

Storage Tips & Tricks

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.

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 pods for stock

Strawberries- 2 methods of storage-Remove the strawberries from the container. Do not wash. Place in a flat pan lined with paper towel and place Strawberries in a single layer. Top with a sheet of paper towel and cover with plastic.

Or

Clean the strawberries with 1- part water and 3- parts vinegar. Place strawberries in a bowl covered with the vinegar mixture. Drain, dry completely on paper towels. Store in a single layer. Vinegar will keep help to clean berries and keep the berries fresher longer.

Strawberries should be cleaned and hulled before freezing. Wipe the strawberries clean with a soft moist cloth and then let them dry on paper towel. Place them on a tray to freeze and then move them into a zip lock freezer bag and be sure to get out most of the air and they should be good for up to six months.

Scapes – can be stored in a plastic bag for a week, Cut scapes into pieces and add to stir fry or soups Add scapes to pesto in place of garlic. Chop scapes into quiche or frittata or blend into a salad dressing

Lettuce-Be sure lettuce is dry, wrap in paper towel, place into a plastic bag or container.

Lettuce will keep 4-5 days.

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.

Kohlrabi- Remove the leaves, prepare store separately. Leaves may be prepared like kale or collards. Use the leaves in a few days. Kohlrabi will last up to two weeks. Peel slice and salt to serve as a quick appetizer with or without dip. Peel slice toss with olive oil sprinkle in some herbs, garlic and parmesan. Roast on a baking sheet lined with parchment for 15-20 minutes, edges should be browned and crisp

Take a look at the Alstede Farm website for recipes we have printed throughout previous seasons. Click on “ways to eat fresh” Click, CSA recipe, and all vegetables and fruits are listed on the left side of the screen.

Week 8 Fresh Inspirations June 14th—June 20th

This week is the start of the “Heart of the Season”, and we welcome some new members to our Harvest Club. They will be with us through the summer and early fall. If you have friends or family who would like to become a member of our CSA it is not too late to join.

We live in New Jersey, and we have the four seasons here. In recent years supermarkets have been able to stock summer produce that is out of season. You can find strawberries, asparagus, and zucchini, and more all year long. As we move through the seasons here on the farm you will realize when fruits and vegetable are actually available here in the Northwest of the state. With all of that being said you will notice in the shares this week that we no longer have asparagus. The production team stopped cutting during the week. If you take a tour or a hay wagon ride later in the season you can identify the field even from a distance. Asparagus is a perennial. The asparagus after the harvest will grow into fern. The fields look like a fuzzy soft pretty green plants. At this stage nutrients are going back into the crown to prepare for next season. We love and appreciate each of the vegetables, we miss them when they go out of season which is the reason, we also give direction to preserve some for a later date.

Asparagus has left us, and an early variety of peas has been harvested for the first time this week. This first variety is English shelling peas. Peas are one of the first annual crops to be planted in the season. We grow three varieties so in the next few weeks you may receive sugar snap or snow peas as well. It is also the week of the awaited and coveted garlic scape. Scapes are not a supermarket item. You will only find them at farms or farm markets if they grow garlic. The farmer plants the garlic in the fall as you would plant a daffodil or tulip bulb. In the spring through the green leaves comes a stem that would produce a flower if allowed. Instead, they cut the stem/scape and then the energy goes back into the bulb of garlic to allow it to increase in size for the next few weeks until harvest. I sadly imagine that many scapes over many years were discarded. I don't remember ever seeing or hearing about them years ago. Kohlrabi, cabbage, and cauliflower will be in some of the shares. In the tips I will include storage information and the directions to find recipes that we have previously printed on the web site.

We go back to the garden with thyme and oregano. Thyme can be planted along with sage and rosemary and even lavender. Oregano can be added to that pot; however, I have also had it thrive in the pot with parsley and basil when I wanted that sort of Italian, Mediterranean theme.

Before I leave you this week, I must shout out to all the dads in our extended farm family! I hope that Sunday will find you relaxing and enjoying your favorite activities with your family and friends. Maybe you are going to join us here at the farm for brunch. Check email or the website for details. As always if you need any assistance during the week, Trish is available 908-879-7189 or Trish@alstedefarms.com. If you have something to share, send to me, jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



English Pea, Prosciutto, and Burrata Pizza

½ recipe pizza dough

1-2 T Olive oil

½ c prepared pesto

1 ball 8-10 oz burrata

4 oz thinly sliced prosciutto

1 c shelled English peas, blanched

Cracked black pepper to taste

Olive oil for brushing

Place pizza stone or steel (if using) in an oven and preheat to 450°F.

Press the pizza dough out into a 12-14" circle on a lightly oiled piece of parchment placed on a pizza peel or cookie sheet. Crust should be ¼" thick. Spread a thin layer of pesto over the dough, leaving a 1" perimeter. Sprinkle the peas over the pesto. Top with pieces of burrata that are spooned out or cut. Place slices of prosciutto around the pie. Sprinkle with a little pepper to taste. Brush the outer crust with olive oil.

Carefully transfer pizza from the peel or sheet onto the hot pizza stone or steel or leave it on the baking sheet if you don't have one.

Bake pizza for 8 to 10 minutes or until cheese has melted and crust has browned nicely.

Remove the pizza from the oven and allow it to set for 5 to 7 minutes before cutting. Serve. Adapted from: Spoonforkbacon.com

Week 8 Harvest!

Strawberries

Spinach

Cauliflower

Kale

Thyme & Oregano Plants

English Shelling Peas

Cabbage

Radishes

Lettuce

Rhubarb

***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.*

Strawberry, Mango & Kiwi Salsa

2 cups Strawberries diced

1 kiwi peeled and diced

½ mango diced

1-2 green onion sliced, white and tender green

½ yellow or red bell pepper, small dice

½ English or seeded cucumber, small dice

1 cup cilantro chopped

1 green jalapeño, seeded, tiny dice

Juice from 1 lime

Salt to taste

Place all chopped ingredients in a bowl. Toss together in lime juice.

Serve with corn chips or toasted pita wedges

Adapted from: Ripe-life.com

