

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 27 Fresh Inspirations October 25th—October 31st

I had some fun this week looking at the potatoes you have posted in the shares. It is always fun to see some of the shapes that the vegetables can form naturally. They can have ears, and eyes, and noses, and they can really be amusing. Mary Alice Levy Landau posted the largest and the smallest of all potatoes and believe it or not both of the potatoes in the picture could have come from one plant. There once was a large potato, about the same length as the one pictured. It weighed about four pounds, and it made its way around the farm until it became a sort of gag, birthday gift to my father who absolutely loved potatoes!

There are quite a few posts about renewal, and I am sure that Trish, as administrator has been able to answer most of your questions by now. Whether you renew now or later I hope that you plan to join us in 2022! I noticed that some of you are thinking about staying with us in December for the Holiday share and there were some questions about contents. Looking back at previous Holiday shares we have received a variety of leafy greens, to include, kale, mizuna, arugula, some grown in the green houses and some in the fields. Herbs such as dill and basil. Brussel Sprouts, radishes, and broccoli have been in winter shares. Usually, we continue to have apples and potatoes. Winter squash is a crop that suffered quite a bit this year, so we will have to wait for an update from the team. The greenhouse has already been planted with tomatoes and peppers so we should expect to have some of that harvest. As always, the best plans don't always work out in farming as we know. It has been beautiful weather and we have not yet had a frost. We don't know what nature has planned for us, and how it will affect what is growing in the fields and then in turn, our shares.

Mizuna is a mild bitter Asian green and has been known to be in the holiday shares and we will have it in shares this week. You may not recognize it by name, but you might have seen it in Mesclun salad mixes. It is often used in a salad, or it can be cooked. I like to think that it is interchangeable with arugula. The flavor is actually a cross between arugula and mustard greens (actually known as Japanese mustard greens). Mizuna is known for being rich in vitamin A and of course antioxidants. It is a great source of vitamin K which is a coagulant, however served in moderation it should not interfere with blood thinners.

Apples once again are in the shares and this week it is one of my favorites. I remember the first time I saw Jonagold apples come into the farm market. It was before we had our own apple orchards. I thought that they were just beautiful and of course delicious. A little tart and just sweet enough to satisfy most palates. Golden with a pink blush the parents are the Golden Delicious and Jonathan making them a most versatile variety. They are great for baking and of course eating out of hand. They work well in salads, and they are even good for sauce. Now something a little different about the apples this week. The Jonaprince may also be in shares. It has been considered a "sibling" of the Jonagold. The same parents, a different look, (more red to the apple) and some say taste is different, I think you will enjoy both.

While making plans this week you may want to mark your calendars so that you remember to purchase tickets for the Pumpkin Pancake Breakfast next Sunday. I am hoping to see you there! If not, you can send your ideas and recipes to jenn@alstedefarms.com. Any administrative questions or concerns can be answered by trish@alstedefarms.com or call 908-879-7189.

Until next week, enjoy the freshness!

Jenn Borealo

Apple Filled Crepes

Basic Crepe Recipe:

1 c flour
1/4 t salt
1 t sugar

(Measure the dry ingredients into a large bowl and set aside)

2 eggs
1/2 c milk
1/3 c water

In a medium bowl beat the eggs. Add the milk and the water, beat well. Mix in 1 T melted butter. Create a well in the dry ingredients. Pour in the liquid mixture whisk until all ingredients are well blended. Pour batter through a strainer to remove all lumps.

Heat a lightly buttered 8" crepe/omelet pan until it sizzles. Pour in a ¼ c batter while swirling the pan. Batter should completely cover the pan. The crepe should cook and be lightly brown on one side. Turn and allow to brown on the 2nd side. Remove from the pan onto a plate. Layer the crepes with a piece of wax or parchment paper to keep them from sticking together. Set aside until apple filling is ready.

Apple Filling:

6 cups thinly sliced apples
2 T butter
½ cup brown sugar
1/2 cup cider (divided)
1 tablespoons fresh lemon juice
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 t salt
1 tablespoon cornstarch

Melt butter in a large skillet. Add the apples, brown sugar, ¼ cup cider, lemon juice, cinnamon, nutmeg, and salt. Sauté the apples over medium heat until they are tender. About 10 minutes. Add more cider or liquid if needed. Mix remaining ¼ cider with cornstarch and add to the mixture. Stir until thickened. Cool.

Crumb Topping:

1 ½ c flour
½ c sugar
¼ c brown sugar
A pinch of salt
10 T butter cut into small cubes

Mix the flour and sugars together and cut in the butter with a pastry blender or process until crumbly. Heat the oven to 375. Butter or Spray a 13 x 9-inch baking pan. Spread about 2-3 tablespoons filling down center of each crepe.

Fold the edges of the crepe over the apple mixture. Arrange crepes in prepared pan. Sprinkle the crumb topping over the crepes. Bake 20-25 minutes, until topping is golden. Serve warm with Alstede Homemade Vanilla Ice cream

Week 27 Harvest!

Jonaprince/Jonagold Apples

Apple Cider

Potatoes

Sweet Corn

Cabbage

Beans

Broccoli

Cauliflower

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.**

Fried Cauliflower

Fried Cauliflower, like most fried foods is really a special treat. It can be served as an accompaniment, and it could become one of your favorite appetizers.

Cauliflower cut into about 2" florets with a short stem
2 eggs beaten
Flour
Salt and pepper
Seasoned Breadcrumbs
Vegetable Oil for frying

Steam the cauliflower just until tender. Remove from the heat and allow to cool. Beat the eggs in a small bowl and measure about a cup of flour onto a small plate or bowl. Lightly season the flour with a little salt and pepper. Breadcrumbs are on a separate plate. Heat about ½" or so of oil over medium heat in a medium skillet on the stove or 350 in an electric fryer. Lightly coat the florets with flour and then dip into the egg and then breadcrumbs. Fry a few at a time in the heated oil and allow the coated floret to brown on one side before turning. When all sides are browned, remove to paper towel. Keep florets warm on a baking sheet in a 200-degree oven while continuing to fry. Serve warm.

Fried Cauliflower can be prepared in an air fryer set at 375. Spray the basket with cooking oil. After breading florets, very lightly drizzle or spray with olive oil. Florets should be placed in a single layer in the basket, not too close together. Cooking time is about 10-12 minutes, turn once after 5-6 minutes. Cauliflower should be crisp and brown.

Traditionally my family would serve the fried cauliflower without sauces. Suggestions are as simple as a sprinkle of lemon, a ranch or blue cheese dip or even a little hot sauce. The choice is yours.