

## Storage Tips & Tricks

**Sweet Corn** is picked early in the morning every day 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. Husk when ready to prepare. 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

**Tomatoes-** Tomatoes are best kept at room temperature. If you do not use within a couple of days, refrigerate, and then bring them back to room temperature before serving. Soft tomatoes can be roasted with garlic and herbs added to roasted broccoli or cauliflower or added to pasta or used to top grilled chicken or fish.

**Root vegetables, carrots, and radishes-** remove the greens or the tops from the root. This prevents the greens from taking moisture from the vegetable. These greens would be considered tender. Use them in salads, soups, smoothies, within a few days. Carrot will last for weeks, radishes for the week

**Remove stone fruits peaches, nectarines, and plums** from the plastic container when you arrive home. If the fruit is not 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. Make ahead peach pie instructions: When freezing pie filling toss with a little lemon juice in to keep fruit from browning.

**Freezer Peach Pie Recipe** | Southern Living. Frozen Pie filling will keep for up to 8 months. To freeze slices- toss slices with lemon juice. Spread out on a baking pan. Freeze and then move to baggies drawing out as much air as possible using the “straw” method. Label. Try a plum crumble from earlier in the season with these plums

**Plums this week are Italian Prune Plums** they are an awaited fruit that does not come into season until late summer. They are delicious to eat out of hand or prepare an easy tart using a puff pastry sheet. Easy Rustic Plum Pie - Italian Recipe Book

**Eggplant** – plan to use eggplant quickly. The best temperature for eggplant storage is around 50 degrees. You can keep it on the counter for a day or two if your house is cool and it will keep in the refrigerator for a day or two as well.

**Cucumbers-** Be sure cucumbers are dry. Store in a plastic bag in the refrigerator for up to 5 days.

**Melon--** When receiving melon from the farm they should be ripe and ready to eat. If you are planning to serve within a day or two keep a melon at room temperature. For longer keeping place in the refrigerator for up to 3-4 days depending on the degree of ripeness when they are delivered. Always wash melons before cutting

**Arugula** can be stored in a plastic container or plastic bag lined with a dry paper towel in the refrigerator for up to 1 week. Add spinach leaves to tomato sauce to wilt just before serving.

**Beans-** Store in the in a plastic bag for 2-3 days. To prepare break at the stem end. Blanch for 3-4 minutes or steam for 8-10 minutes. The color should brighten, and they should be fork tender, yet crisp. Blanching or steaming will extend storage time and the beans will be ready to add to a recipe or make into a salad when you need them. Take a look at the website for recipes from past years.

## Week 18 Fresh Inspirations August 23rd—August 29th

I believe that this will be the week of the tomato for the season. Both large tomatoes and all the cherry and grape varieties are in abundance. I am hearing that they are harvesting plum tomatoes and they are ready to take orders. Maybe you are thinking about preserving some sauce or salsa or even ketchup or sundried tomatoes. I always love hearing about families getting together for a day a weekend of preservation. Very often it is around Labor Day however that holiday weekend is a little late this year. Let us know if you are going to need some extras. Ordering in advance is always advisable.

Historically there was a time that tomatoes were grown as an ornamental plant. There was a belief that the leaves and stems were poisonous. It has been written that you would have to eat over a pound of leaves before feeling any ill effects. The leaves do have a strong scent that is not considered pleasant. Tomato leaves even in an environment that tries to have little waste are not ever used in recipes. As a member of the nightshade family the actual tomato was thought to be toxic however now in recent years and in many circles, tomatoes are elevated to being listed as a superfood. It is the lycopene content that has raised the tomato to such heights. Lycopene is known to be beneficial to our cardiovascular system, it can help to fight many cancers, and finally, lycopene can assist in maintaining good eye health. This benefit can be available to you all year round. Cooking tomatoes actually releases more lycopene than when you eat them raw so cook and store and enjoy the benefits of this harvest all year long! With all of that being said, don't forget that tomatoes are a source of vitamin C, vitamin A, vitamin K, fiber, and more.

Ok, so did I mention that tomatoes are versatile before anything else I think of a tomato being served raw. In a mixed salad or on their own, just a slice on a sandwich, or maybe salsa or bruschetta. Be sure to take inspiration from Catherine Schenck who prepared Gazpacho. The vegetables in Gazpacho seem to get more crisp as you store the cold soup for a day or two. Did you ever think you might pair a tomato with a peach or plum. CSA member Ruth Koval inspires on Facebook with one of my favorites, Burrata! How about cherry tomatoes on kebobs or burst tomato sauce. Tomatoes become a little over ripe and they can be sliced and roasted. Roasted tomatoes can become a sauce. Just this week there were tomatoes featured in an “Alstede” e-mail and the recipe Eating in Season recipe was for stuffing the tomato with risotto. The choices are yours; you can blanch and seed and stew or braise and you can also freeze tomatoes plain, even whole. Keep in mind that when you defrost, they are not going to have the texture of fresh, you should be planning soup, stew, or even a sauce.

Planning for your shares starts on Thursday or Friday, the week before they are delivered. Every week our production team works hard to bring you the best of what comes out of the fields, harvesting nonstop throughout the week. Our team that packs the boxes arrives sometimes before the sun is up, and they work hard checking and double checking the share contents until early afternoon. From there, our delivery drivers head out on the road and deliver all over NJ, and our local members pickup at our farm store. With so many moving parts, and shares going in so many different directions, we know that mistakes will sometimes happen. We are always happy to replace anything that might not seem quite right to you, or if anything is ever missing, we will do our best to get that fixed for you as quickly as possible. The best way to reach us, especially Trish on CSA days, is by calling 908-879-7189. Our team is always available to help make things right for you. If you have an idea or recipe to share, please send to me, jenn@alstedefarms.com. Until next week, enjoy the freshness!

*Jenn Borealo*





Roasted Tomatoes

This is one of my favorite recipes. My mother always prepared this dish when tomatoes were plentiful and some of them would get a little soft. There are no specific measurements. Using a square or oblong glass pan or even a pie pan, fill the pan with 2-3 or more of layers of thinly sliced tomatoes, until the pan is ½-¾ full.

First, Thinly slice tomatoes sprinkle with salt, set aside for 20 minutes, drain.  
Layer the tomatoes with: Chopped basil, Minced garlic, Parmesan cheese, A drizzle of good olive oil

Bake in an oven pre-heated to 425 until tomatoes are bubbly and slightly charred on the top. If they do not get some dark caramelized edges, raise the temperature up to 450 for the last 10-15 minutes.

Serve as a side dish, bake on top of a pizza, puree for a tomato sauce and add vegetable broth for roasted tomato soup.

Michele Zanzonico Cotter shared this CSA favorite a couple of years ago:

Burst Cherry Tomato Sauce

- 1 lb. pasta
- ¼ -½ cup olive oil
- 2 or more large garlic cloves, minced
- 3 pints cherry tomatoes or 4-6 large tomatoes chopped
- ½ tsp freshly ground black pepper
- Pinch of sugar
- 1 cup coarsely chopped fresh basil (add a little oregano if desired)
- Freshly grated parmesan (for serving)

Heat oil in a large skillet over medium heat, add the garlic, raise the heat to medium high and then add tomatoes, pepper, sugar, and salt to taste. Allow the mixture to cook, adjust heat as needed, stirring occasionally, until tomatoes burst and release their juices to form a sauce. Just before serving stir in fresh basil,

While the sauce is simmering, bring a large pan of water to a boil. Add salt as directed on the package. Cook according to package directions, stirring occasionally, drain, reserving ½ c pasta water. Transfer pasta to a large serving bowl. Top with the sauce and toss to coat, adding a little of the reserved water as needed. Serve with parmesan cheese.

Adapted From: Epicurious.com



Week 18 Harvest!

- Peaches—Donut & Yellow Nectarines

Sweet Corn

Plums

Arugula

Beans
- Summer Squash

Eggplant

Tomatoes

Carrots

Radishes

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.**

Plum Crumble

- 2 Tbsp. lightly packed brown sugar
- 1 ½ Tbsp. all-purpose flour
- ¼ tsp. ground cinnamon
- ¼ tsp. ground ginger
- 2 Tbsp. finely chopped crystallized ginger
- 12 to 14 Sugar or Italian prune plums, halved and pitted

For the topping:

- Scant ¾ cup granulated sugar (about 4 to 4 ½ ounces)
- 1 cup all-purpose flour
- ½ tsp. ground cinnamon
- 1 tsp. baking powder
- ¼ tsp. kosher salt
- 1 egg, beaten well
- 7 Tbsp. unsalted butter, melted

Preheat the oven to 375°F., be sure to place an oven rack in the middle of the oven., in a medium bowl, mix together brown sugar, flour, cinnamon, ginger, and crystallized ginger. Gently stir in the plums. Be sure plums are coated with the mixture. Arrange the plums skin side up in a buttered deep 9-inch pie plate. In second medium bowl whisk together the first 4 dry ingredients for the topping. Pour in the egg and toss with a fork or pinch dry and moist ingredients with your fingertips to gently blend so that you produce a crumble mixture. Sprinkle topping evenly over the plums.

Using a spoon, drizzle the butter evenly over the topping, bake for 30 to 35 minutes, until golden brown. The plums should be fork tender. Serve crumble warm or at room temperature, with crème fraîche, thick yogurt, or lightly sweetened whipped cream. Crumble is best served the day it is prepared, reheat leftover crumble in an oven set to 300 degrees. Yield: about 6 servings Adapted from: orangette.net