

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

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 1 st 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.

Kale-should be stored wrapped in a paper towel in a plastic bag or container in your refrigerator crisper drawer. Kale can be stored up to 7 days. Take a look at the website for kale recipes from soup, to gnocchi, even muffins.



Week 8 2023—June 13th—June 19th

This week I had a sweet surprise, a post card from a former CSA member. Beverly Hanson was a long-time member of our group and she was the quintessential participant. Long before Facebook she would send recipes to share. She would make stocks and soup all winter from the vegetable peels and scraps she saved, and she was one of the members who would plan so well that she would be running out of preserved vegetables just as we are starting every spring. Sometimes she would even bring samples when picking up her share. She has moved to an area that has lots of farms but not a CSA that even begins to come close to what we offer here. We miss Bev and she misses us. She asked me to say hello to everyone on her behalf.

You are going to realize one of the first seasonal changes in your share this week. Most of us will not have asparagus in our box. The decision is made as the production team looks out for the protection of the plants. To over pick would make a difference in next years crop. Broccoli will take the place of asparagus on many of your menus. Broccoli is not always available in June but with the cooler weather it is really looking beautiful. Broccoli is the perfect replacement for asparagus. It can be roasted, sauteed, added to quiche or frittata's or one of the all-time favorites, plan for broccoli and cavatelli one night this week.

Lots of lettuce again in the shares. This time some of you will have a variety that was not grown in the high tunnels early in the season. In some of the shares you will have home grown iceberg. Iceberg lettuce is very often bypassed if you are thinking about nutrition. Not so with the locally grown variety. Iceberg in the supermarket could be described as white, home grown is green with very deep green large outer leaves. It might be time to plan a wedge salad.

It looks like we may have some rain this week. We are all hopeful. You may be noticing that some of the herbs need to be watered more often than others. Generally sage, thyme, hyssop, borage, chamomile, and basil would prefer to be dryer. If you are out in your garden, you should be pinching herbs back a bit to keep them from going to seed, the process will encourage new growth. If they are starting to flower, they are ready to die back for the season. The herb can lose flavor or become bitter if allowed to flower.

Looking out to next weekend I would like to take this opportunity to wish all our dad's Happy Father's Day! It is time to plan to make his day special. Maybe the share will be used to prepare one of his favorite meals or maybe you noticed the barbeque being planned here at the farm. Reservations are required, take a look at the website for details and to purchase tickets. If you have been thinking about picking strawberries this might be the perfect opportunity.

As always, Trish is available to answer your questions, to reach her call 908-879-7189 or Trish@alstedefarms.com. If you something to share with all of us send to me, jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo

Anise Hyssop Tea

We all need to relax a little more. Anise Hyssop is a member of the mint family known to be relaxing and may help relieve/relax an upset stomach. Bruise 4-5 T of leaves a little and Boil 3 cups of water for tea. Allow it to steep and 5 minutes or so. Best served with a little honey and a sprinkle of lemon. Can be served hot or cold.



Anise Hyssop Angel Hair Pasta

Prepare enough angel hair pasta for 1 serving
Cook according to package directions
Pasta should be al dente
Drain saving just a water

Return the pasta to the pan. Add a thin pat or two of butter,
A Tablespoon of Olive oil and a T of pasta water.
Chop 25-30 Anise Hyssop leaves and toss into the pasta
Sprinkle the pasta with a wedge of lemon
Add more pasta water as needed.
Salt and pepper to taste.
Serve



Roasted Carrot with Anise Hyssop

Peel 6 thinly sliced carrots,
Cut lengthwise to make the thicker parts thinner
drizzled with olive oil



Roast for about 20 minutes, or until fork tender, turning if needed
Carrots should be fork tender and slightly charred
Sprinkle on some kosher salt
Top with fresh chopped anise hyssop
Serve with a little lemon
Serves 2

Strawberry Yogurt Breakfast Sundae

From Maxine Finney who is on our Marketing Team.
Greek yogurt topped with Rolled or toasted oats or granola
Add sliced strawberries on top
Sprinkle with Flax or Chia seeds.
Drizzle with honey for a little more sweetness
Sprinkle with some chopped mint or chocolate mint for added flavor
A little milk will produce a creamier consistency.

Week 8 Harvest

Asparagus

Lettuce

Spinach

Beets

Broccoli

Assorted Herb Plants

Strawberries

Summer Squash

Carrots

Baby Bok Choy

Kale

Scallions

****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.**

Antipasto Wedge Salad

Marinated Artichoke hearts, sliced thin, reserve marinade
Black and green olives, halved
Roasted red peppers, sliced
Cherry tomatoes, halved or quartered
Red onion, thin slices
Mix ingredients together in a small bowl.

For the dressing:

1-2 cloves garlic
Olive oil
Balsamic Vinegar
Salt and pepper



Place the garlic into the bowl of a food chopper and process to mince the garlic. add ½ c olive oil, 6 basil leaves, 2-3 T balsamic vinegar, salt and pepper. Process until blended. Mix in a little of the marinade from the artichoke hearts to thin the dressing if needed.
Add some of the dressing to the olive bowl and toss. Spoon the mixture over the wedge of lettuce or torn lettuce leaves. Drizzle with a little more dressing as needed.

For the carnivore: add some Julienne slices of salami and prosciutto when ready to serve.