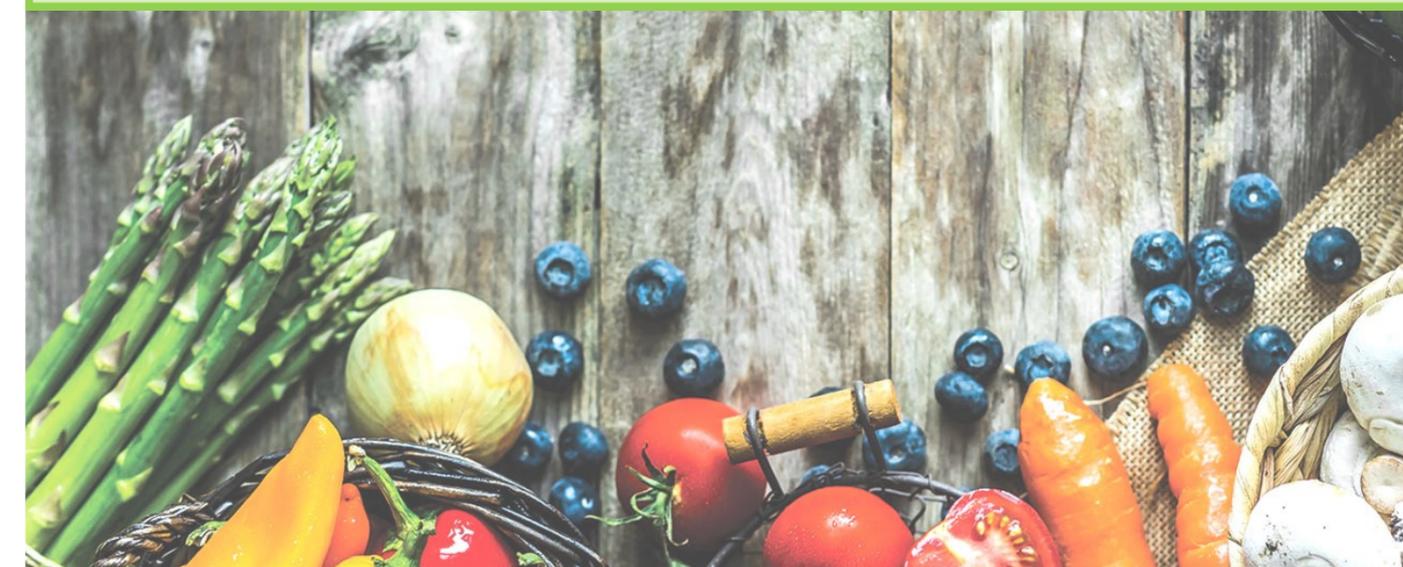
I think that zucchini has got to be the vegetable of the week. It might be time to get out a spiralizer or even just the shredding attachment for your food processor. Zucchini bread and muffins are going to be popular and if you look at the website there is a zucchini cookie recipe that was a favorite of Alstede Farm campers over the years. Stuffed zucchini has always been a favorite on Facebook, and it is a recipe on the website as well. Vegetarian and vegan styles are popular. Many recipes add some sausage or ground meats for the carnivore. Grilling for the 4th and roasting in between. You should be able to prepare many of your favorites this week. I will add freezing notes in the tips.

Be sure to pinch and cut back your herbs. During the season you may want to dry some herbs for seasoning as well as tea. Make an herb salt that you can use on some of the summer vegetables and of course, herb butters can be frozen and used throughout the season and later in the cold weather months. You might prepare these just be for you, or you may be visiting someone who likes to cook, and they can be a great hostess gift that would be very much so appreciated!

I was speaking with a friend this week who lives out of the area. She joined a CSA and received her first box. I had text from her with some questions and I was surprised that she did not have a welcome letter or some recipes for guidance with produce that she was not familiar with. I always hope that the letter and recipes are helpful to you. You in turn inspire me with your ideas on Facebook as well as when you reach out with an e-mail to jenn@alstedefarms.com. If you have an administrative question, Trish is available to assist you, Trish@alstedefarms.com or call 908-879-7189.

Until next week, enjoy the freshness!

Jenn Borealo



Zucchini Fritters

2 medium zucchini coarsely shredded
2 cloves of garlic thinly sliced, or 2-3 scapes chopped
3 large scallions thinly sliced
½ c ricotta cheese
2 large eggs
2 t finely grated lemon zest
Kosher salt and freshly ground pepper
¾ all purpose flour
Lemon, cut into wedges

Combine the zucchini, garlic, scallions, ricotta, eggs, lemon zest and 1 teaspoon each of salt and pepper in a large bowl. Stir until well mixed. Add the flour and stir just until it is blended into the zucchini mixture. In a large skillet, heat 1/4 inch of olive oil until shimmering. Very gently drop 2-tablespoon mounds of the zucchini batter into the hot oil, spreading them to form 3-inch fritters. Do not crowd the pan. Fry 3-4 fritters at a time to maintain the oil temperature. Fry over medium high heat, turning once, until browned and crisp, about 3 minutes. You may need to add and heat a little more oil between batches. Drain the fritters on paper towels and serve immediately, with lemon wedges.

Adapted from: Food and wine.com

Cherry Maple Syrup

Prepare your favorite buttermilk Pancakes or Waffles. Serve with Cherry Maple Syrup and for the 4th of July sprinkle with some blueberries for a patriotic plate!

1/4 cup brown sugar
1/2 cup grade B maple syrup
2 cups fresh or frozen sour cherries, pitted and cut in half
1 T. non-GMO cornstarch or arrowroot powder
1/2 C. cold water
1 T. lemon juice
1/8 t. nutmeg

In a saucepan, whisk together the brown sugar and cornstarch. Gradually whisk in maple syrup and water. Cook on low-medium heat, stirring occasionally until the mixture starts to bubble around the edges. Allow the mixture to bubble until thick, about 1 minute. Stir in cherries, lemon juice and nutmeg. Remove from heat, cover with a lid to keep warm. Adapted from:dulanotes.com

Week 10 Harvest!

Blueberries

Tart Cherries

Cauliflower

Kale

Lettuces

Summer Squash (mix)

Cabbage

Cilantro & Dill

Broccoli

Peas

***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.*

Homemade Herb Salt Recipe

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**ENGLISH
(SHELLING)
PEAS**



**SUGAR
SNAP PEAS**



SNOW PEAS