

## Storage Tips & Tricks

**Corn Cob Stock:** to use in preparation for corn chowder, other soups, stew, or sauces.

Christine Cooks: [Corn Cob Stock.blogspot.com](http://CornCobStock.blogspot.com)

**Directions For Freezing Sweet Corn:** Start with the fresh corn on the cob in your share or from our farm store, stand, or farmers markets. It has been picked the day it was delivered. Keep the corn chilled in your refrigerator until you are ready to prepare for freezing. Sugar can turn to starch at room temperature. Fill a large pot ¾ full of water. Heat the water to a rolling boil and prepare an ice water bath. Husk the corn. Be sure to remove all the silk. Gently rub the corn with a terry or soft towel that will help to remove the silk. When corn is blanched the action of the enzymes is stopped. This process will help to maintain the color, flavor, texture, and nutrient value of the vegetable. Gently drop the corn into the boiling water, about 3-5 ears at a time, making sure that you do not drop the temperature of the water below boiling. Boil for 4-6 minutes. Lift the corn with a slotted spoon, drain. The cooking stops when you add the corn to the ice water bath. You may need to add extra ice depending on how much corn you are working with. Remove the corn to a towel. Allow the corn to completely dry. Here are 2 methods you may use to remove the kernels from the cob. There are some special tools is you choose. Corn Cob strippers or kernelers are available on-line. A sharp knife will work just as well. Firmly hold onto one end of the corn, with the other end in the deep bowl. Run the knife under the kernels. The corn will drop into the bowl in strips that will break apart as you continue to work and pack. Another method is to place the end of the corn in the center opening of an angel food cake pan. Run the knife under the kernels and they will fall into the pan. Portion the corn into zip lock bags. Be sure to push out as much air as possible. Placing a straw into the bag at the end of the closure. As you close the bag press out air. Draw air out with the straw and press to close as you pull out the straw. Eliminating air will preserve the quality of the corn. It can prevent freezer burn.

Always be sure to label and date the bags you are freezing.

**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, beets-** 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. Beets will last for a week or so. Roast them when you get them and they will be ready for salad or recipes. Beet greens can be prepared like any other tender green. Use them in 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.

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. **Try the**

**German Plum Kuchen Recipe in the packet this week!**

**Fresh herbs-** Remove rubber band and make a fresh cut can be kept on the counter in a container of water for a few days. Change the water daily. Wash and dry as needed. Or dill may be wrapped in a paper towel and stored in a plastic bag or container for up to a week. **Cilantro-** Fill a cup or jar with an inch or so of water. Remove the rubber band. Make a fresh cut on the bottom of the stems. Place in the water and cover the cilantro and jar with a plastic bag and refrigerate. Change the water every few days. Time to make salsa, pico di gallo, guacamole and all your favorite southwestern dishes.

**Lettuce:** Wrap in a paper towel and place in a plastic bag or layer paper towels in a plastic container.

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

## Week 19 Fresh Inspirations August 31st— September 5th

This week brings us to Labor Day weekend, the holiday weekend that marks the “unofficial end of summer.” We know in the world of farming that summer harvests continue through September and even into October. We will constantly be looking out for any sign of frost so that we can protect as much as possible and prolong the season. I am sure that many of you are planning for some holiday barbeques and parties. I am thinking that there will be corn and tomatoes on many of your menus. Please get the word out and let everyone know that fabulous fresh produce is still in abundance even though most of the world is back from vacation, in school, and at work. Last year we had sweet corn in the farm market through Columbus Day weekend. So, the myth that it all ends now is just that, a myth.

Karen Lambert and Gloria Chapa have posted pictures on Facebook this week. Lots and lots of canned tomatoes. Ready for late fall and through the winter. I have noticed that there are still plenty of plum tomatoes ready for order so now is the time. Note that they added citric acid to canned tomatoes. We all think of tomatoes as being highly acidic. Not enough however for canning. If you do not have citric acid, you may also add lemon juice for the same effect, 2 T per quart.

A couple of recipes on Facebook had my attention. I love corn on the cob, and I serve it almost every night in season. I am noticing corn fritters again, this time Juls Palmer posted. I may just have to give them a try. I think I have all the ingredients so it might be a go. When you have the cobs, you can prepare corn stock and use it for soups. Naima Aman prepared a corn chowder that could use the stock as a base and with the cooler weather it might be time to try their inspiring recipes. And another corn post brought back a flash from the past. We would always prepare popcorn in a large cast skillet with a big, rounded lid. It would be like an event when my father would make popcorn for us. Thank you, Natalia Platon for bringing back a very fond memory. Pre-microwave of course. Oops, aging myself! The corn has been drying for almost a year so it should be easy to take off of the cob.

I did some work with herbs this week. I had plenty of basil, so I prepared a container of pesto. I noticed a trending recipe early in the season and now was the time to try it. The eggs are actually fried in pesto and place on a toast. With some roasted tomato the presentation is beautiful, and it really is easy and did I mention delicious! Pesto can be frozen so if it is doing well in your garden, it might be time to bring some in. We did a short video demonstrating herb salt and drying herbs that can be done in just a paper bag or quickly in your oven.

Last but not least I noticed that some of you may have traded or purchased some watermelon last week. Yellow Doll was the variety, and it did surprise those of you who have not seen it before. I remember my first time; it was years ago, and it was a very pleasant surprise. I am not sure if it will be available again, if it is, give it a try!

I heard from Inga Maximoff a Fresh Discoveries friend of the farm and mom of Natasha Maximoff Chandler, and she sent me a German recipe for Plum Kuchen, a family favorite, that we are including in the newsletter this week. If you have anything to share, please be in touch with [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com). Trish is available to assist you, 908-879-7189 or [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com).

*Jenn Borealo*



## Plum Kuchen Recipe

1 ½ c flour  
1/3 c sugar  
1 stick of butter (room temperature)  
1 egg  
1/3-1/2 cup plain breadcrumbs

Place the butter into a large bowl, add the sugar. Mix in the egg and stir in the flour. Set dough aside to rest about 20 minutes. Flour your hands, press the dough onto a greased cookie sheet, or greased 9" spring form pan. Sprinkle the dough with a thin layer of plain breadcrumbs that will help to absorb juices

Preheat the oven to 325

### Prepare Plums

1 – 1 ½ lbs. (8-10) European Plums (Italian Prune Plums) from the share  
Pitted and cut into quarters scoring the edges of the plum pieces

Place the plums over the dough evenly

### Topping

2 eggs  
3 Tablespoons of sugar  
1 c 1/2 & 1/2 or cream

Chopped almonds or cinnamon and sugar mixture

Beat the eggs with the sugar, whisk in the cream and pour over the plums. Top with

Chopped almonds or cinnamon and sugar. Optional: eliminate the topping and just sprinkle with cinnamon, sugar, chopped almonds. Bake in the center of the oven for 30 minutes, check. Inga says it can take up to 45 minutes. Edges should be golden brown.

Note: A sheet cake on a cookie sheet will take less time than in a springform pan. Inga has also prepared this recipe in a pie plate so make it your own! Adapted From: Epicurious.com



This recipe was sent to me this week from a CSA member and dear friend of our farm, Inga Maxamoff. It is an old family favorite.

## Week 19 Harvest!

Peaches— Yellow

Nectarines

Sweet Corn

Lettuce

Arugula

Beans

Beets

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.**

### Pesto Eggs

Prepare roasted tomato: preheat oven to 400. Chop a large tomato, add a little olive oil, some chopped basil and oregano and a spoonful of parmesan cheese. Spread into a single layer on a parchment lined baking pan. Roast until some of the edges are browned and caramelized, 20-25 minutes. Set aside

Prepare your favorite Pesto recipe: I used basil and a little arugula, garlic, olive oil, walnuts, and parmesan cheese in a mini food chopper

Prepare Toasts: Preheat the oven to 350 and line a baking sheet with parchment paper. Lightly brush Sour Dough bread slices with melted butter mixed with some olive oil. Sprinkle with parmesan cheese. Bake about 8-10 minutes or until golden on the edges and slightly toasted. I cut the slices in ½ and served a single egg in the middle with some extra pieces cut a little smaller around the edge of the plate. If your slices are large enough, place one egg on each ½.

To prepare eggs: On low- medium heat, melt 1-2 Tablespoons of butter with 2 Tablespoons of Olive Oil in a non-stick frying pan. Add 3-4 heaping Tablespoons of pesto to the pan. Allow to warm and bubble a little and break eggs into the pan. 3-4 eggs per 12" pan. Do not crowd the eggs. Allow the white to set and gently turn for less than a minute for a runny yolk, leave a little longer if you want yolk to be a little more cooked through. Gently lift the egg onto a toast along with some pesto. Top with a little more pesto as desired.

For some extra color and garnish, place some roasted tomatoes at the sides of your toast.

