

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!

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 first 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)

Radishes, 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.

Kale/Collards :

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 9 2023—June 19th—June 25th

Finally, we had some long-awaited rain. We were all saying that we really needed it and now the farmers need the dry weather so that they can work the soil and continue to plant. They will have plenty of time and plenty of light on Wednesday, the first day of summer and of course, the longest day.

One of the crops that we wait for every year is now ready. This week we will have garlic scapes in our shares. They are harvested only once each season and they are available for a very short time. They will probably never be seen in a supermarket and usually they are only found in CSA shares or in farm markets. Garlic is planted in October, much the same as you would plant tulip or daffodil bulbs. The plant has leaves in the spring and a few weeks later in the center of the leaves comes a stem, again, picture the stem of a tulip. That stem is cut instead of being aloud to bloom so that the energy will go back down into the root in this case the garlic bulb and for the next month the garlic will increase in size and grow to its full potential until harvest some time in July. Raw the garlic flavor of the scape will be a little stronger, cooked garlic scapes are mild. The scape however is described to have a mild garlic flavor.

Scapes can be used in pesto, stir fry, scampi, compound butter, hummus, risotto or rice, herbed potatoes or mashed potatoes. Scapes can be used anywhere you would use garlic however I like to use scapes in recipes where I know they are going to be noticed and truly appreciated.

Onions are started in the green house in late January and then planted in the fields in early April.

For the last couple of years, the production team has planted some of the onions in March in the high tunnels. We will have a sample of what is to come this week. We will then have to wait for the rest of the crop to come out of the fields a little later.

It is Father's Day and for me it is most appropriate that I am writing about peas in the shares this week. Those of you who have been with us for years might remember my story about my dad and how he introduced us to English shelling peas. He broke open that pod and we of course were so surprised. He loved them and we have grown to love them too. Working at the farm has allowed me to indulge in the memory every year! English shelling peas will be one of the varieties in the shares, or you may have sugar snap peas, or snow peas. Sometimes it is difficult to tell the sugar snap from the shelling peas. Take a look at the tips for assistance.

Strawberries continue to be in abundance, and they are going to be in the shares this week. It is time to come out and pick or order some extra with your share if you are thinking about preserving some of this favored crop for the winter.

As always 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

Broccoli and Cauliflower Polonaise

- 1 medium crown of Broccoli, cut into florets
- 4-5 large stems of cauliflower, cut into medium florets
- 1-2 large Alstede Farms eggs, hard cooked and chopped
- 1 T butter
- 2-3 T olive oil
- 2-3 cloves of garlic, minced
- ¼ cup fine breadcrumbs
- 1-2 T chopped parsley
- 1-2 T parmesan cheese

Steam the broccoli and cauliflower in batches until fork tender. Place the vegetables in a pie plate or baking dish.

Alstede farm fresh eggs are best hard cooked in a steamer. Place the eggs in a steamer basket. Water under the basket. Cover the pan and bring to a boil. When steam starts to escape lower the heat to medium and steam the eggs 12-13 minutes. Remove the cover pour out the hot water and place eggs in a cold-water bath to stop the cooking. Peel and chop the eggs when they are cool enough to handle. Set aside.

Melt the butter in a medium sauté pan over medium heat. Add the olive oil and warm through and add the garlic. Sauté until garlic is soft and very lightly brown around the edges. Add the breadcrumbs, and the parsley to the pan. Mix and allow the crumbs to be completely coated with the butter mixture and allow the crumbs to become golden. Just a few minutes. Add a little more olive oil or melted butter if the mixture seems dry.

Spoon the mixture over the vegetables covering as completely as possible. Top with the chopped egg.

Sprinkle with parmesan cheese. If everything is warm enough, you can serve immediately.

I like to place the pan in the oven at 350 for about 15 minutes before serving.

This recipe can be made with all broccoli if preferred.

The dish can be prepared hours before, even the day before, refrigerated and then allow to come back to room temperature and then baked for 15-20 minutes. The topping should sizzle.

Garlic Scape Herb Butter

- ½ c or 1 stick of butter
- 2-3 scapes, finely chopped
- 1-2 T chopped parsley, finely chopped
- ½ t shredded lemon zest
- ¼ t lemon juice
- Kosher salt (optional)

Allow the butter to come to room temperature

Cut the scapes into small pieces. Place the scapes and parsley leaves into the bowl of the food chopper and process. Cream the butter until smooth, mix in the scapes and parsley and the lemon zest and juice.

If using unsalted butter sprinkle in a pinch of salt.

Butter can be placed into a bowl and chilled until using or If you are going to shape into a log

Place a sheet of plastic wrap on the counter. Spoon the mixture onto the middle plastic wrap

Pat the butter into a log shape. Roll up the plastic and twist the ends, roll the cylinder to create a more even log. Chill and hour before cutting into rounds

Serve Scape herb butter on crusty bread, melt onto a grilled steak or chicken, vegetables, or pasta.

Week 9 Harvest

Radish
Garlic Scapes
Lettuce
Cauliflower
Swiss Chard
Kale

Broccoli
Strawberries
Onions
Arugula
Peas
Collards

*****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.***

Broccoli Stalk, Celery, and Radish Salad

3 or 4 large broccoli stalks (from 2 to 3 lb. broccoli; reserve florets for another use)

6 medium radishes, thinly sliced or cut into wedges (about 1 cup)

1 celery heart (about 3/4 lb.), trimmed and thinly sliced on the diagonal (including the leaves)

1/3 cup loosely packed parsley leaves, chopped

1-1/2 Tbs. extra virgin olive oil

1 Tbsp. fresh lemon juice

Fine sea salt and freshly ground black pepper

1-1/2 oz. Parmigiano-Reggiano, shaved with a vegetable peeler (about 3/4 cup)

Using a vegetable peeler, remove the tough outer layer of the broccoli stalks, so that you have the tender interior. Trim away any tough ends and edges. Cut the stalk in ½ lengthwise creating a flat surface. Slice the stalk as thin as possible. Transfer the slices to a medium bowl.

Add the radishes, celery, and parsley. Toss the vegetables with oil, and lemon juice. Season to taste with salt, and pepper. Chill for 30 minutes before serving. Sprinkle with the cheese just before serving.

Adapted From: Finecooking.com