

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.

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!

Freezing spinach, follow the same directions. Clean the spinach, (save stems for vegetable stock) remove tough stems, bring water to a boil, and add spinach, bring water back to a boil and Time 3 minutes, remove quickly and submerge into the ice bath. Drain, set out to dry chop, or leave the leaf whole and pack in airtight containers.

Or freeze in ice cube trays and then remove to bags. Use the straw method to draw out as much air as possible when closing a zip lock freezer bag.

Week 7 Fresh Inspirations June 7th—June 13th

This looks like a share that is very much so about fruit and vegetables. Just one herb plant this week. The abundance is about the harvest coming out of the field. The herb in the shares will be Sage. They said “thyme can wait” hmmm, we know that thyme waits for no one!!! But it will, until next week. Sage and thyme can be planted together. If joining some of the previous plants rosemary would be perfect as well in the same pot. Remember however not to over crowd the pots that you are using. Sage is a perennial so some of you may want to consider making it a part of your permanent garden. I did see a questions about plants that are coming in the next weeks. As we already discussed thyme should be in the shares next week, oregano, and tarragon are planned for the weeks to come. I just read about the sunflower on Facebook, one of my favorites!

We all have favorite recipes from our parents and grandparents. Today I read the recipe posted by Alisa Vural and I have to say many thanks!!! She prepared the recipe when she realized that the share was coming tomorrow and she still had greens, quite a few of them. She says “Greens Borek, is adapted from her Turkish mother-in-law’s Spinach Borek recipe. It is Delish! Quick! Easy!” Traditionally the recipe is spinach. Alisa mixes the greens from the share. I have feta and mozzarella and even a sheet of puff pastry so I am thinking about giving this a try, I hope you will too!

Have you been paying attention to the weekly e-mail from the farm. I have been developing a recipe every week using what is in season. This past week we featured a strawberry recipe using puff pastry. The tart recipe can be found on our website and on Instagram it can be seen as a video. This coming week will feature a muffin that is actually prepared with a biscuit dough, filled with rhubarb, and topped with crumbs. Some of the shares will have rhubarb this week so if you are looking for a recipe, this might work for you. **Remember, the leaves from rhubarb are toxic. Often it will come to you without the leaves. But, just in case!**

I was on the website this morning and I noticed a recipe for Lemon Kale Muffins. They were a hit last year. If you have a chance with Kale in the shares it may be a way to incorporate more vegetable into the diet of even our youngest CSA members. Maybe they can even help with the baking. If you have any ideas to share, send to Jenn@alstedefarms.com and if you have any questions or need any assistance with your share call 908-879-7189 or trish@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo

Broccoli Stalk, Celery and Radish Salad

3 or 4 large broccoli stalks (from 2 to 3 lb. broccoli; reserve florets for another use)

6 medium radishes, thinly sliced or cut into wedges (about 1 cup)

1 celery heart (about 3/4 lb.), trimmed and thinly sliced on the diagonal (including the leaves)

1/3 cup loosely packed parsley leaves, chopped

1-1/2 Tbs. extra virgin olive oil

1 Tbsp. fresh lemon juice

Fine sea salt and freshly ground black pepper

1-1/2 oz. Parmigiano-Reggiano, shaved with a vegetable peeler (about 3/4 cup)

Using a vegetable peeler, remove the tough outer layer of the broccoli stalks, so that you have the tender interior. Trim away any tough ends and edges. Cut the stalk in 1/2 lengthwise creating a flat surface. Slice the stalk as thin as possible. Transfer the slices to a medium bowl.

Add the radishes, celery, and parsley. Toss the vegetables with oil, and lemon juice. Season to taste with salt, and pepper. Chill for 30 minutes before serving. Sprinkle with the cheese just before serving.

Adapted From: Finecooking.com

Greens Borek

I read this recipe posted by CSA member Alisa Vural on Facebook and I think that it would be helpful to all of you in this "season of greens"

In a giant bowl, thoroughly mix:

Washed and chopped greens, preferably reasonably dried, a large quantity.

Chopped dill, some generous amount.

Chopped green onions, a heaping handful.

Cottage cheese, a lot.

Feta cheese, also a lot.

Shredded mozzarella, enough to bind the spinach.

Turkish red pepper flakes (or similar), to taste.

Take a large baking pan:

Grease the bottom with olive oil

Generously sprinkle farina (cream of wheat) over the olive oil - this will absorb the water from the greens and get crispy and yummy, so be generous.

Add the greens. They may be taller than the edge of your pan - don't worry, they will condense. Be sure they are evenly distributed.

Take a sheet of puff pastry (or pie dough) and lay it over the top. (Use a rolling pin to roll it to the right size, first). Tuck the edges down. Make some vents in the dough.

Bake 375 for 35-40 minutes until crust is golden.

Alisa says: "We make this every week during "greens season" and leave it sliced in the counter. it disappears in hours. Today we used spinach, beet greens and kale. So yummy!"

Week 7 Harvest!

Strawberries

Spinach

Broccoli

Kale

Sage Plants

Asparagus

Beets

Radishes

Lettuce

Popcorn

***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.*

Broccoli Mash

2 pounds Broccoli or 2 medium heads

1/2 teaspoon kosher Salt

1/2 teaspoon Pepper

2 T Butter

1/3 C Sour Cream

2 tablespoons chives finely chopped

Cut the broccoli into even sized florets. Place a steamer basket over boiling water. Gently place Chopped broccoli into the basket. Cover the pan and allow to steam 8-10 minutes. You do not want Crisp tender for this recipe. If not tender enough cover again for 2-3 additional minutes. Remove the steamer, drain the water from the pot and add the broccoli back into the warm pan. Add the butter, sour cream, salt, and pepper. Blend the broccoli with a stick or hand blender until there are no lumps. Stir in the chives to blend evenly and season to taste.

Adapted from: MyKetoKitchen

