

Storage Tips & Tricks

Root vegetables, carrots, beets, 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. 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. Roast root vegetable together on a baking sheet, lined with parchment. Heat oven to 425. Cut all of the root vegetable into a similar size along with an onion. Coat with a few Tablespoons of olive oil spread out over the sheet in a single layer. Season with a little salt and pepper. Kohlrabi can be added here, or a potato, sweet potato, or winter squash as well. Beets may release color onto other veggies. Roast separately if that is an issue. Vegetable should roast for about 20 minutes, toss, turn, and continue to roast until edges are browned. Toss with some fresh herbs and serve hot or at room temperature.

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

Lima beans – can be stored in a plastic bag or container for a day or two. the best method of storage is to shell as soon as possible, blanch, refrigerate for use within a couple of day or freeze.

Broccoli -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. A farm favorite is Broccoli and Cavatelli or try a Broccoli Mash a recipe from earlier in the season.

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.

Scallions- wrapped in a paper towel and in plastic should last up to 2 weeks.

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.

Remove peaches - 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.

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

Week 22 Fresh Inspirations September 20th— September 25th

As we pick up our shares this week we will be in two different seasons. Tuesday will still be summer and on Thursday it will truly be fall. The autumnal equinox this year is on Wednesday, September 22nd. We will have 12 hours of day and 12 hours of night. The exact time is 3:21 pm. Sunrise will be 6:43 in the morning, a few minutes before the production team arrives and sunset will be at 6:52 so the farmers will work for an hour or so by the light of the full Harvest Moon that is scheduled on Monday, September 20th.

The Gala apple will be in shares this week. There are quite a few Gala apple trees on the property, and we should have gala apples available in the farm store throughout the fall season. Most of the Gala apples grown here on the farm are the red variety, sort of a vertical reddish strip over a yellow base that will be in the shares this week. As the season progresses, we do also offer a yellow gala that is known to have a slight reddish blush. The flesh of the gala apple is creamy in tone, not as white as some varieties. The parents of the Gala apple are the Kids Orange Red, (not familiar) along with Golden Delicious.

Gala apples have surpassed the Red Delicious apple as it has become the number one apple in sales in the United States. It is not surprising that it is also the number one apple to be produced here in the US as well. It can be found in supermarkets all year long. Of course, the fresh, just picked from the farm orchard will always have better flavor than the supermarket variety.

Gala apples are best for snacking and eating out of hand. It is considered to be one of the smaller apple varieties making it perfect for the school lunch box. As I have said before if you search enough, you will find a sight that will make any apple good for baking. Here is what Midwest Living has to say. The Gala apple as one of its twelve favorites for baking. First, they say you can use less sugar because they are mildly sweet, and they are crisp so they will hold their shape. For years I have added a golden delicious to pies and as noted before, that is a parent of the gala so there is another reason it might work well.

I noticed that in this share we move to quite a few root vegetables. Root veggies give you the chance for two separate preparations. As we always say, remove the greens/tops from the roots before you store so that each will be the best quality when you go to use them. These greens are tender so use them within a few days. Kohlrabi looks like it could be another root, however it is a stem vegetable. It has been called a “swollen stem” that grows above ground. Remove the leaves from this veggie as well and keep the greens to prepare separately.

Trish is available to answer all of your questions, Trish@alstedefarms.com is the best way to reach her. Or you can call 908-879-7189 if you prefer. If you have ideas or recipes to share, please send to me, jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Corn Carbonara

12 ounces spaghetti or linguine
Kosher salt

6 slices thick-cut bacon (about 6 ounces), cut into 1/4" strips
4 ears of corn, kernels cut off (about 3 cups), cobs reserved
1/2 cup heavy cream

Freshly ground black pepper

1/2 cup grated Parmesan (about 2 ounces), plus more to serve

1/2 cup fresh basil leaves, coarsely chopped, divided
Place a large pot of water on high heat.

While the water is coming to a boil: In a large skillet over medium heat fry the bacon/pancetta until crisp. Lift with a slotted spoon onto paper towels to drain. Any fat in the pan should remain. Run the back of a French/Chef's knife over corn cobs to scrape excess corn milk from cobs into a bowl. Pour the corn milk into a blender, add the cream and 1/2 of the corn kernels. Season with a little salt and pepper and add about 2 T of the reserved bacon fat. Purée until a smooth sauce forms.

While preparing the sauce: Salt the boiling water and cook spaghetti stirring occasionally, until al dente; reserve some of the pasta water. Drain.

Return the pasta back into the pan. Toss the hot pasta with corn sauce, a little pasta water as needed, 1/2 cup Parmesan, and half each of the remaining corn kernels, bacon, and basil in a large bowl.

Divide pasta among serving bowls and garnish with the remaining corn kernels, bacon, and basil. Season with pepper and pass the parmesan. Adapted from: epicurious.com

Roasted Root Vegetables

Root vegetables can be roasted together on a baking sheet, lined with parchment. Heat the oven to 425. Cut all of the root vegetable into a similar size along with an onion. Coat the vegetables with a few Tablespoons of olive oil, spread out over the sheet, in a single layer. Season with a little salt and pepper. Kohlrabi can be added here, or a potato, sweet potato, or winter squash as well. Beets may release color onto other veggies. Roast separately if that is an issue. Vegetable should roast for about 20 minutes, toss, turn, and continue to roast until edges are browned, veggies are tender. Toss with some fresh herbs and serve hot or at room temperature.

Week 22 Harvest!

Gala Apples

Peaches

Sweet Corn

Summer Squash

Leeks

Beans

Beets

Cucumbers

Radishes

Carrots

Scallions

Broccoli

****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.**

Green Goddess Roasted Chicken

1 1/2 cups buttermilk or plain yogurt

1 cup packed basil leaves

1/4 cup packed chives

2 garlic cloves, peeled

2 anchovy fillets (optional) or a Tablespoon of capers

1 scallion, white and green parts

Finely grated zest and juice of 1 lime

1 teaspoon coarse kosher salt

1/2 teaspoon black pepper

2 split chicken breasts (4 pieces)

2-3 tablespoons extra-virgin olive oil, for drizzling

Purée buttermilk, basil, chives, garlic, anchovies/capers, scallion, lime zest and juice, salt, and pepper in a blender until smooth.

Measure the sauce. Reserve a quarter of the sauce for serving the chicken. Place the chicken halves in a bowl or large heavy-duty resealable plastic bag and cover with remaining marinade. Refrigerate for at least 6 hours or up to overnight.

Pre-heat the oven to 500 degrees. Remove chicken from the marinade and remove as much liquid as possible. Dry the tops with some paper towel. Place the breast halves onto an oiled rimmed baking sheet (Discard the used marinade.) Drizzle chicken with a little olive oil. Roast until cooked through, about 20 to 30 minutes. Check internal temperature with a thermometer (160) Let rest for 10 minutes before serving. Garnish with the reserved sauce.

Adapted from NYTimes.com