

## 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**

**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 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.**

**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

*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.*

**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 9 Fresh Inspirations June 21st— 27th

I believe that tarragon will be the final herb this season. Tarragon could be planted with oregano, rosemary, lavender, and sage. These are all plants that do not want to be over watered. Tarragon is best in full sun however it can tolerate some shade. Tarragon is a perennial and maybe yours, like mine came back early this spring. It was the first time that had happened for me. You may have a second herb, lemon basil. It is an annual and can be planted with basil and parsley if the pot is not too crowded.

I have been reading and hearing some questions about herbs. Pinching back herbs is something that always should be done during the growing season. It seems even more necessary this year. Many of you are boasting about herb gardens that are growing like crazy and in order to keep them from going to seed early pinching is necessary, you may need to cut back and harvesting some of the herbs. If a flower develops, cut it back. We want the herbs to live through the season at their best, with the best flavor possible. Cutting back get the energy that would produce or maintain a blooming flower to go back into the plant. As I have written many times before, I have never had a season where dill or cilantro has survived the heat of the summer. The extreme heat that we had in early June with entirely too much rain did not help those herbs. If the cilantro is going to seed, cut it back. I have had cilantro go to seed early in the season and reseed and grow in my pot to be harvested in the early fall. For me that was a bonus.

I am hoping that you have been thinking about entering the recipe contest. A challenge to develop a recipe that uses two items in the share box. I believe that they have extended the deadline to July 2nd. The winner would be announced July 18th. The prize, you will be a star, your recipe and name will be out there on social media and the web site. For years I have heard many of you using up to five items in a recipe so this should be a simple task. When I read this, I thought back to my first-year writing for CSA and how I used so many recipes that my mother and grandmothers had passed down. They were family originals and I know that there are many of them out there in your kitchens. You all inspire us and each other every week on Facebook, now you can win a little credit on Harvie and just think of the fame!

Zucchini or summer squash is growing like crazy, and it will be in the shares this week for the first time. The varieties are the traditional deep green or yellow or it can be eight ball in either color as well. I have a recipe for a zucchini involtini, reminiscent of eggplant rollatini, that requires the traditional to cut the long ribbons. If you receive 8 ball, cut thin slices and layer like lasagna.

If you have questions, concerns, and issue to discuss please send a message to trish@alstedefarms.com or call 908-879-7189. If you have a recipe or ideas to share, send to me, jenn@alstedefarms.com.

Until next week, enjoy the freshness!

*Jenn Borealo*

## Zucchini Involtni

Prepare your favorite marinara or purchase Mia Cucina in the Farm Store.

1 ½ c ricotta

1 egg

1/3 c parmesan

½ -3/4 cup shredded mozzarella

2-3 T chopped parsley

Salt and pepper

2 zucchini, washed, ends removed

Add the first 6 ingredients to a bowl and mix just until blended.

Preheat the oven to 375

Slice zucchini with a vegetable peeler 1/8" thick. Place zucchini onto a baking sheet and lightly salt to sweat and soften. Allow to sit 5 minutes or so. Blot the zucchini slices.

Pour some marinara, enough to coat the bottom of your baking dish

Overlap 2 pieces of zucchini so that you have a wider ribbon of vegetable. Top each ribbon with a Tablespoon or so of ricotta spread just a little and roll. Place roll, end side down into the baking dish and continue until you have used all the filling and zucchini. Any leftover zucchini can be chopped, sauteed, and added to the marinara sauce or saved for another use. Spoon a little sauce over each roll. Top with a little extra mozzarella and a sprinkle of parmesan if desired.

Bake loosely covered with foil for 20 minutes, remove the foil and continue to bake

For an additional 15- 20 minutes. Zucchini should be tender.

Garnish with a little chopped basil. For the carnivore, add a little crumbled sausage for Vegan option, vegan ricotta and cheeses will work.

## Week 9 Harvest!

Strawberries

Spinach

Cauliflower

Kale

Tarragon Plants

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.*

## Hot & Spicy Broccoli

3 tbsp. olive oil

2-3 cloves of garlic minced

1-2 Tbsp. sriracha

½ Tbsp honey

Juice of 1/2 lime

1 medium to large head of broccoli, Broccoli stems cut into 1" pieces

Salt and pepper

2- 3 Scallions thinly sliced white and tender green, divided reserve ½ for garnish

Preheat oven to 425°.

Heat the 1-2 T olive oil in a medium skillet. Add the garlic and allow to soften -not brown- 1-2 minutes. Add the ½ of the sliced scallions and continue to sauté for a minute or two.

Mix together the Sriracha, honey and lime juice. Add a little more olive oil to the pan and sauté the broccoli, 2-3 minutes. Stir in the sauce, garlic, and scallions, and toss broccoli until it is completely coated.

Line a pan with parchment paper. Transfer the broccoli into the pan. Tent with a piece of foil and roast for 8-10 minutes. Remove the tent and allow broccoli to roast an additional 8 minutes.

Broccoli should be crisp/tender and a bit charred.

Season with salt and pepper to taste, sprinkle with remaining scallions for garnish. Serve warm from the oven or at room temperature.

**With this share I might try this recipe with some cauliflower!**

