

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

Kohlrabi Remove the leaves and store them separate from the bulb in plastic bags. Use the leaves within 3—4 days. Kohlrabi can last up to 2 weeks.

Leeks-should be stored in a closed plastic bag or container. Leeks should be wrapped tightly to prevent other foods from absorbing flavors. Weeks can be stored up to 2 weeks.

Spinach- can be washed and dried before storing. Store spinach wrapped in paper towel or in layers of paper towel. Dried leaves can keep up to one week. Wilted Spinach Salad, Creamed Spinach, Stir Fry, Sautee with Garlic, shallots, onion as a side or as a bed under Chicken, fish, sliced steak, Mix into eggs for omelets or fill the omelet, Wilt spinach into soups, stews, sauces, Greek Spinach Feta Pie, Spanakopita, Quiche, add spinach to smoothies, add to ricotta cheese for Lasagna for Spinach Stem Recipes, look at Pantryfun.com 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 grilling broccoli florets with stem attached. All pieces should be about the same size. Using larger pieces or a grilling basket will help to keep all the broccoli on the grates. Toss broccoli with olive oil and place on the grill. Allow to lightly char on one side 4-5 minutes and turn. Broccoli should be tender. Sprinkle with a little lemon and parmesan cheese before serving. Shred broccoli stems to use in omelets or frittata

To store Swiss Chard-Remove the rubber band, place the greens in a paper towel lined plastic bag or a container in the refrigerator up to 1 week. Be sure greens are dry. Chard is best if eaten within 5 days

Remember you can blanch and then bake the stems with some parmesan cheese or even breadcrumbs.

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.

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.

Arugula- Remove the rubber bands. Rinse in cool water. Drain and completely dry. Wrap in paper towel and place in a plastic bag or layer paper towels in a container to store. Serve in a salad or wilt into a sauce or sauté in a little olive oil and garlic.

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.



Week 26 Fresh Inspirations October 18th—October 24th

I believe that we have a first in eleven years this week in our shares. You I am sure have noticed that corn was not in the shares for the last couple of weeks. It is back this week, and you can swap out and add some extra on Harvie. It is a great bonus if you didn't have a chance to freeze some corn for the late fall and winter! The corn harvest usually slows down in October and the last day is often over Columbus Day weekend. So, enjoy the treat!

As you may already know the apple harvest this year is also quite abundant. We will reap the benefit of that as well. Honeycrisp will be in our shares for the second time this year. Again, a bonus that usually doesn't happen. I had a note from Maria Florio this morning. She writes "I am loving all the apples" just like me and I think most of you! Maria sent her very simple directions for Crock Pot Apple Sauce. Apples, water, cinnamon, and sugar if desired...cooked on high for 3-4 hours in the crockpot. And she says it is "AWESOME!!!" My suggestion is to wait until the end to add sugar. Depending on the apples you may need very little. The other reason you should wait is that sugar strengthens the tissues in apples helping them to keep their shape so in pie it is what we want, with applesauce we want the apples to break down. Remember you can replace the water with apple cider when starting the applesauce recipe as well. If you want to change it up a bit you can add some cloves and continue to cook and prepare a farm favorite, all-day apple butter, all day is about eleven hours. Most of these recipes call for quite a bit of sugar, you can adjust to taste. Either preparation can be frozen and stored up to 9 months in a freezer compartment of a refrigerator, or in a freezer up to a year.

As always, I enjoy, and I am inspired by your Facebook pages. Cindy Market Reuther's menu reminded me Farmer Kurt's birthday about 10 years ago. (I don't want to think about how much older we are!) His three children came over to my house with a visiting relative from Germany and we prepared his dinner to include Rouladen, Red Cabbage, Homemade Spaetzle, and Apple strudel. It was so much fun!

During the week I was speaking with Maxine Finney (from our marketing department) about reducing food waste and conservation. There are so many practices at the farm but as a group I think that all of you are reducing food waste at home. If you are storing food correctly that is the first step. Saving scraps for stock another. Using parts of the plants that for many years were discarded such as the leaves from roots and the stems from leaves. Leek tops can be saved for stock, or you might try Creamed Leek Tops. When peeling potatoes, you can make fried potato skins, healthier in an air fryer or baked than in deep oil, the choice is yours. I noticed Ashley Rivera was juicing. Any extras from the refrigerator can be made into a stir fry, or stew or possibly added to a smoothie or slushy. In this season you might be making dried apple peel chips. Broccoli stems can be made into broccoli butter or shredded for and omelet or frittata. Bev Hansen makes tomato powder from otherwise discarded tomato skins when canning.

If I left anything out or you are doing something that you want to share to reduce waste send your idea to me, jenn@alstedefarms.com. If you have any questions about your shares and now maybe about renewal, contact trish@alstedefarms.com or call 908-879-7189.

Until next week, enjoy the freshness!

Jenn Borealo

Spinach & Cheese Stuffed Meatloaf

1 1/2 lbs. ground pork, beef, and veal mixture (or any meatloaf mix you like)
2 eggs
2/3 cup breadcrumbs
2-3 T grated parmesan cheese
2 T minced fresh parsley
1/4 cup crushed tomato or some tomato sauce
1 teaspoon salt
3/4 teaspoon pepper
2-3 cloves minced garlic
1/4 cup chopped onion
1 finely carrot shredded
6 thin slices of smoked ham
6 oz provolone cheese or your favorite cheese
1-2 bunches of spinach, steamed patted dry

Mix meatloaf ingredients in a large bowl. Flatten the meatloaf mix on a piece of wax paper, mix should be in a rectangle shape about 1/2" thick.

Top the meatloaf with slices of ham. Cut cheese in thin slices and place on top of meatloaf mix (being sure to leave about a 1/2 inch without cheese around perimeter). Place spinach on top of cheese making sure to leave perimeter without filling.

Lift one long side of waxed paper and roll meatloaf carefully, using care not to let meatloaf crack while rolling. Rolle in the edges as you go. After you have rolled the meatloaf if needed, pinch the edges to ensure that the cheese/spinach does not leak out while cooking. Place seam side down in a baking pan.

Cover entire meatloaf with a 1 1/2 cups of your favorite tomato sauce.

Bake covered for about 40 minutes.

Uncover and continue to bake 15 minutes more. Sauce should be bubbly

Allow meatloaf to sit for 10 minutes before serving.

Serve with extra sauce as needed.

Week 26 Harvest!

Honeycrisp & Gala Apples
Apple Cider
Potatoes
Sweet Corn
Onions
Beans
Beets
Broccoli
Radishes
Carrots
Spinach
Swiss Chard

***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.*

Potatoes & Green Beans

4 Alstede Farms red potatoes, peeled and cubed
1/2 onion, chopped
1/2 bell pepper, diced
4 cloves of garlic, minced
3/4-1 lb. Alstede Farms green beans, trimmed & cut in 1/2
2-3 T Olive oil, or more as needed
1/2-3/4 cup vegetable stock
Red pepper flakes
Kosher Salt and pepper to taste

Wash and prepare all vegetables accordingly. Warm 1-2 T olive oil over medium heat, in a large skillet that has a lid. Add the potatoes and sauté until lightly browned on the edges. Season with a little salt and pepper. Remove the potatoes from the pan. Add a little more oil if needed. Add the onion and pepper, sauté until softened and lightly browned. Add in the garlic and cook until soft but not brown. Add the green beans to the pan and stir into the onion and garlic mixture. Sprinkle with a little salt and some red pepper flakes. Allow the beans to cook for a minute or two. Add the potatoes back to the pan. Pour in 3/4 cup of broth and cover the pan. Allow vegetables to steam for 5 minutes. Checking halfway through to be sure that there is enough broth, and they are not sticking. Check beans and potatoes for tenderness with a fork and replace lid and continue to steam for an additional 5 minutes or as needed.

