

Storage Tips & Tricks

Currants can be rinsed under cool water and dried on layers of towel. It seems that most people/websites agree that even if you are going to use them right away it is better to freeze them so that removing them from the stems will be easier. Add them to your quick breads, have them join the blueberries in muffins or because of the high pectin value they will help other fruits set easily and more naturally in a mixed fruit jam. Blueberry and Red Currant Jam – PROSPECT THE PANTRY
Storing blueberries- 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. -Should keep for up to 5 days.

To store Bok Choy-wrap in a damp paper towel and store in a plastic bag for up to 5 days
Add Bok Choy to stir fry or try this spicy recipe: Spicy Bok Choy - Step Away From The Carbs

Broccoli and Cauliflower-will keep in a plastic bag in the refrigerator for 4-5 days. Steam the vegetable and store to extend the keeping time. Try a Broccoli Caesar Salad with some shaved parmesan and croutons. Roast Cauliflower with some garlic and parmesan. Add cauliflower to your broccoli and cavatelli. Try mashed cauliflower or cauliflower rice a starchy side.

Peas, store in a plastic bag. Use within a day or two before the sugar turns to starch

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. 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 if it is juicy and you can easily chew it, not so with English Peas. The entire pod is edible.

To store lettuce: 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. The foil can be reused, and the paper towel can be reused as it dries out.

Cucumbers: can be stored for up to 5 days in a plastic bag in the vegetable crisper. Add cucumbers to your favorite salads. Prepare English Tea Sandwiches, or tzatziki for a sauce over grilled or poached salmon.

Week 11 Fresh Inspirations July 5th-July11th

The three-day weekend is over, and it is back to reality. When you are farming, actually, you really don't ever take a break, especially at this time of year. Our farm production team is picking for CSA shares, and the store and the stands and the farmers markets, AND they are still planting new crops so that they can promise produce for the rest of the season. Some crops are planted for fun and some for the ultimate beauty. The corn maze is growing and there are a few sunflower fields planted as well. Plan on using your free admission to the PYO fields so that you can be a part of the fun as the season progresses. Remember to call ahead to find out availability and conditions, or visit our website which is also updated daily.

Part of a farmer's job is constantly checking the fields and they have not been disappointed! Zucchini or summer squash continues to be plentiful, and they have to pick every day! Peas will of course continue to be in shares. I was excited to see cucumbers are coming into season and currants are making an appearance. Years ago, we had currants in the shares, and I made scones. I came to find out later that the dried currants that I normally use in scones are really dried tiny grapes. Currants come in a few different colors. We have grown white, black, and the red that you will be receiving. Currants are high in pectin so you may want to use them in a jam recipe with some blueberries or if you have frozen strawberries from last month, you could use those as well. We don't often use fresh currants here in this country, but it seems that the best suggestion is baking. Some sites say to pair the currants with another fruit so those blueberry muffins can now become blueberry currant muffins.

I am helping to judge recipes on Monday. The entries for the Box Challenge will be reviewed and the winner will be announced by our Marketing Department this week. We will plan to incorporate all the recipes into the newsletter as they apply to the items in the shares. I know that they are all winners, that will make it difficult for me! Stay tuned for the news!

In the past I have heard that there is only about 10% of the population getting all of the fruits and vegetables that we should have each day. I love the potted herbs in our shares however now that they are full over the brim of the box with the fresh fruits and vegetables we should all be counted in that healthy top 10%. Sometimes I realize that I am not quite there. Most of the vegetables I eat are in the evening. I have to try to add a vegetable to my morning routine in order to get enough. I spend quite a bit of time away from home if I am in my car and I always pack fruit for my snack along the way. If I am at the farm, in the fields, it is even better! Women should have 1.5 cups of fruit a day and 2.5 cups of vegetables. Men just a little more of each. Remember, juice can count as a serving.

I heard from CSA member Kriti Gupta this week. She shared a recipe for Tart Cherry Lemonade that I will print so that you can try the recipe if you still have cherries, or you may want to use the red currants for a similar ingredient. If you have a recipe to share, send to jenn@alstedefarms.com. If you need some assistance with your share, contact Trish@alstedefarms.com or call 908-879-7189.

Until next week, enjoy the freshness!

Jenn Borealo



Tart Cherry Lemonade

Tart cherry syrup:
-cup of pitted tart cherries
-1/2 cup of sugar
-1/2 cup water
-1 tsp lemon juice

Lemonade:
-16 oz club soda
-1/2 cup of water
-1/2 cup sugar
-juice of 2 lemons
-a few pitted cherries for garnish

Quick directions:

Syrup: -In a small pot, combine the tart cherries, sugar, water, and lemon juice and simmer on low heat for about 30 minutes until syrup consistency.

Lemonade: -Dissolve the sugar in water in a small pot, then combine with the club soda, tart cherry syrup and the lemon juice. Serve on the rocks and top with some fresh pitted cherries!

Summer Squash Ribbon Skewers

4 metal skewers

Prepare scape and herb pesto, set aside

2-3 garlic scapes or garlic cloves

3/4 c basil leaves

1 T fresh oregano

2-3 T olive oil

Pulse in a food chopper or processor

Remove the ends of 1 green and 1 yellow squash

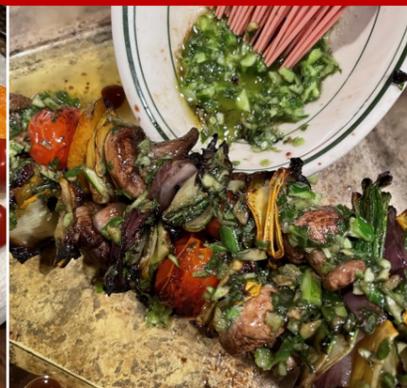
Using a French Peeler or a Madeline cut thin ribbons of 1 green and 1-yellow squash

Gently fold but do not crease or snap the ribbon at about an inch from the top folding back and forth and threading each slice of the zucchini onto the skewer so that you are creating a coiled ribbon

In between the folded ribbons place a small mushroom, a piece of colored pepper, a cherry or grape tomato and some slices of red onion . Do not compress the ribbons or crowd the vegetables.

Brush the vegetables with a mixture of balsamic vinegar and olive oil

Place skewers on a hot grill and allow to cook on each side until the vegetables are lightly charred and tender. A few minutes on all sides. You will need to stay near the grill to check on skewers. Remove from the grill Brush with pesto and serve hot or room temperature with grilled meats or fish



Week 11 Harvest!

Blueberries

Currants & Gooseberries

Cauliflower

Bok Choy

Lettuces

Summer Squash (mix)

Cabbage

Cucumbers & Pickles

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

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.

Adapated from:dulanotes.com

**ENGLISH
(SHELLING)
PEAS**

**SUGAR
SNAP PEAS**

SNOW PEAS

