

## Storage Tips & Tricks

Asparagus- To store, place the ends in a container of water. If storing for a couple of days leave room for possible growth and check the water level each day or wrap in a damp paper towel and store in plastic. Cleaning asparagus. Run under cold water gently rubbing the stalk and the tip. You may also soak in cold water. To ensure grit is removed, bring a pan of water to a boil, add a little salt. Add asparagus for 2-3 minutes to release any sandy soil remove and drop into an ice bath to stop the cooking. Store asparagus for later use. Use in salad, roast, or sauté in olive oil and serve with lemon.

Leafy greens- Leafy greens have been washed and they will come to you damp. They have been watered or washed or iced.

You may clean them when you receive them or as you use them. Either way before they are refrigerated, they should be dry, wrapped or layered in paper towel and stored in plastic, bags, or containers.

To clean greens: Fill a pan with cold water, plunge in the leafy greens, Swish the greens. Allow to sit. Gently, lift out the greens, check the bottom of the pan for grit/sand/dirt. Repeat until the water is completely clear. Drain and allow to dry. Wrap in paper towel and place in a plastic bag or layer paper towel in a container. Refrigerate, use the most tender greens 1<sup>st</sup> within a couple of days.

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, take a look at Pantryfun.com

Radishes- and all root vegetables. When the root vegetable comes to you with the tops attached you should cut the tops from the root and store in two separate containers. Slice radishes into salads, cut in ½ and roast, or slice onto lightly buttered bread, sprinkle with salt and some chopped herbs for an English Tea Sandwiches. Radish tops can be added to salads or give Radish Top Soup a try.

Leeks- should be tightly wrapped in the refrigerator so that their flavor will not be absorbed by other foods. Do not wash or remove roots before storing. They can keep up to two weeks.

Most recipes will call for the white bottom and the light green. Keep the tops for preparing stock. Be sure to clean leeks in cold water making sure that any soil or grit is removed from between the layers.

The garden herbs in the share this week will be chives and thyme. Chives can be planted along with almost any other herb. They are perennial so they will come back next year. If you are planting in pots

Plant the thyme and wait for sage to add to the pot. I will plant my chives that can grow well with all of the other herbs in the middle of this pot. If the pot is 14-16" you will be able to plant up to 4 herbs to allow for full potential.

Popcorn - Place the ear of corn into a paper lunch bag, Fold the bag closed. Set the bag in the microwave and set the time at 2.5 minutes. DO NOT LEAVE THE ROOM. Listen to the corn popping and if it slows, stop Then remove the bag from the oven, CAUTION, EVERYTHING IS HOT! Pour popcorn into a bowl and then top with butter or olive oil, salt, herbs, your choice.

Pinto Bean, Cranberry Bean, French Horticultural Bean - the seeds will come to you dry. Store in an airtight container in a cool dry place or prepare the beans and freeze. To prepare beans to be added to a dish you will first, boil them for a few minutes and simmer about 20 minutes or until tender in a broth with aromatics such as chopped onion and garlic, and other herbs such as basil and oregano, even a bay leaf. The aroma will be fabulous. If you have more beans than you can use this week, they can be frozen and they can also be canned. I often cook dried beans and freeze them in portions to use in pasta dishes, soups, and stews. For those of you who might prefer canning you can find directions at [http://www.pickyourown.org/canning\\_fresh\\_beans.php](http://www.pickyourown.org/canning_fresh_beans.php) 2 of our favorite recipes are on the website. <https://www.alstedefarms.com/recipe-category/cranberry-beans/>

### You will often receive a bunch of cut herbs:

To keep fresh herbs: Remove dead stems and leaves, wash as needed. Snip the stems. Place stems in a container filled with water, do not submerge the leaves. Changing the water daily will help to keep the herbs fresh. They can keep up to a week on the counter. Or Cover the container with a plastic bag and refrigerate. If storing basil leave on the counter, **do not refrigerate**. Change water if it becomes murky. Most fresh herbs will last more than a week when stored this way.

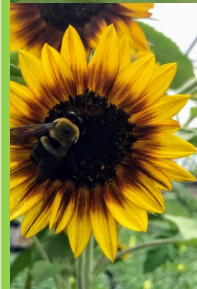
## Week 1 2023—April 24th—April 30th

Hello to all of you and welcome or shall I say to many of you, welcome back! We have been working toward our first day of distribution since last fall. Seeds are ordered for the season before Thanksgiving and then they arrive and need to be organized. Some late fall plantings are done so that the crops overwinter. Popcorn and Cranberry beans are planted each summer and harvested in the fall. They are dried and are in our late season shares and stored to be distributed again, when they are plentiful, in the spring. Many crops have been started in the green houses and are being transferred to mature in the fields each day. If you have joined our Facebook page you may have watched the lettuce planting in the high tunnels in early March. We will have some other vegetables in our shares from the tunnels as they mature in the next few weeks. For crops that are not quite ready, we have been in contact with our partners in South Jersey who are a week or so ahead of us. They are ready to fill-in our shares with some vegetables while we wait for some of our own crops to come into season here in Chester.

Asparagus is a perennial crop, and it is a favorite at this time of the year. We had some very warm days in the last few weeks but with the cooler weather upon us we will not have our own asparagus this week in the shares. The biggest difference between our own and the asparagus and other crops from south jersey is the sandy soil. Cleaning the vegetables may take a few extra steps.

***Until next week, enjoy the freshness!***

*Jenn Borealo*





## Steak Salad

- 1 medium head of Romaine or mixed salad greens cleaned and dried
- 1 large or 2 small garlic cloves.
- 1/3 c olive oil
- 3 T red wine vinegar
- 2 t lemon juice
- 2 t soy sauce
- 1 t Worcestershire sauce
- 1/2t Dijon mustard
- Salt and pepper to taste

In a food chopper or food processor, pulse to mince the garlic, add the remaining ingredients and pulse to an emulsified mixture.

- 1-1 1/2 lbs. grilled steak slice thin
- 1/2 pint cherry tomatoes, halved
- 1/2 cup sliced green and black olives
- 1/4-1/2 thinly sliced red onion
- 1 small jar marinated artichoke hearts
- Crumbled bleu or Gorgonzola cheese

Tear the salad greens into bite sized pieces. Place into a large bowl and drizzle with dressing sprinkle with salt/pepper to taste.

Divide the salad into bowls and place sliced steak down the center and the remaining vegetables and cheese along the sides. Or place the large salad bowl on the table with toppings on a separate platter.

## Week 1 Harvest

Asparagus  
Spinach  
Lettuces  
Dandelion  
Cilantro  
Basil  
Scallions

Leeks  
Kale  
Radishes  
Swiss Chard  
Pinto Beans  
Mint  
Thyme & Chive Plants

*\*\*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.*

## Roasted Radishes with Wilted Greens

- 1/2 medium onion, coarsely chopped
- 1-2 cloves garlic, minced
- 2-3 tablespoons olive oil
- 1 bunch radishes, sliced, halved, or quartered
- 1 bunch of radish greens, cleaned stems removed, large leaves torn
- Salt and pepper to taste
- Balsamic vinegar or lemon juice (optional)

Preheat the oven to 425 degrees. Cut the radishes and toss with 1-2 tablespoons of olive oil and a sprinkle of kosher salt. Place them in a single layer on a baking tray lined with parchment and roast until fork tender and golden brown, roasting time should be about 15-20 minutes, check after 10 minutes. Turn or toss the radish pieces as needed.

Heat the remaining olive oil in a sauté pan and add the onion. Cook until onion is translucent and add the garlic and sauté a minute or two longer, taking care that the garlic doesn't brown or burn. Add the greens and toss them in the pan just long enough to wilt them. Remove from the heat, add the roasted radishes and sprinkle with salt and pepper. Add a splash of balsamic vinegar or a sprinkle of lemon juice just before serving, (optional)

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