

Storage Tips & Tricks

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 kerneler 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 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. Carrots 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.

Apples – that you will eat in a day or two can be left out on the counter. Otherwise refrigerate and bring back to room temperature for the best flavor.

Zucchini or Summer Squash- Be sure that the squash is dry. Do not wash before storing. Uncut zucchini will keep up to 5 days possibly longer in a plastic bag in the refrigerator.

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

Beans- Remove from the plastic bag. Be sure that the beans are dry before storing. When dry store in a paper bag or layer the beans with paper towel in a covered container. 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.

Leeks- place leeks in a plastic bag or container with roots attached. Leeks can absorb other flavors from the refrigerator so keep bag closed. Leeks can keep up to two weeks. Leek tops can be stored for stock. Leek and potato soup is probably one of the most popular recipes using leeks.

Week 21 Fresh Inspirations September 13th— September 19th

It continues to be that time of year when we have a little summer and a little fall in our shares. The farm is busy over the weekends and even on some of these beautiful weekdays with “pick your own” guests looking for peaches, apples, raspberries, tomatoes, peppers, corn, and more. Availability changes from day to day. Make a plan to come out with your family but check to make sure your favorites are on the “pick your own” list.

Leeks are in the share again. They are the mildest of the allium family and they look like an overgrown scallion. They are often an overlooked vegetable. They can be considered an aromatic that just helps to make a dish a little more flavorful or they can be a “stand alone” vegetable. Leeks in New Jersey are often available in spring and fall. Sometimes the spring harvest is a crop that has been overwintered. Except for the root you should be able to use the entire leek. The bottom or white portion along with the pale green are perfect for soups and stews, or roasting, or braising. The tops can be saved for stock, or you may want to try a recipe that we have printed before for Creamed Leek Tops. If you prepare that recipe you can save the flavorful liquid for soup preparation. The favored pairing for leeks is potatoes and soup is definitely on that list along with leek and potato cake, quiche, or frittata, and even stew. I have noticed that many sheet pan dinner recipes using chicken or fish have leeks incorporated into the recipe. How about a tomato leek pizza, definitely worth a try! It has been said that the most difficult part of preparing leeks is making sure that they are clean. Taking the time to slice and place into cold water or into a colander to wash and clean the layers of green is absolutely necessary.

Believe it or not there is actually a website that is called “leekaweek.org.” They discuss lectins and how they can help our immune system fighting viruses and some cancers. Leeks are rich in antioxidants that we know can fight inflammation. They are a source of vitamin A and C, and folic acid, fiber, and more! And best of all, they are low in calories!

Last but for sure not least I am positive that you have noticed the Honey Crisp apples in the share. The trees are so heavy with fruit, and we are reaping the benefits. A crisp apple that at one point it was called the Honey Crunch. Honey crisp apples are a light green with some red blush and some pink as well. These apples can have some russet spots. There has actually been genetic testing to finalize the parentage of the apple. Keepsake and MN 1627 both apples are not well known to us. This apple along with many of the early varieties are best for snacking and eating out of hand. You won't be able to resist that crisp sweet tart flavor. That being said you will find that they are considered a good baking apple on some sights with recipes available for crisps and cobblers. We are including an easy tart recipe this week that you may like to try. Fall is in the air and becoming evident at the farm. Usually that means we will have apples in the shares most weeks as we move forward. So, it may be time for an apple a day!

If you have questions about your share, contact Trish@alstedefarms.com or call 908-879-7189. If you have recipes or ideas to share, send to jenn@alstedefarms.com.

Jenn Borealo



Zucchini Stuffing

4-6 Soft Italian Style Rolls
2 shallots chopped
2-3 T olive oil and butter
4-6 T water
2 medium zucchini, grated
½ c Asiago Cheese grated
1/4 c parmesan cheese grated
2-3 sage leaves minced
1 egg beaten with 2 T water

Break the bread into pieces/cubes. Sprinkle with water until moist not soggy. Warm 1 T olive oil and 1 T butter in a frying pan, sauté the shallots until soft and golden. Remove the shallots and add them to the bowl with the bread. Grate the zucchini. Add more oil and butter to the frying pan and sauté the zucchini until soft and dry, not brown. Add the zucchini to the bread and shallots. Mix in the cheese and the sage. Combine all of the ingredients. Beat the egg with the 2 T of water. Mix the egg into the stuffing. Pour into a buttered casserole dish and cover with foil. Bake at 350 for 30-40 minutes. Serve with roasted or grilled chicken or fish. Adapted from: Arlene Ward, Adventures in Cooking

Braised Leeks

3-4 Leeks
¾ cup vegetable broth
½ c white wine
1 T lemon juice
2 cloves of garlic sliced
3 thyme sprigs
1 bay leaf
1 T butter
Kosher salt and pepper

85g green olive , very roughly chopped (optional)
large handful chopped parsley , to serve (optional)

Trim the darkest green part off the leeks and strip away the first layer. Remove the root and cut in half lengthways, stopping at about 1" from the base. Wash the leeks under cold running water and place them into a skillet. Add broth, wine, lemon, and thyme, garlic, bay leaf and butter. Reserve the olives and parsley until later.

Slip the leeks into the pan. Cover and place over a low heat. Gently simmer for about 10 mins, turning them once. Uncover and continue to cook over low heat for about an addition 10 minutes. Do not allow all the liquid to evaporate. Leeks should be fork tender. Remove the thyme sprigs and bay leaf and garnish with parsley and sliced olives. Serve warm or at room temperature with chicken or fish. Adapted from: BBCgoodfood.com

Week 21 Harvest!

FARM to TABLE
Honeycrisp Apples
Nectarines
Sweet Corn
Summer Squash
Leeks
Beans

Beets
Italian Plums
Cabbage
Carrots
Scallions
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.**

Honeycrisp Apple Tarts

1 sheet of puff pastry

Alstede Farms Honeycrisp Apple Butter

3 Honey Crisp Apples

1/4 c sugar

¼ t cinnamon

Alstede Farms Apple Jelly

Brandy, water, or apple cider

Line a baking sheet with parchment paper

Defrost and Unfold the pastry. Using pastry wheel cut along the lines of the folds and then cut each rectangle in ½.

Spread a couple of teaspoons of apple butter on each piece of pastry to about a 1/4" of the edge. Core and peel 3 Honey crisp apples. Cut the apples in 1/2 and slice as thin as possible.

Place the apples overlapping the slices over the pastry.

Make a cinnamon and sugar mixture. Sprinkle over the apples. Dot with butter

Place the tray in the freezer to chill about 1/2 hour.

Preheat the oven to 425. Bake in the middle of the oven for 15 minutes. Lower the temperature to 400 and bake for an additional 5 minutes. Pastry should be puffed and golden brown.

Heat 1/4 c apple jelly with the 2T brandy, cider, or water. Brush the tarts and serve warm with whipped cream or ice cream.