

Storage Tips & Tricks

Cabbage: Refrigerate cabbage in a plastic bag, cabbage should keep for at least a week or more. The outer leaves may become discolored or limp, remove them and the inner cabbage should be fine to use. For salad or coleslaw thinly slice the cabbage & toss with a vinaigrette or make a creamy or zesty dressing. Add some grated carrots and other shredded or julienne cut vegetables.
[https://www.thekitchn.com/How to make homemade sauerkraut in a mason jar](https://www.thekitchn.com/How-to-make-homemade-sauerkraut-in-a-mason-jar). Take a look at the website for more cabbage recipes.

Corn is picked early in the morning everyday in season. Corn is best on the day it is picked or within a day or two of receiving. Place in a plastic bag and refrigerate until ready to use. For the best quality use in 2-3 days.

To boil corn, I bring a shallow pan of water to boil, only 2-3 inches add the corn, cover and boil 3-4 minutes and remove. To steam corn, place the corn in a steamer basket over boiling water, cover, and steam for 6-8 minutes.

To grill corn, remove the silk from the corn without removing the husk. Soak the corn that is covered with husk by submerging into a cool water bath for 10-15 minutes. Prepare your grill. Remove the corn from water and drain well. Be sure to remove all excess water! Place the corn on the grill and cover. On a gas grill the heat should be medium high, turn after 5-8 minutes. On a charcoal grill check after 5 minutes, it may take a little longer. The husk will brown; the corn is steaming on the inside from the water that was soaked into the husk. After turning the corn on all sides, the husk should be brown and little charred at the top. There is no exact timing, all grills are different. This is just one method of grilling. Microwave corn on the Cob microwave no shucking and silk free! YouTube

Remove stone fruits both **peaches and plums** from the plastic container when you arrive home. If the fruit is not quite ripe leave some on the counter to ripen further, checking each day. If you refrigerate remove the fruit in time for it to come back to room temperature for the best flavor.

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.

Many thanks to CSA member Maria Florio who sent in this recipe for Zucchini Boats. She changed the sausage to ground beef. In the past I have seen it changed to ground turkey as well. Chopping in other veggies could make this a vegetarian recipe. Stuffed Zucchini Boats - Dinner at the Zoo

To store fresh basil. Trim the ends. Remove foliage from the bottom of the stems so that they are not in water. Change the water daily. Cover the foliage and down around the container with a plastic bag. The basil should stay fresh up to 5 days. **To prepare pesto:** Most recipes are prepared in a processor, 2-3 cups of basil, ¼-1/2 cup pine nuts or walnuts, 3-4 garlic cloves, a little salt, up to ½ c olive oil. Process to puree. Freeze in ice cube trays remove from the trays into zip lock baggies. Defrost as needed and add the parmesan after. 1/3 cup parmesan would be added after freezing. If using immediately blend into the pesto. Fresh pesto can keep in the refrigerator for up to five days

Week 12 Fresh Inspirations July 12th-July18th

I am so excited about this share. Early for North-Western New Jersey, sweet corn has made its debut. It will be in all shares so prepare to include it into your menus. Last year we had corn early and we continued to have sweet corn through the middle of October. This is an early variety, started in the greenhouse. For years I would hear that corn is from the Delmarva peninsula or even South Jersey on the 4th of July weekend. That may be, but within a couple of days we were harvesting here at the farm. In the tips I will include methods of preparation and as the season progresses, I will also include freezing directions. I have saved corn for the last couple of years for Thanksgiving dinner. It is a great addition to soups and stews and even as a side dish in the off season.

Some of you were with us last year when we had very few peaches due to a few nights of seasonally late, extremely, cold weather. We have waited patiently for peaches for this year, and they will not disappoint. These are early peaches, so they are cling stone. An early variety of plums is ready as well. These are sugar plums, and they might be yellow or red and they are great for eating out of hand. They can be used in jam recipes as well. They are just an early plum that has the traditional tart skin and extremely sweet flesh. They are only a couple of juicy bites, delicious, and they are freestone.

I believe that by the time you read this letter the winner for the box challenge will have been announced. Last Monday morning I worked with Maxine in our Marketing Department to go through the recipes and pick a winner. For a while it seemed that we were not receiving recipes. When we came together to review and judge we had 20 entries all together. After an hour or so of work we had narrowed the field. Believe me this was not an easy task, so much creativity! So many great ideas that we will share as the season progresses. We had to ask some questions on Monday and found that we could get back together during the week to complete the task. CSA member Samantha Hutchinson is our winner. She told us that the Thai basil plant enabled her to prepare one of her favorite restaurant dishes "THAI DRUNKEN NOODLES (PAD KEE MAO)." She has adapted the recipe so much that she has made it her own and she used 5 ingredients from the share, 6 if you include the Thai basil. Samantha says it is a quick easy meal, easy to clean up, and perfect for summer. It is a recipe that can follow us through the season as produce changes so can the recipe. Many thanks to all of you who participated. In my book you are all winners, you inspired me, and picking just one recipe was a challenge!

This is the part of the season when the share boxes get heavy and over-filled. So exciting, one or two items have been new each week. If you have recipes or ideas to share, send to Jenn@alstedefarms.com and if you have administrative questions contact Trish@alstedefarms.com or call 908-879-7189.

Until next week, enjoy the freshness!

Jenn Borealo

Roasted Cabbage with Chive-Mustard Vinaigrette

½ medium cabbage, outer leaves removed
1 tablespoon olive oil
sea salt
freshly ground black pepper

VINAIGRETTE

2 teaspoons Dijon mustard
2 teaspoons white balsamic or white-wine vinegar
1 teaspoon lemon juice
3 tablespoons minced fresh chives [reserve ½ T for garnish]
2 tablespoon olive oil
¼ teaspoon freshly ground black pepper
1/8 teaspoon salt

Preheat oven to 450 degrees. Cover a baking sheet with parchment and brush with oil.

Cut cabbage half into four wedges, remove any thick core, leaving wedges intact as much as possible. Brush the cut sides of the cabbage with 1 tablespoon olive oil and sprinkle with salt and pepper. Place the cabbage flat-side down on the prepared baking sheet.

Roast the cabbage for 10- 12 minutes. Carefully turn the wedges over. They may fall apart a bit and roast until browned on both sides, about 8-10 minutes longer.

To prepare the vinaigrette: Combine mustard, vinegar, lemon juice. in a small bowl. Add chives and oil; stir until well combined. Taste and adjust seasonings as needed. Add salt and pepper to taste

Warm a serving plate or dinner plates. Transfer the cabbage to plates and drizzle with the vinaigrette while still hot. Garnish with reserved chopped chives. Serve hot or at room temperature. Adapted From: Liveearthfarm.net

Week 12 Harvest!

Peaches—Clingstone

Broccoli

Sweet Corn

Basil

Onions

Summer Squash (mix)

Cabbage

Cucumbers & Pickles

Broccoli

Kale

***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.*

Squash Baked Chicken

Many thanks to CSA Member Danielle J Miyagishima who entered this recipe into the “Boxed Challenge Contest” It is colorful and definitely in season, so I am sharing it with all of you as an honorable mention.

Squash Baked Chicken - [Danielle J Miyagishima](#)

I bake the chicken ahead of time so that I can make this really quickly. Add minced garlic to a lightly oiled pan over medium heat. Add Cherry tomatoes, pierced (or slicers chopped) and cook until they burst and release their juices. Add diced summer squash, diced chicken, fresh herbs (sage, thyme, basil, oregano, parsley, and rosemary, all finely chopped), and salt and pepper to taste. Cook for two to three minutes, stirring constantly. Deglaze the pan with chicken broth or white wine and cook an additional one to two minutes, stirring constantly, for the pan sauce to come together.

