

Storage Tips & Tricks

Strawberry Care-Remove the strawberries from the farm container. Do not wash the berries before storing! Line a flat plastic or glass container with a paper towel. Place a single layer of fresh strawberries into the container. Cover with paper towel and seal with the lid or plastic wrap. Strawberries will last up to 4 days or longer depending on your refrigerator. Wash or clean them when you are ready to serve. Strawberries should be cleaned and hulled before freezing. I like to just wipe them with a soft moist cloth and then let them dry on paper towel. Place strawberries on a tray to freeze and then move them into a zip lock freezer bag or an air- tight container and be sure to get most of the air out of the bag (using the straw method works well) and they should be good for up to six months!

To store summer squash: Summer squash can be kept in a plastic bag or container lined with a dry paper towel in the refrigerator for up to 1 week. **Summer squash is not** meant for long-term storage serve as quickly as possible after receiving shares. There are some recipes on the website filed under squash or zucchini

Kohlrabi- Remove the leaves, prepare store separately. Leaves may be prepared like kale or collards. Use the leaves in a few days. Kohlrabi will last up to two weeks however it is best to use within a week. Kohlrabi can become woody if stored for too long. Peel slice and salt to serve as a quick appetizer with or without dip. Peel slice toss with olive oil sprinkle in some herbs, garlic, and parmesan. Roast in a single layer on a baking sheet lined with parchment for 15-20 minutes, edges should be browned and crisp. Check the website for a kohlrabi slaw recipe.

Leafy greens- Leafy greens have been washed and they will come to you damp.

They have been watered or washed or iced. You can 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 warm** water, plunge in the leafy greens, you will find that most of the grit, dirt, will just fall away. Swish the greens. Allow to sit. Gently, lift out the greens, check the bottom of the pan for grit/sand/dirt

Repeat cold water 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 1st within a couple of days.

Lettuce- Foil method: 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. the greens are easy to access when preparing a meal and already cleaned and ready to go. The heavy-duty foil is a must, and the great news is that because the foil is thick, you will be able to reuse the same piece over and over. Reuse the paper towels as they dry out too.

[10 Ways to Eat Lettuce Besides Salad | Kitchn \(thekitchn.com\)](#)

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, or take a look here: [8 Ways to Use Up a Ton of Fresh Spinach \(treehugger.com\)](#)

Radishes and Beets and Carrots- 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. These are tender greens, use them within a few days. Roots should keep a week or more.

The garden herbs – These two basil plants should pair well in the same pot. They do not look alike so you will not confuse them. Basil can also be planted with the dill from last week.



Week 7 2023—June 5th—June 11th

The farmers are really farmer/weathermen and I know every year there is a period where everyone is watching weather closely for one reason or another. The concern right now is the total lack of any rain or a couple of weeks with almost nothing in the foreseeable future. Dry weather is often welcome when there is so much planting to do. This just might be a little too much. We are hoping for some precipitation but in small and reasonable doses.

A happy medium is what we need at the moment. With that being said, I think that this week will bring you what you are waiting for. Strawberries are plentiful and they will be in our shares. I will have once again print storage directions and freezing directions. If you are planning to preserve strawberries for later use, start now. Strawberry season usually lasts through the month of June but as a gentle reminder, that is not always the case. Weather can change everything, and you might be disappointed. I am hoping that some of you are planning to come out and pick. I have been out in the fields with young children this week and their teachers. We even hosted Channel 12, New Jersey News this past week. Everyone was so excited to see all the gorgeous, red, ripe, berries!

I think that your gardens are green and lush by now. The herbs this year have come to us at a great stage for planting and I have been able to use them in recipes from the day they arrive. This will be the last week that we receive potted herbs. We will continue to receive bunches of cut herbs from time to time.

Known as the king herbs, basil is on the way. We will have the traditional basil that we all love in Italian dishes, paired with tomatoes, and of course we will all have a pesto recipe out at some time during the summer. The other herb is basil, Thai basil, that will be perfect for Asian dishes. Thai basil is a little spicier and it is known to have a little hint of licorice flavor. Both herbs are high in antioxidants and antibacterial properties. Some say that basil is a superfood. It does make you remember that herbs were medicinal before they were used to season our foods.

Before I close this week, I think congratulations and best wishes should go to Rebekah Alstede. In May Rebekah, following in her dads footsteps, graduated from Delaware Valley University in Pennsylvania where she earned two degrees: one in Agribusiness and the other in Sustainable Agricultural Production Methods. She joins the farm production team full time this summer. Coming up this weekend Dad, Farmer Kurt, and Rebekah will take footsteps together as they walk down the aisle for her wedding. She is marrying a wonderful young man named Devon Modery; and Farmer Kurt, Mary, and the entire family are eager to welcome him as Rebekah's new husband. We, all of us here at the farm, are so excited for Rebekah and we wish her well.

If you have any questions for me about recipes or your garden contact jenn@alstedefarms.com. If your questions are administrative call 908-879-7189 or Trish@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Strawberry, Mango, and Kiwi Salsa

2 cups Strawberries diced
1 kiwi peeled and diced
½ mango diced
1-2 green onion sliced, white and tender green
½ yellow or red bell pepper, small dice
½ English or seeded cucumber, small dice
1 cup cilantro chopped
1 green jalapeño, seeded, tiny dice
Juice from 1 lime
Salt to taste

Place all chopped ingredients in a bowl.

Toss together in lime juice.

Serve with corn chips or toasted pita wedges.

Adapted from: Ripe-life.com

Spinach, Dill, and Feta Hummus

1 can 15 oz garbanzo beans/chickpeas (15 oz.), drained and rinsed
1/3-½ bunch Alstede Farms Spinach, Cleaned, dried, stem removed
4 scallions sliced thin (white and light green)
2-3 oz. crumbled feta cheese (a little extra for garnish)
1 T chopped dill
3-4 T cup olive oil
1 tablespoons lemon juice
1 tablespoon tahini
1/4 tsp. red pepper flakes (optional)
3-4 cloves roasted garlic

Place the beans into the bowl of a food processor, pulse once or twice.

Add the Spinach, scallions, feta, dill, olive oil, lemon juice, pepper if using, roasted garlic, and tahini.

Process until the mixture is creamy.

Serve on a bed of lettuce, garnish with some extra crumbles of feta cheese.

Use Pita chips, cut vegetables, or toasts for serving.

Week 7 Harvest

Asparagus

Lettuce

Spinach

Kohlrabi

Thai Basil Plants

Strawberries

Squash

Carrots

Tuscan 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.*

Kohlrabi and Carrots

1 medium -large Kohlrabi, peeled and chopped into cubes, about 1 ½ cups
2 carrots peeled and cut about the same size as kohlrabi
¼ t nutmeg
½ t butter
1-2 T heavy cream
Salt and pepper

In a medium saucepan, cover the kohlrabi and carrots with lightly salted water, bring to a boil.

Boil vegetables for 15-20 minutes, they should test fork tender.

Drain.

Add the vegetables to the bowl of a food processor or chopper, add the nutmeg, butter, and cream.

Pulse until smooth.

Garnish with chopped parsley or chives.

Serve.

Adapted from: Food.com