

Artichokes

freshly
inspired

Alstede's Community
Supported Agriculture



When storing, leave the artichokes unwashed. While it may seem like a good idea to wash your artichokes before storing them, it can actually cause them to spoil faster. That's because the peel can break down if there's too much moisture. Though you can sprinkle water on the stem to keep it from drying out.

Place the artichokes in a perforated plastic bag and store in the coldest part of your refrigerator for up to one week.

When you are ready to cook, gently rinse in cold water in a colander. Remove the stem and part of the top with a serrated-edge knife.

Crispy Parmesan Roasted Artichoke Hearts

Ingredients:

Artichoke hearts, drained and pat dry

1/4 c. flour

kosher salt

Freshly ground black pepper

2 Eggs, beaten

1/2 c. parmesan, grated

1/2 c. panko breadcrumbs

Caesar dressing for dipping

Instructions:

1. Preheat oven to 425 degrees F. Line a baking sheet with parchment paper.
2. In a large bowl, season flour with salt and pepper. Toss in artichokes until well-coated.
3. In small bowl, add beaten eggs. In another small bowl, mix together salt, pepper, Parmesan, and Panko. Dredge first in eggs, then in Parmesan-Panko mixture.
4. Roast artichokes until crispy and olden, 15-18 minutes. Serve with Caesar.

Arugula



Arugula is an herb and can be added to a salad; it may be prepared as an ingredient in a sauce for pasta, or prepared as a cooked green in olive oil and garlic.

Pasta with Arugula and Goat Cheese Sauce

a bunch of fresh arugula

4 springs fresh parsley

1 8 ounce container low-fat yogurt or sour cream

1/3 cup goat cheese, crumbled

Salt and Pepper to taste

1 pound fusilli noodles

Grated parmesan cheese, as garnish

Before preparing sauce, fill a large casserole with water, and bring the water to a boil.

Wash and clean well the arugula and parsley. Dry thoroughly. Trim and chop both the arugula and the parsley.

Place the arugula and the parsley in a food processor. Add the yogurt or sour cream, goat cheese, salt, and pepper. Blend the ingredients thoroughly. Keep the sauce at room temperature until ready to use.

Add a pinch of salt to the boiling water, and cook the fusilli noodles following the instructions on the package. When the noodles are cooked, drain them, and place them in four serving dishes. Pour the sauce evenly over the top of each serving and add some cheese to each dish. Serve immediately.

To store fresh arugula, remove rubber bands, rinse in cool water, drain and completely dry leaves.

Wrap in paper towel and store in a plastic bag or container, refrigerate for up to 5 days.

Asparagus

freshly
inspired

Alstede's Community
Supported Agriculture



To store asparagus wrap the ends in moist paper towels and place the bundle into a plastic bag. Asparagus will keep up to 3-4 days

Another Storage Method:

Trim about ¼ inch off of the bottom of the stalks, giving them a fresh cut end. Stand the bunch of asparagus in about ½ - 1 inch of water. Refrigerate in water. If storing for more than a day, be sure to check the water level to make sure the asparagus does not dry out.

(See image at left

Leave room for asparagus to grow, it can grow up to an inch in 1-2 days.

**2 pounds fresh asparagus
Olive oil
Kosher salt
Freshly ground black pepper**

Break off the tough ends of the asparagus and, if they are thick, peel them. Place the asparagus on a baking sheet, drizzle with olive oil, then toss to coat the asparagus completely. Spread the asparagus in a single layer and sprinkle liberally with salt and pepper. Roast the asparagus for 25 minutes, until tender but still crisp.

From: Ina Garten, the Food Network



Basil



Lemon Basil Cream Sauce

Serve over pasta, grilled fish or chicken.

2 tablespoons butter
2 cloves garlic, minced
1/2 c heavy cream
1/2 c half and half
1 cup chicken or vegetable broth
1/4 cup lemon juice , 1 T lemon zest
1 tablespoons cornstarch
1/4 teaspoon pepper
3 tablespoons chopped fresh basil

Remove dead stems and leaves, snip ends and gently pat dry. Place stems in container filled with water, do not submerge the leaves. Wash leaves as needed. If you change the water daily the herbs can last for up to a week on the counter.

Melt butter in a large skillet over medium heat; add garlic and sauté 1 to 2 minutes. Add cream and chicken broth. Bring to a boil, and cook 8 minutes or until reduced by half. Whisk together lemon juice, lemon zest and cornstarch until smooth. Whisk lemon juice and 1/4 teaspoon pepper into butter mixture, and cook, stirring constantly for 2 minutes or until thickened. Remove from heat. Add salt and pepper to taste.

Stir in the basil when you are ready to serve.

Beans

freshly
inspired

Alstede's Community
Supported Agriculture



Green Beans



Wax Beans



Roman or Italian Beans

Green Bean and Garbanzo Salad

8-ounce trimmed green beans halved crosswise

1 15- to 16-ounce can garbanzo beans, rinsed, drained

1/2 cup chopped red onion

4 tablespoons olive oil, divided

1 teaspoons finely grated lemon peel

2 T chopped cilantro or parsley

Cook green beans in large nonstick skillet of boiling salted water until crisp-tender, 5 minutes. Drain. Transfer to large bowl. Add garbanzos and onion. Whisk 3 tablespoons oil, vinegar, and lemon peel in small bowl to blend. Add dressing to bean mixture and toss to coat. Stir in cilantro. Season with salt and pepper. Serve over mixed salad greens.

To store fresh beans place in a plastic bag and store in the refrigerator, store for 2-3 days. To prepare, break off the top of the bean at the stem end. Best when blanched or steam for 5-10 min. Beans are done when the color begins to brighten and become tender (not soft or mushy). If you are serving the beans cold in a salad, cook them less so they stay crisp.

Beans, Lima

Shell the beans and sort them according to size. To shell lima beans, hold a pod in both hands, placing your thumbs on the outer seam. Simultaneously, squeeze and twist the pod, pushing down on the seam. The pod will pop open. Rinse the beans and blanch them: small beans for one minute; medium ones for two minutes; large ones for three minutes.



Succotash of Fresh Corn, Lima Beans, Tomatoes and Onions

1 Tablespoons extra-virgin olive oil

1 1/2 cups chopped onion

Coarse kosher salt

1 large garlic clove, minced

3 cups chopped red tomatoes (about 1 1/2 pounds)

2 1/4 cups corn kernels cut from 4 ears of corn (preferably 2 ears of white corn and 2 ears of yellow corn)

2 cups fresh lima beans (from about 2 pounds pods)

3 tablespoons thinly sliced fresh basil

Heat oil in heavy large skillet over medium heat, add onion and sprinkle with coarse salt. Sauté until soft and translucent, about 5 minutes. Add garlic; stir until fragrant, about 1 minute. Add tomatoes, corn, and lima beans. Reduce heat to medium-low, cover, and simmer until corn and lima beans are tender and tomatoes are soft, about 20 minutes, stirring occasionally, season to taste with salt and pepper.

DO AHEAD: *Can be made 1 day ahead. Cover and chill. Rewarm before continuing. Stir in basil and serve. From- Epicurious.com*

Beans, Pinto

freshly
inspired

Alstede's Community
Supported Agriculture



Fresh Pinto Beans

makes about 5 cups

3 cups fresh shelled pinto beans
1 tbsp. olive oil
½ cup chopped onion
2 cloves garlic, minced
3 small sweet peppers
2 small hot chili peppers
3 ½ cups water
2 tsp. instant veggie broth powder
¼ tsp. black pepper
1 tsp. cumin seeds
2 tsp. mild chili powder

Cut sweet peppers into julienne strips. You should have about 2 cups. Mince hot chili peppers. Grind cumin seeds with mortar and pestle.

In 2 quart saucepan, sauté onion in olive oil till golden over medium heat. Add garlic and sauté till fragrant, about 30 seconds. Add sweet and hot peppers and stir to coat with oil. Sauté pepper about 2 minutes and add beans. Stir to coat with oil.

Add water, powdered veggie broth, black pepper, chili powder, and cumin. Stir and bring to boil over high heat. Reduce heat to medium and simmer uncovered till beans are tender to your liking, stirring every 10 minutes or so and checking to be sure liquid still covers beans. Cooking time will be about 45 minutes to 1 hour, depending on the size of the beans and how soft you want them. If you want them to get soft and mushy (for refried beans, etc.), continue cooking for up to 1 ½ hours.

To store fresh beans in the refrigerator using plastic bags, place in the crisper; use within 1 – 2 days

TO COOK FRESH PINTO BEANS

1-2 cups fresh shelled pinto beans
3 to 4 whole garlic cloves
1-2 tablespoons bacon drippings or cooking oil
1/2 teaspoon salt
1/8 teaspoon fresh ground pepper
Fill with water to cover the beans with 2-inches of water

In a large saucepan add all the ingredients and bring water to boil. Reduce heat to a simmer, cover with a lid. Simmer, stirring occasionally and checking water level, for 45 minutes to 1 hour. If the water becomes level with the top of the beans, add 1 to 1 ½ cups more water; continue cooking until beans are tender to the bite.

Beets



SIMPLE BEET SALAD WITH ONIONS

Grate scrubbed beets or cut into julienne; toss with chopped green onions and vinaigrette you make or from a bottle in your fridge. Add toasted nuts and/or a sharp cheese (blue, Parmesan, feta). Serve alone or with lettuce.

Spiced Beet Casserole

4 cup sliced cooked beets
2 tablespoons butter
1 tablespoon flour
2 tablespoons dark brown sugar
3 tablespoons vinegar
1/4 cup boiling water
1/2 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon cloves

Place beets in greased 1 1/2 quart casserole. Melt butter, blend in flour and sugar. Add vinegar and boiling water, cook stirring constantly until bubbling. Add remaining ingredients. Pour over beets. Cover and bake at 350° F. for 25 minutes.

Beets may be red/purple or golden
To store beets: separate the greens from the beets. Store each in separate plastic bags in the refrigerator. Make use of the greens within a day or so.

Scrub beets, do not peel.

Beets may be roasted whole wrapped in foil in an oven set at 375.

Depending on size the beets will be fork tender in about an hour. Allow to cool and peel.

The greens can be steamed, sautéed, and mixed into pasta with cheese.

Blueberries

freshly
inspired

Alstede's Community
Supported Agriculture



To store blueberries-remove the berries from the container. Place in a glass or plastic shallow container lined with a paper towel so that the blueberries are in a single layer. Do not wash before storing the berries. Blueberries should keep in the refrigerator for up to 5 days. To freeze the berries, do not wash. Place on a pan in a single layer and place in the freezer. Once the berries are frozen remove to zip lock bags.

Blueberry Slump Recipe

3 cups fresh or frozen blueberries
1/2 cup sugar
1-1/4 cups water
1 teaspoon finely grated lemon peel
1 tablespoon lemon juice
1 cup all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 tablespoon butter
1/2 cup milk

In a large heavy saucepan, combine the blueberries, sugar, water, lemon peel and juice; bring to a boil. Reduce heat and simmer, uncovered, for 5 minutes.

Meanwhile, in a large bowl, combine the flour, sugar, baking powder and salt; cut in butter until mixture resembles coarse crumbs. Add milk quickly; stir gently until moistened. Drop dough by spoonful onto berries (makes six dumplings). Cover and cook over low heat for 10 minutes. Do not lift lid while simmering. Spoon dumplings into individual serving bowls; top with sauce. Serve warm with cream or whipped cream if desired.

Yield: 6 servings. Adapted from: Taste of Home

Bok Choy

To store Bok Choy or Baby Bok Choy: wrap in damp paper towel and place in a plastic bag. Store in the hydrator drawer of the refrigerator for up to 5 days

Some simple preparation ideas:

Separate stalks from main stem and rinse leaves and stem. Pat dry

For stir-frying separate green leaves from the white stalk. Chop stalks into 1 inch wide diagonal chunks. Cut leaves into small pieces. The stem needs to be cooked a few minutes longer than the leaves.

Bok Choi makes a great stir-fry. First sauté onions until they begin to soften. Then add the Bok Choi stems, tofu chunks, soy sauce, and grated ginger root. Add the Bok Choy leaves last. Serve with rice or noodles.

Sauté or steam Bok Choy and toss with a favorite marinade. Toss cooked Bok Choy with a light coating of toasted sesame oil, soy sauce, and rice vinegar.

Pancetta or Bacon with Bok Choy

**4 slices bacon, chopped
2 pounds Bok Choy
chopped 1 teaspoon olive oil
1/2 small red onion, chopped
1 teaspoon red pepper flakes
1 teaspoon minced garlic
Salt to taste**

Fry bacon in a large skillet over medium heat until crispy. Remove bacon and drain the fat, reserving one tablespoon of the grease in the skillet. Add the olive oil, onion, red pepper flakes and garlic. Cook and stir over medium heat until the onions are starting to be tender. Add the Bok Choy, and place a lid on the pan, let cook for 3 to 5 minutes. Remove the lid; cook and stir until the Bok Choy is tender but still crunchy, about 2 minutes. NOTE: you may need to cook longer depending on the size and age of the Bok Choy...check texture! Stir in the bacon, and season with salt. Serve piping hot! Adapted from www.allrecipes.com



Broccoli

freshly
inspired

Simple preparation directions:

Alstede's Community
Supported Agriculture

Broccoli will take 8-10 minutes to steam, 4-8 to blanch. Test for doneness by piercing the stalks with a fork. The fork will pierce easily, but the broccoli should remain crunchy. If you plan to use it later cool by plunging immediately in cold water. Drain and pat dry.

The stalks and stems of the broccoli are edible, too. Cut stalks into thin julienne strips or diagonal slices for soups or sautés. Chop the broccoli stems, steam and mix into an omelet adding a vegetable to your breakfast menu.

Combine cooked broccoli with garlic and olive oil, sprinkle with cheese. Add to pizza, quiche, and pasta dishes.



Broccoli Frittata

3-4 tablespoons olive oil (divided)

1 tablespoon butter

1 medium onion, chopped

1 garlic clove, minced

1/4 cup chopped parsley

2 cups broccoli steamed to fork tender

1 T chopped basil

1/4 cup grated parmesan cheese

1/4 teaspoon salt

1/8 teaspoon pepper

6 eggs

2 egg whites

Heat 1T oil and butter in a wide non-stick frying pan over low to medium heat. Add onion and garlic, sauté, stirring often, until onion and garlic are soft. Remove from heat.

In a large bowl, beat eggs and egg whites until well blended. Stir in broccoli, parsley, basil, parmesan cheese, garlic and onion.

Add remaining olive oil to the frying pan. Heat on medium. Pour in the egg mixture. Cook egg until it starts to set. Tilt the pan and lift cooked egg, to have uncooked egg flow under the cooked omelet. Continue to tilt the pan until all of the egg is set. Frittata will not be completely cooked in the center.

Heat oven to 350, cover the handle of the frying pan with foil if it is plastic. Place the pan in the heated oven for 15 minutes. Frittata should be firm in the center when touched.

Remove from the oven, slide out of the pan onto a platter, cut into wedges, serve hot or at room temperature.

To store Broccoli: Keep the broccoli in a plastic bag in the refrigerator for 4-5 days.



Broccoli Rabe



Broccoli Rabe may or may not have a flower. Washing greens Fill a large bowl or dishpan with cold water. Add greens and swirl around vigorously. All the dirt and sand will sink to the bottom once the water is allowed to settle. Gently lift greens out of basin and into a salad spinner or colander. Spin greens to dry or drain as best you can and dry on towels.

Freezing- Blanch pre-washed (and chopped, if desired) greens in boiling water for 1 minute. Plunge into an ice water bath to cool. Drain and dry out as much water as possible. Form into convenient serving-size balls. Wrap balls in plastic wrap and freeze in quart or gallon-size freezer bags.

Pasta with Broccoli Rabe-This recipe is good not only for broccoli rabe, but is capable of transforming any of the coarser leafy greens (kale, collards, mustard greens, turnip greens, and escarole) into a delicious dish!

1 lb. short, thick pasta (orecchiette, fusilli or cavatappi)

1 bunch broccoli rabe,
chopped

1/4 cup extra virgin olive oil

1-2 heads of garlic, sliced

1/4 tsp. chilli flakes, or to taste

(or fresh chili, sliced with
scissors right into the oil)

1 tin anchovy filets, drained and coarsely chopped

Pecorino Romano, grated

To Store Broccoli Rabe (Rapini): this is a fresh cooking green: wrap it in paper towel and keep it in a plastic bag in the refrigerator and use it within 3-4 days.

Put a large pot of water on to boil, and in the meantime wash and chop the greens. Salt the water generously when it boils and add the pasta. When the pasta is half done, toss the greens right in the water with them. Separately, in a small pan, sauté the garlic and chilli gently in the oil, before the garlic browns, turn down the flame to low and add the anchovies, stirring until they dissolve. When the pasta is al dente drain it and toss with the garlic sauce. Serve with the grated Pecorino.

Brussels Sprouts

freshly
inspired

Alstede's Community
Supported Agriculture



How to Store Brussels Sprouts: remove the sprouts from the stalk; snap them off with your fingers. Place them in a plastic bag in the refrigerator. Use them within 1-2 days for best sweet fresh taste. The longer they are kept the stronger the cabbage flavor will develop. As decorative as they are don't leave them out on the counter, they will deteriorate quickly.

Roasted Brussels Sprouts

1 pound Brussels sprouts washed and dried

Approximately 2 tablespoons olive oil

Salt and pepper to taste

Preheat oven to 400 degrees.

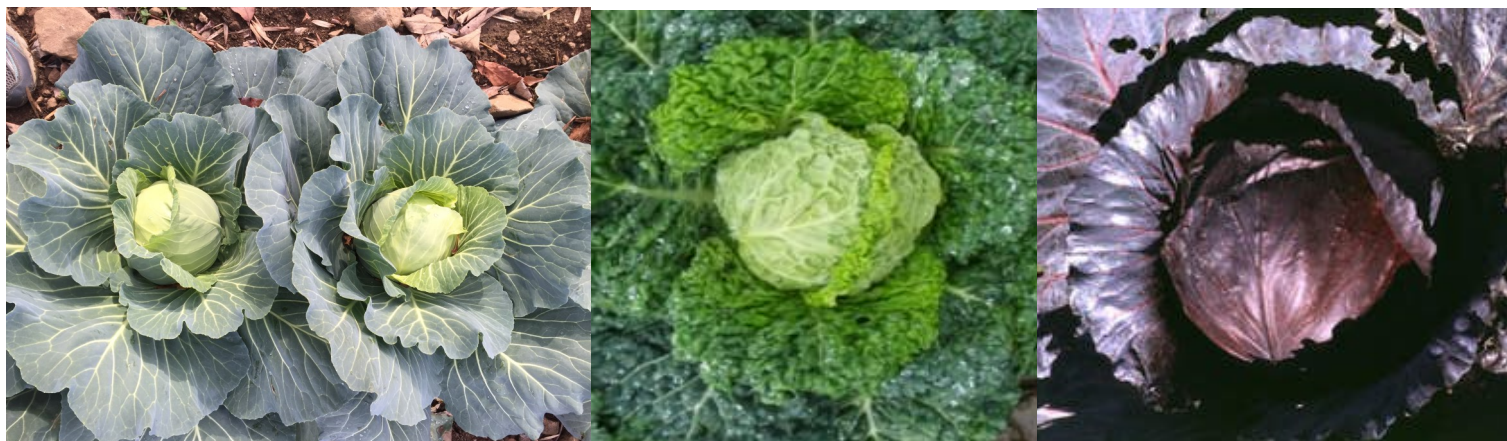
Trim the firm ends off of the Brussels sprouts so that the leaves begin to peel away. Discard the ends.

Peel away any leaves that naturally separate from the hearts; this will be anywhere from one-half to three-quarters of the leaves.

Place the leaves only in a large bowl, and toss with 1/2 tablespoon of olive oil plus salt and pepper to taste, until all leaves are lightly coated.

This is the simplest version of this recipe. Add some red onion, some bacon, or some pancetta for a different flavor.

Cabbage



Some Simple Preparation Ideas

To cut the cabbage easily-Trim off outer wilted leaves and quarter the head. Then remove the core.

For salad or coleslaw thinly slice the cabbage & toss with a vinaigrette or make a creamy dressing. Add some grated carrots and other vegetables.

For steaming cut wider slices & cook for 5-6 min. Top with butter or grated cheese.

Sliced cabbage sautés and stir-fries well. Add sliced onions or apples to help reduce the gaseous qualities of cabbage.

Finely shredded red cabbage adds color and texture to green salads.

Boil cabbage for 5 min with chopped onion & add to mashed potatoes

Cabbage and Potatoes

Sauté some onions and garlic in olive oil. When lightly golden, add cubes of potato, and cabbage that has been cut into squares or wide ribbons. Add water to cover and bring to a boil. Cook over a low flame, trying not to stir so much that the potatoes fall apart, about 40 minutes to an hour. Serve, with some of the cooking liquid, in bowls, and season to taste with dried hot pepper flakes, and drizzle with olive oil. My grandmother would add navy or cannellini beans to this and serve with some crusty Italian bread.

How to store fresh cabbage:

Refrigerate cabbage in a plastic bag; cabbage should keep for at least a week or more. The outer leaves may become discolored or limp, remove them and the inner cabbage should be fine to use.

Carrots

freshly
inspired

Alstede's Community
Supported Agriculture



Carrot Fries

4 large carrots, peeled

Olive oil

Kosher salt and black pepper

Preheat the oven to 400 F.

Cut the carrots into 2-3 chunks. Cut those chunks lengthwise into quarters (or even eighths if the carrot is particularly large).

Place the carrots on a cookie sheet. Drizzle liberally with olive oil and sprinkle with salt and pepper. Place in the oven and bake, tossing about half way through, until the edges of the carrots start to caramelize, about 20-30 minutes. Keep an eye on them after 15 minutes to make sure they don't burn.

Remove from the oven and allow to cool slightly on a pepper towel lined plate.

Cook's note: We LOVE these fries! Baking carrots in the oven really intensifies their sweetness. Try them with cinnamon sugar dusted over them! *Make sure to let them cool a bit before serving because they tend to get a tad crispier that way. Enjoy!*

To Store Carrots: Keep them with the tops removed, in a plastic bag in the refrigerator for six weeks or more.

Store the greens separately in a bag and use them within a day or two.

Some Simple Preparation Tips:

Scrub carrots under running water.

The peel can be bitter however peeling removes the nutrients that are located just under the skin.

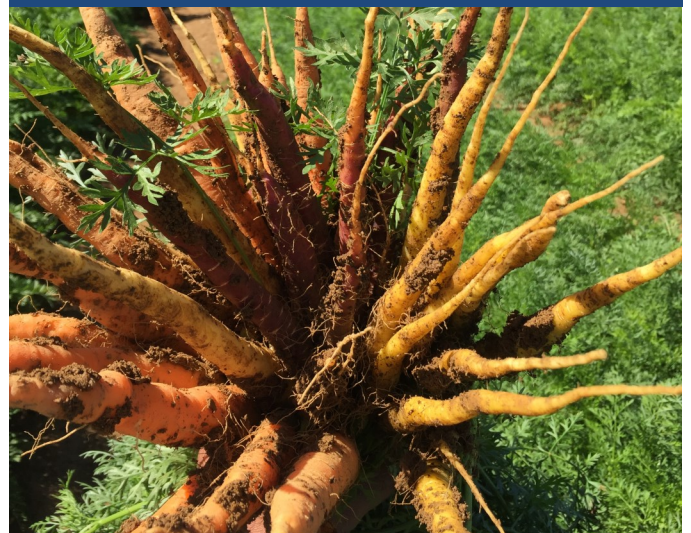
Eat carrots raw to receive the most nutrients, cut into sticks or grate into many types of salads.

Slice and steam for 5-10 min or sauté in butter, top with honey for a sweet dish.

Add to soups, stir-fries, stews, & casseroles.

Steam and puree carrots add cream, onions, leeks, freshly grated ginger, or soy sauce for a simple soup.

To roast carrots, cut in large chunks, dot with butter and place in an oven-proof dish. Cover and bake in a 350° oven for 40 min.



Cauliflower



Some simple preparation tips:

To cut and clean cauliflower remove the leaves cut the head in half and then into quarters

Cut out the stem and the florets will fall away. Rinse in cool water before preparing.

Serve cauliflower raw with a dip.

Roast Cauliflower with garlic and parmesan cheese

Mash steamed cauliflower instead of potatoes

Cauliflower & Quinoa

1 cup quinoa

1 head cauliflower, cut into florets

1 cup broccoli, cut into small pieces

large handful snow peas, sliced

1 shallot, minced

3 tablespoon lemon juice

1/2 tablespoon curry powder

cilantro

olive oil

How to store fresh cauliflower:

keep in a plastic bag in the refrigerator. Prepare cauliflower within a couple of days for the best flavor. Cauliflower will keep up to a week.

Cook the quinoa and allow to cool slightly. Steam the cauliflower, broccoli, and snow peas to fork tender. Prepare vinaigrette with the shallot, lemon juice, curry powder, a bit of cilantro, and olive oil. Fold the vinaigrette into the quinoa with the vegetables and add salt and pepper to taste. Serve warm with fish or chicken

Celery & Celery Root

freshly
inspired

Alstede's Community
Supported Agriculture

How to store fresh celery: Do not wash before you are ready to use. Place in a plastic bag and store in the refrigerator. Celery should keep for up to 2-3 weeks.

Some simple preparation ideas:

Use celery leaves and ends when preparing stocks

Chop celery into green salads, add chopped celery to soups and stir fry

Raw celery sticks high in fiber can be served plain or with your favorite dips

A simple celery salad

Thinly slice celery

Sprinkle with some lemon juice or vinegar

Drizzle with olive oil

Slice in some olives

Add a small bunch of chopped parsley

Add some shavings of parmesan cheese

Sprinkle generously with pepper and salt to taste



Celery Root, like all root vegetables should have the greens removed before storing. Do not wash until you are ready to use. Place in hydrator drawer in a plastic bag for up to one month

Leaves are edible and are often used to prepare pesto.

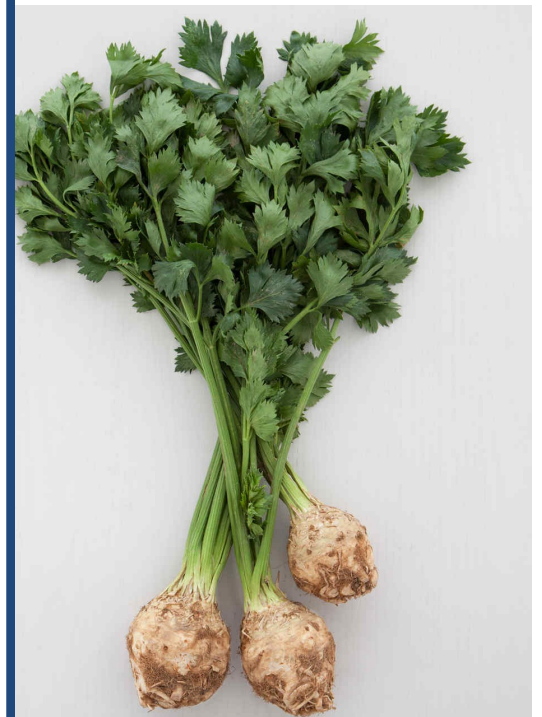
When you are ready to prepare, wash and dry.

To cut easily, make a flat cut to remove the top and the roots.

Then peel with a vegetable peeler or a sharp knife.

Place peeled celeriac into water or toss with lemon juice to prevent darkening of the flesh. Add celeriac cubes to soups and stews.

Try raw celeriac strips tossed in your favorite creamy dressing or use it for dipping. Grate it raw into salads or grate to use in a potato latke recipe. Boil and mash or puree with potatoes.



Chives



To store fresh chives- wrap in a paper towel and then in plastic wrap, a plastic bag or a plastic container. Store chives in the refrigerator. The chives will keep for a few days.

Try chive flowers along with snipped chives over mashed potatoes, scalloped potatoes, snipped into salad, and soup.

Chive Blossom or Chive Flower Tempura Salad Recipe

Servings about 2

One bunch of chive flowers (about 16 flowers)

1/2 cup flour

1/2 cup ice cold club soda or seltzer or soda water

a pinch of baking powder

Salt & pepper

Vegetable oil for shallow frying

Store brought tempura dipping sauce

3 cups salad leaves of your choice (don't use strong tasting ones like arugula)

Cut the chive flowers from the stems. Chop up the stems and reserve. Make the tempura batter by gently mixing together flour, soda water, baking powder, salt and pepper. Dip a chive flower into the batter and shallow fry till crisp and golden on all sides. Repeat with all chive flowers, a few at a time. Drain the tempura on paper towels. Arrange tempura over salad leaves. Garnish with chopped chive stems. Serve with your favorite tempura dipping sauce. From: Veggie belly

Cilantro

freshly
inspired

Alstede's Community
Supported Agriculture



Pico de Gallo

- 2 cups chopped tomatoes (or 2 slicing tomatoes)
- 1 sweet onion
- 1 clove garlic
- Hot chillies, to taste
- 1/2 bunch cilantro
- Juice of 1 lime
- 1 Tbsp. sugar, optional
- 1 Tbsp. vinegar, optional

Cilantro Storage: wrap the cilantro in paper towel and then place in a bag in the refrigerator for up to a week. Cilantro will also keep in the counter up to 3-4 days. Trim the stems, place in a jar or vase of water, and change the water every day.

Chop everything to a fine dice and toss with the liquids. Allow to sit for 1/2 hour to blend the flavours. Eat with tortilla chips or quesadillas, enchiladas, burritos, etc.

Collards



To Store Collards wrap in paper towel place in a plastic bag in the crisper in the refrigerator. Use within 4 days.

Simple preparation:

Chop collard leaves and sauté in garlic and olive oil; add some broth and cover to braise for 8- 10 minutes. Sprinkle with salt to taste.

To roast collards Preheat the oven to 425 - Slice the leaves and toss to completely coat with olive oil, salt, and pepper to taste Roast for 8-10 minutes, stirring after 5 minutes, checking to be sure they do not burn

Portuguese Collard or Kale Soup

This is a simple soup eaten daily in Portugal in infinite versions. There seems to be a Cape Cod Portuguese-American version as that contains beans and a different type of sausage, linguça. Either way, the combination of rich potato broth, deep hearty greens and salty pork is perfect for those cold rainy fall nights.

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 3 Tbsp. olive oil
- 4 medium potatoes, peeled and cut in 1" chunks
- 6 cups water or vegetable stock
- 1-2 bunches kale, collards, or 1/2 savoy cabbage

Thin slices or small chunks of dry sausage such as chorizo or sopressata (optional)
Sauté the onion and garlic in olive oil until translucent, about 5 minutes. Add potatoes and water and bring to a boil. Reduce heat and simmer 25-30 minutes or until potatoes break apart. Puree the soup with an immersion blender, food mill, or some other way. Return to the pan. Wash and remove the tough stems from the kale or collards and stack the leaves on top of one another. Roll them up like a cigar and slice into very fine shreds. (They use a meat grinder-like machine for this at markets in Portugal so you can buy it pre-shredded. It looks kind of like grass clippings.) Add kale to simmering potato broth and cook until tender, about 10 minutes. Serve hot in bowls garnished with the sliced sausage and a thread of high quality olive oil. From the Kitchen Garden CSA

Cucumbers & Pickles

To store fresh cucumbers-be sure cucumbers are dry, place in a plastic bag and store for up to 5 days in the vegetable crisper.

A simple cucumber recipe:

Diced cucumber, diced tomato, a few sliced green olives, 2-3 sliced green onion and a sprinkle of Sesame seeds, and then toss with your favorite vinaigrette.

Spread bread with herb cheese top with cucumber slices for a refreshing sandwich or appetizer

Pair Cucumbers with sour cream or yogurt a little mayonnaise, dill, some sliced red onion, and salt and pepper to taste slice the cucumber for salad, chop for tzatziki

GREEK SALAD SANDWICH

12 ounces small tomatoes, cored,
halved, thinly sliced

6 cups spinach leaves, stems trimmed

1 1/2 cups thinly sliced cucumber

1 cup crumbled feta cheese (about 4
ounces)

1/3 cup coarsely chopped pitted black
brine-cured olives (such as Kalamata)

16 large fresh basil leaves, thinly sliced

1/4 cup olive oil

5 teaspoons fresh lemon juice

1 large garlic clove, minced

4 5 or 6 inch diameter pita bread rounds, toasted Place tomato slices in
strainer; drain 15 minutes.



Combine tomatoes, spinach, cucumber, feta cheese, olives and basil in large bowl. Whisk 1/4 cup olive oil, 5 teaspoons lemon juice and minced garlic in small bowl to blend. Season dressing to taste with salt and pepper. Pour dressing over salad and toss to coat. Cut pita bread rounds in half crosswise. Divide salad mixture among 8 pita halves and serve. From: Bon Appetite May 1995

Dill



Dill Potato Salad

10 unpeeled red potatoes
5 hard cooked eggs, roughly chopped
3/4 cup sour cream
3/4 cup mayonnaise
1 tablespoon apple cider vinegar, or to taste
1 tablespoon Dijon mustard, or to taste
1/2 white onion, finely chopped
1 stalk celery, finely chopped
1 teaspoon celery salt
Salt and black pepper to taste
3 tablespoon fresh chopped dill

To store fresh dill- trim the stems and place into a vase or jar filled with a few inches of water. Top with a plastic bag and place in the refrigerator for a few days. Changing the water daily will help to keep a little longer.

Place the potatoes in a large pot, cover them with water, and bring to a boil over high heat. Reduce the heat to medium-low, and simmer until the potatoes are cooked through but still firm, about 20 minutes. Remove from the water, let cool, and cut the potatoes into chunks. Set the potatoes aside.

In a bowl, stir together the sour cream, mayonnaise, apple cider vinegar, Dijon mustard, onion, celery, celery salt and salt and pepper until well mixed.

Place the potatoes and eggs in a large salad bowl, and sprinkle with dill. Pour the dressing over the potatoes and eggs, and mix lightly. Cover and refrigerate the salad for at least 30 minutes. Serve cold

Eggplant

freshly
inspired

Alstede's Community
Supported Agriculture



Some simple preparation tips:

Peeling eggplant is a personal preference. White eggplant, Asian eggplant and some of the mini varieties have very tender skin.

Sprinkle eggplant with salt; allow to sit to reduce acidity. *Pat dry and it is ready to grill, roast or sauté.*

Cut eggplant into large chunks or thick slices, coat with olive oil and roast in an oven at 425 until the edges are brown and the eggplant is tender. Serve hot or at room temperature.

Slice eggplant; dip into egg and then breadcrumbs. Pan fry or bake until golden and crisp. Serve as a side dish or top with tomato sauce and sprinkle with cheese for simple eggplant parmesan.

Grilled Eggplant Panini

2 tablespoons mayonnaise

2 tablespoons chopped fresh basil

2 tablespoons extra-virgin olive oil, divided

8 1/2-inch slices eggplant (about 1 small)

1/2 teaspoon garlic salt

8 slices whole-grain bread

8 thin slices fresh mozzarella cheese

1/3 cup sliced jarred roasted red peppers

4 thin slices red onion

Preheat grill to medium-high. Combine mayonnaise and basil in a small bowl. Using 1 tablespoon oil, lightly brush both sides of eggplant and sprinkle each slice with garlic salt. With the remaining 1 tablespoon oil, brush one side of each slice of bread.

Grill the eggplant for 6 minutes, turn with a spatula, top with cheese, and continue grilling until the cheese is melted and the eggplant is tender, about 4 minutes more. Toast the bread on the grill, 1 to 2 minutes per side. 4. To assemble sandwiches: Spread basil mayonnaise on four slices of bread. Top with the cheesy eggplant, red peppers, onion and the remaining slices of bread. Cut in half and serve warm.

From: Mariquita Farm

To store eggplant – try to serve eggplant as soon as possible store one of two ways for a very short time. Store the eggplant either on the counter in a cool environment, for no longer than a day or two, or in the refrigerator for a day or two. The best temperature is about 50 degrees.

Epazote



Some people believe that Epazote in bean dishes can lessen bloating and flatulence that develops in your stomach. They will use 1 tablespoon fresh per 2 quarts of bean mixture (either chili, boiled beans or bean soup).

Use just the leaves and discard the stems.

Add the leaves to scrambled eggs or omelets

Use in place of cilantro in your favorite recipes

Epazote is often added to black bean soup

Add a handful of minced leaves to soups, stews, tamales, and shellfish recipes

QUESADILLAS WITH EPAZOTE

6 to 12 thin slices Monterey Jack cheese

6 corn or flour tortillas

6 small sprigs epazote

1 can (4 ounces) chopped green chilies, drained, optional

Salsa

Lay 1 or 2 slices of cheese on half of each tortilla. Top with sprig of epazote and chilies, if using. Fold each tortilla in half; wrap in microwaveable paper towels.

Microwave on 75 percent power until cheese is melted, 20 to 30 seconds.

Alternatively, cook in skillet sprayed with non-stick vegetable oil spray. Heat quesadillas, turning once or twice, until cheese is melted.

Cut into halves, if desired. Serve with salsa.

Store fresh Epazote in refrigerator either in a plastic bag or with its stems in a glass of water for up to 1 week. Change the water daily for best results. It is still fine to cook with even if it looks a little wilted.

Edamame

freshly
inspired

Alstede's Community
Supported Agriculture



Fresh soybeans will keep in the refrigerator for 2-3 days

Serve edamame in the pod as a snack. To eat edamame which is still in the pod, bring the pod to your lips, then squeeze or bite the beans into your mouth. You don't eat the pod, just the edamame beans inside, which will easily pop out.

The pods are usually salted, which adds to the flavor and experience of eating edamame. Be sure you have a separate dish handy where you can place the edamame pods after you've eaten the beans inside.

Shelled edamame can be added to salad or rice dishes

To cook edamame that is still in the pod, boil the pods in salted water, or, steam your edamame, then sprinkle with a bit of sea salt. You can eat edamame hot or cold.

Edamame Orange and Walnut Salad

½ teaspoon Dijon mustard

2 tablespoons balsamic vinegar or wine vinegar

½ cup extra-virgin olive oil

1 teaspoon grated, peeled fresh ginger

½ teaspoon salt

½ teaspoon brown sugar

½ teaspoon pepper

4 navel oranges, peeled and sectioned

12 ounces shelled cooked edamame

½ cup walnut halves, toasted

Prepare a vinaigrette by combining mustard, vinegar, olive oil, ginger, salt, sugar and pepper. Whisk together until emulsified. Combine orange sections, edamame and walnuts. Toss with vinaigrette.

Endive

Endive can be eaten like other greens, sautéed, chopped into soups and stews, or as part of a green salad.

Include endive/chicory in recipes that call for escarole using half of each vegetable.

Orecchiette with Sausage and Chicory- from Food and Wine

- 1 pound orecchiette
- 1/4 cup extra-virgin olive oil
- 1 pound sweet Italian sausage, casings removed
- 2 garlic cloves, thinly sliced
- 1/2 teaspoon crushed red pepper
- 1 pound chicory or escarole, coarsely chopped and washed
- Kosher salt
- 1 cup chicken stock or low-sodium broth
- 1/4 cup grated pecorino, plus more for serving
- 2 tablespoons shredded mint

To store curly endive/ chicory- tightly wrap in paper towel and place in a plastic bag in the refrigerator for up to 3 days.

In a large pot of boiling salted water, cook the pasta until al dente. Drain well. Meanwhile, in a large, deep skillet, heat 2 tablespoons of the olive oil until shimmering. Add the sausage and cook over moderately high heat, breaking it up with a wooden spoon, until browned, about 7 minutes. Using a slotted spoon, transfer the sausage to a plate. Add the garlic, crushed red pepper and the remaining 2 tablespoons of olive oil to the skillet and cook until fragrant, about 1 minute. Add the chicory with any water clinging to the leaves and season with salt. Cover and cook until wilted, about 2 minutes. Uncover and cook until the chicory is tender and the liquid has evaporated, about 5 minutes longer. Add the pasta to the skillet along with the sausage, chicken stock and pecorino and cook over moderate heat, stirring constantly, until the liquid is slightly reduced and creamy, about 3 minutes. Stir in the mint and serve right away, passing extra cheese at the table.



Escarole

freshly
inspired

Alstede's Community
Supported Agriculture



To store curly escarole- tightly wrapped in paper towel in a plastic bag or container in the refrigerator for up to 3 days.

Add Escarole to your favorite soups or stews just a few minutes before serving.

Escarole is a variety of endive. The leaves are broader, paler and less bitter than other members of the endive family.

Escarole, kale and chard, are hearty greens that thrives late into the growing season. The heart of an escarole head is less bitter because the leaves haven't gotten as much sunlight.

Wilted Escarole

Wash the escarole, chop it across the grain (so that it doesn't become too stringy) and toss it in a pan with only a little salt and the residual water from the

leaves. Cook it over a medium flame for a few minutes to wilt it, stirring only occasionally. If you happen to forget about it and cook it longer without adding any water, it starts to caramelize and burn slightly. The result is absolutely heavenly. Season it with good olive oil at the table, and maybe a drizzle of good balsamic vinegar or some lemon. From: The kitchen garden csa

Escarole and White Bean Soup

2-15 oz. cans of cannellini beans, drained

4-6 cups of vegetable broth

2 bay leaves

1/2 cup extra-virgin olive oil

6 cups coarsely shredded escarole and endive leaves washed and drained

1 medium onion chopped

6 cloves garlic, peeled and cut in half

1/2 t crushed hot pepper, or to taste

Salt to taste

Heat the beans and 4 cups of broth and bay leaves allow to simmer for 10 minutes stirring occasionally. Stir in the escarole and cook, (continue to stir occasionally), until the escarole is tender, about 15 minutes. Remove the pot from the heat.

In another pan, heat the 1/4 cup of olive oil in a small skillet over medium heat. Add the garlic and onion, sauté, shaking the pan, until softened and very lightly browned; do not allow garlic and onion to burn! Carefully pour one ladleful of soup into the skillet. Add the crushed pepper, swirl the pan to blend and then stir the pan full of seasoned soup back into the pot. Check the seasoning, add additional broth as needed and let the soup rest, away from the heat, covered, 10-15 minutes. Serve with garlic bread. Be sure to remove the bay leaves.

Optional, add some sliced cooked sausage, allow soup to simmer a little with the sausage to blend in the flavors.

Garlic

Garlic is considered an aromatic vegetable. Fresh garlic is higher in antioxidants than the supermarket variety. Chopped garlic and olive oil is the start of many of the recipes that you will prepare this season.



Roast garlic removing some of the skin, snipping off the tips of the bulb and wrap in foil.

Place in a 400 degree oven for 45minutes to 1 hour depending on the size of the bulb.

Roasted garlic may be spread on rounds of Italian bread or added to recipes like hummus.

A simple recipe using garlic: This is one of the favorite simple, go to pasta recipes of many Italians

Alio e Olio

- 1lb spaghetti
- 1 head garlic, chopped
- 1/4 cup extra virgin olive oil
- 1/2 tsp. dried chilli flakes
- Salt and pepper
- Grated Parmesan

Store garlic in a cool dry place on the counter is okay, in a dark cupboard will work as well.

Bring a large pot of heavily salted (2 Tbsp.) water to a boil. Heat garlic in oil, sprinkle in pepper flakes. Remove the pan from heat before the garlic browns. Cook spaghetti al dente, drain and return to pot, reserving a little pasta water to add some moisture if needed. Stir in garlic & chilli oil, add some of the pasta water and allow pasta to sit for a few minutes and then serve with the grated cheese.

Garlic Scapes

freshly
inspired

Alstede's Community
Supported Agriculture



Garlic scapes can be kept up to a week in the refrigerator or you can cut garlic scapes into little pieces, blanch them for 2- 3 minutes, and then freeze in portions in zip lock bags. Garlic Scapes are one of the more awaited CSA- share finds. Garlic Scapes are a green sort of stalk that starts to grow in early- to mid- June. The garlic like any bulb that you plant in the fall sends up a stalk in the center of the plant. The stalk is thicker than the leaves, and is called the garlic scape. When you get them in your share they will actually be curled around, that is how they grow and that is how farmers know to cut them. If the scape is left on the plant it will eventually form a flower and then go to seed. Farmers have learned that by cutting off the scape all of the plants energy will return to the garlic bulb increasing the bulb size in the last few weeks before harvest, rather than having the energy put toward the flower.

Garlic scapes can be used like garlic, (it is a little milder than garlic.) Use it in pesto, in hummus, in a stir fry and in soup.

Beet Green and Garlic Scape Bruschetta

Makes 4 servings

1/4 cup extra-virgin olive oil

1 teaspoon minced garlic

2 garlic scapes, sliced

8 ounces beet greens, or other greens, stems removed, leaves sliced

16 1/2-inch slices French baguette

coarse sea salt

Lightly brush baguette slices with 3 tablespoons of olive oil. Arrange in a single layer on baking sheet. Broil on high until lightly golden and toasted, about 1 minute. Remove from oven. Meanwhile, heat remaining 1 tablespoon oil in heavy large skillet over medium heat. Add garlic and scapes and stir 15 seconds. Add greens and sauté until tender, about 3 minutes. Place toasts on platter. Top with greens. Sprinkle with salt and pepper.

Adapted from: Epicurious

Gooseberries



To store gooseberries- place them in a container so that they are in a single layer. Cover with plastic and store in the refrigerator. Do not wash until you are ready to use. Gooseberries should keep for 2-3 days

Red Gooseberries are sweeter than the green and can be eaten out of hand.

Gooseberries can be made into jam or added to other fruits for a mixed berry jam.

Gooseberries are cooked in Europe much the way we prepare cranberry sauce and served with roast pork or chicken.

The same sauce could be used over a slice of cheesecake or plain pound cake.

Gooseberry Fool

1/2 pt. Gooseberries, stemmed

Sugar

3 tbsp. Water

1/2 c Heavy cream, whipped

Put the gooseberries in a nonreactive saucepan with 3T of sugar and the water. Cook very gently until the gooseberries are thoroughly done and soft enough to mash. Put them through a sieve or food mill and add sugar to taste. Fold the gooseberry puree through the whipped cream. Chill for several hours.

Gooseberry Fool can be served on its own or with cookies or pound cake.

Herbs



Herbs packed in salt

Alstede's Community
Supported Agriculture

This idea is from The Herb Society's website suggested layering basil (Herb) leaves in sea salt. I couldn't resist sharing this with all of you!

Starting in a 14-ounce plastic container with a tight fitting lid, pour a layer of kosher salt to cover the bottom. Add a single layer of basil leaves-not overlapping-cover them with salt and continued the process until the container is full. Months later the refrigerated leaves should emerge still well-preserved. They will have a sort of papery texture however this method is said to keep the integrity of the fresh basil. The salt doesn't take on any notable basil flavor so you may be able to recycle it back into everyday use.

Some sources have said that the basil will survive for up to a year.

Some say that it will last a few months. Either way I thought that this might be worth a try for all the herbs that we receive in the shares.

This should work with all fresh herbs.

8 Steps for Freezing Herbs in Oil

Choose firm, fresh herbs, ideally from the market or your own garden.

If you wish, you can chop them fine. Or leave them in larger sprigs and leaves. Here I froze a combination of finely-chopped and whole herbs such as rosemary, fennel stalk, sage, and oregano.

Pack the wells of ice cube trays about 2/3 full of herbs.

You can mix up the herbs, too; think about freezing a bouquet of sage, thyme, and rosemary to add to winter roast chickens and potatoes!

Pour extra-virgin olive oil or melted, unsalted butter over the herbs.

Cover lightly with plastic wrap and freeze overnight.

Remove the frozen cubes and store in freezer containers or small bags.

Don't forget to label each container or bag with the type of herb (and oil) inside!

Herb Butter

makes about 1/2 cup (equivalent of 1 stick)

1/2 cup (1 stick) unsalted butter, softened to room temperature

1/4 cup finely chopped mixed herbs (such as basil, thyme, sage, parsley, dill, chives, tarragon, oregano, marjoram or rosemary)

1 teaspoon coarse sea salt

1 teaspoon freshly ground black pepper

In a small bowl, combine all ingredients. Mix well until herbs are distributed evenly. Dump onto a piece of waxed paper or parchment, shape into a cylinder or disk, and seal ends by twisting, or pack into a ramekin (however you prefer to store and serve it) and cover with plastic. Chill in refrigerator until firm, at least an hour.

Will keep in refrigerator for about 2 weeks and in the freezer for a few months

Herbs (continued)

Freeze Herbs in Ice Cube Trays

Use a pair of scissors to cut stems of fresh herbs from the garden.

Place the herbs in a colander and gently rinse them under running water.

Remove the leaves from the stems and discard the stems.

Measure out the amount of leaves you have to process using a measuring cup. Place the leaves into the blender after they have been measured.

For each cup of packed, fresh herb material that is being used, add $\frac{1}{4}$ cup of water to the blender.

Place the lid on the blender and process the herbs into a fine paste.

Pour the herb paste into a bowl.

Use a spoon to fill each ice cube compartment with the herb paste.

Place the herb filled ice cube trays in the freezer and let set until frozen.

Remove the ice cube trays from the freezer. Remove the individual herbal ice cubes from the tray and put them into plastic freezer bags or plastic containers with tight fitting lids.

Tips:

The herbal ice cubes can be stored in the freezer for up to 6 months.

Herbs that freeze well using this method include basil, chervil, chives, cilantro, dill, fennel, garlic chives, mint, parsley, tarragon and thyme.

Fresh herbs purchased from the produce section of grocery stores or farmer's markets can also be processed into herbal ice cubes.

To use the frozen herbs, simply place the desired number of herbal ice cubes into the pan as the meal is being cooked. For example, 1-2 cubes of basil can be added to a pan of homemade tomato sauce. From: Suite 101.com

Prepare herbs for Drying

Most herbs are at their peak flavor just before flowering, a good time to collect them for drying and storage. . Cut the herbs early in the morning just after the dew has dried. Cut annuals off at ground level, and perennials about one-third down the main stem, including the side branches.

Wash herbs, with the leaves on the stems, lightly in cold running water to remove any soil, dust, bugs, or other foreign material. Drain thoroughly on absorbent towels or hang plants upside down in the sun until the water evaporates.

Strip leaves off the stalks once plants have drained and dried, leaving only the top 6 inches. Remove all blossoms.

Oven Drying

Conventional ovens can also be used to dry herbs. For quick oven drying, take care to prevent loss of flavor, oils, and color. Place leaves or seeds on a cookie sheet or shallow pan not more than 1 inch deep in an open oven at low heat less than 170 for about 2 to 4 hours.

Horseradish

freshly
inspired

Alstede's Community
Supported Agriculture



To store fresh horseradish: be sure to cut off the leaves. Store the roots in a plastic bag for up to 3 weeks. Once cut the smaller piece should be used quickly. A larger piece may be re-wrapped and stored. Store leaves in a separate bag.

Some simple tips when preparing horseradish:

Use a potato peeler to remove skin and you may want to wear gloves to prevent skin irritation.

Grate horseradish for sauces and dressings

Chop leaves to add some spice to a salad dressing, add a little to a smoothie, or to a soup

Homemade Horseradish

Yield about 1/2 cup

1 (5-6 inch) horseradish root, peeled and cut into 1/2-inch cubes (about 1/2 cup cubes)

2 tablespoons apple cider vinegar

2 tablespoons water (or more if desired)

Pinch of salt (optional)

Place the horseradish cubes in a small food processor fitted with the steel blade. Pulse until finely chopped. Remove the lid carefully and be careful not to get your nose or eyes close to the bowl. Scrape down the sides of the bowl with a rubber scraper. Add the apple cider vinegar and water and process until mealy. For a loose/smoothier condiment, add more water 1 tablespoon at a time and process until you reach the desired consistency.

Store in an airtight glass container in the refrigerator.

Husk Cherries



Husk cherries, also commonly referred to as ground cherries, because they drop to the ground when they are ripe or husk tomatoes. They are small yellow to pale orange fruits wrapped in a crinkly, paper-like husk. They look a little bit like small tomatillos. Their flavor is mild, yet quite sweet and very unique. They have been compared to a cross between a tomato and a pineapple.

Do not refrigerate, keep at room temperature like a tomato and use within a couple of days.

Husk cherries are make a great jam

They can be baked into pastry

They are great for eating raw just out of the husk

They can be added to a salsa

Husk Cherries on Toast

Toast a few slices of good bread. De-husk some husk cherries (a small handful per piece of toast), and slice them in half. Smear each toast generously with goat cheese or some cream cheese, and then scatter the husk cherry halves across the toast. Drizzle the toasts with warmed honey.

Hyssop

freshly
inspired

Alstede's Community
Supported Agriculture



To store hyssop- Store the fresh leaves and flowers - In tightly sealed plastic bags or plastic container lined with paper towel in the refrigerator. This herb may also be kept in a jar or vase on the counter, changing water daily will help to keep the herb fresh for up to 5 days. Fresh hyssop on the counter will make a very attractive bouquet.

A few ideas for using hyssop

A non- food use of hyssop is if you have an aromatherapy oil burner take a handful of fresh hyssop, or 1 heaped tablespoon of dried hyssop and bring it to boil in a pan of water. Pour the mixture into your aromatherapy oil burner. Caution: the water evaporates quicker than oil, continue to replenish liquid. This keeps the air sweet and healthy.

The general rule that applies to this herb that is less is better. Start with a little bit and add more to taste.

Chicken with Hyssop

Next time you stuff a roasting chicken with your favorite stuffing substitute the herbs you usually use with 2 tsp. finely chopped fresh hyssop. While the chicken is roasting, baste it with its own fat or 2 tbsp. melted unsalted butter and a little lemon juice. Sprinkle with 1 tsp. finely chopped hyssop.

If you prefer not to stuff the chicken, simply put a sprig of hyssop in the cavity of the unstuffed chicken. To improve the flavor we add up to a tablespoon of butter and some thinly peeled lemon rind.

Kale

Fresh Kale storage: store wrapped in paper towel in a plastic bag in your refrigerator, ideally in your crisper drawer.

Some simple preparation ideas:

Cut out the tough mid rib of the kale, save for stock

Add Sautéed Kale to mashed potatoes, soups, eggs

Sautéed Greens with Pine Nuts and Raisins

1/4 cup pine nuts or almonds

2 Tbsp. olive oil

4 garlic cloves, minced

1/4 cup golden raisins

1 bunch kale, chard, collards, etc., about 1

pound, tough stem centers removed, greens chopped

1/2 to 1 teaspoon red pepper flakes

Roughly 1/2 cup dry white wine or water

Salt and pepper to taste

Heat a large sauté pan hot on medium-high heat and add the pine nuts. Toast them until they are fragrant and begin to brown. Pay attention as pine nuts burn easily. Stir or toss the nuts frequently. Once they are toasted, remove from pan and set aside.

Add the olive oil to the pan and swirl it around. Add the garlic and sauté for 30 seconds; the pan should already be hot, so it won't take long for the garlic to begin to brown. Add back the pine nuts, add the raisins and the greens and mix well. Sauté, sprinkle a little salt and red pepper flakes on the greens. Add the white wine (can substitute water)—use a little more wine if you are cooking collards, a little less if you are cooking spinach. Toss to combine and let the liquid boil away. Once the liquid boils off, remove from heat. Add salt and pepper to taste. Serves 2



Kohlrabi

freshly
inspired

Alstede's Community
Supported Agriculture

To store fresh kohlrabi: remove the leaves and store in a separate plastic bag in the refrigerator. Use the leaves within 3-4 days. The kohlrabi will last up to 2 weeks.

Simple Preparation Ideas:

Peel the kohlrabi, slice and serve raw with or without a dip as a snack before dinner.

Roast Kohlrabi, Peel and slice kohlrabi, toss with olive oil salt and pepper and a Tablespoon of parmesan cheese. Spread onto a parchment lined pan and roast @425 for 12-15 minutes, checking after 5-7 minutes, turn the pan until the edges are crisp and golden brown kohlrabi is fork tender.

Kohlrabi Au Gratin

1 medium sized kohlrabi, stalks and leaves trimmed and removed

1 cup gorgonzola or 1 cup gruyere

1/3 cup heavy cream

3 tablespoons butter

1/2 cup fresh breadcrumb

salt and pepper

1 pinch nutmeg (if using Swiss cheese, NOT blue cheese)

Peel the Kohlrabi, slice horizontally in 1/4 inch slices. Boil these slices in salted water until fork tender, about 10 minutes. Drain well and lightly dry off with a cloth or paper towel to remove excess water. Butter a small casserole dish on the bottom and sides with one tablespoon butter. Place a layer of sliced Kohlrabi as the first layer, cutting into pieces if necessary to fit. Sprinkle a layer of your choice of cheese. Repeat layers until casserole dish is full. Pour heavy cream over the top of it, allowing it to seep down into the cracks.

Sprinkle breadcrumbs over top. Melt remaining 2 tablespoons of butter and sprinkle just enough over the breadcrumbs to lightly moisten. Season with salt and pepper. If using Gruyere or Swiss cheese, sprinkle a very small amount of nutmeg over crumbs.

Place in 400 degree oven for 20 minutes, until cheese is melted and breadcrumbs are golden brown. Allow to stand a bit before serving to allow cheeses on the interior to firm up.



Leeks

To store fresh leeks:

Refrigerate leek unwashed with roots attached for up to two weeks. Wrap tightly in plastic so the flavor isn't absorbed by other foods.



Some simple tips when preparing leeks:

Be sure to use the entire leek. White bottoms and light green can be used for most recipes, the dark green can be used for stock or creamed leek tops.

Be sure to clean the leeks completely, either way they are cut place in water or run water through all the layers that could have soil or sand.

A simple recipe:

MAMA FLORA'S BAKED LEEKS

2 leeks (totaling about 1 pound once upper greens are removed)

2 T oil

8 sprigs fresh dill, or 1 T dried

3 garlic cloves, halved

2 t miso

1 t soy sauce

1/2 c water

Preheat oven to 350 F.

Cut and split leeks in half, rinse carefully to remove dirt lodged between layers. Place the leeks in two layers in an oiled baking dish; coat the leeks with oil as well. Tuck the dill and garlic in amongst the leeks. Whisk together the miso, soy sauce and water to make a smooth sauce. Pour over the leeks. Bake covered for 25 minutes. Uncover, stir to prevent sticking and scorching, the bake uncovered for 20 minutes. Add small quantities of water if leeks are in danger of drying out.

Source: The Moosewood Restaurant Kitchen Garden

Lettuce

freshly
inspired

Alstede's Community
Supported Agriculture

Romaine



Boston, Bibb or Butter head



Green leaf



Red Leaf



Oak Leaf



To store head lettuce: Head lettuce must be dry before storage. It is best stored wrapped in a dry paper towel in a plastic container or bag in the refrigerator for up to 5 days.

To wash fresh greens

Fill a large bowl or dishpan with cold water. Add greens and swirl around vigorously. All the dirt and sand will sink to the bottom. Lift greens out of basin and into a salad spinner or colander. Spin greens to dry or drain as best you can and dry on towels. If washing before storage be sure leaves are completely dry, layer paper towel between leaves to absorb any moisture.

Traditionally lettuce will be served raw in a salad

Romaine can be brushed with olive oil and grilled, top with fresh mozzarella and tomato bruschetta.

Olive Thousand Island Dressing

- * 3 tablespoons ketchup
- * 1 tablespoon mayo
- * 1 squirt hot sauce
- * 1-2 olives, minced
- * Kosher salt and black pepper

Combine all ingredients in a small bowl. Mix well. Season to taste with salt and pepper.

Mint



To keep mint-Trim the stems. Place in a jar or vase filled with cool water. Change the water every day to keep fresh up to a week.

Chop fresh mint into a green bean salad

Add some fresh mint to a berry smoothie

Mint Iced Tea

- 3 green tea bags
- 1 quart boiling water
- 1/4 cup sugar
- 1/2 large lemon, sliced into 1/4-inch slices
- 1 bunch fresh mint, washed
- 2 cups cold water

Brew tea in boiling water, letting steep for 10 minutes. Remove the tea bags. Add sugar and lemon, stir to dissolve the sugar. Add the mint and 2 cups cold water. Pour into a serving pitcher. Refrigerate until thoroughly chilled. Strain mint out before serving.

Mizuna

freshly
inspired

Alstede's Community
Supported Agriculture



How to store mizuna: this is a tender green: be sure it is dry, wrap it in paper towel. Place in a plastic bag or container. Mizuna will keep for just 2-3 days.

Mizuna- Is considered a mustard green. The taste is a mild combination of bitter and peppery. The leaves are dark green and fringed. They appear to be serrated; the stalks are pencil thin and white or pale green.

The leaves and stalks of mizuna are edible.

Mizuna can be stir fried, pickled, added to soups and stews

Mizuna can be served raw giving a new interest to salads.

Serve mizuna steamed as a bed under broiled fish.

Pasta with Garlic Shrimp and Wilted Greens

12 oz. to 1 lb. pasta -- angel hair, linguini, farfel, rotini or any other favorite type of pasta

1.5 to 2 lbs. shrimp -- any medium to large, cleaned, peeled and deveined and pat dry, seasoned lightly with sea salt and pepper

6-8 cloves garlic -- mashed/chopped fine

4-5 tbsp. extra virgin olive oil

1 bunch greens that can easily wilt and cook relatively fast, such as mizuna, etc. -- stalks and leaves cut into 2 inch lengths, triple washed

3/4 to 1 cup white wine or pasta water if omitting alcohol

Salt and pepper to taste

Grated parmesan cheese

Boil pasta in salted water in pasta or stock pot, according to instructions. Drain when al dente or cooked to desired tenderness.

Heat olive oil in large pan or large Dutch oven. Note: You can begin this while pasta is being boiled to allow 3-4 minutes cooking time before you have to drain the pasta. Add garlic and stir until lightly golden and fragrant. Add shrimp to garlic and oil and stir until just about turning pink. Add greens and mix well. Add white wine and boil away alcohol. If sauce dries/evaporates too quickly, add about 1/2 cup pasta water. Add drained cooked pasta after veggies are just about cooked and mix well quickly. Salt and pepper to taste. Serve hot, sprinkled with grated parmesan cheese. Optional: squeeze fresh lemon juice for an additional layer of tartness. Leftovers can be kept for 1-2 days in time for shrimp to be consumed while still fresh. From: coppellsfarmersmarket.org

Melon



Musk Melon



Honeydew

To store fresh melon - When receiving melon from the farm they should be ripe and ready to eat. If you are planning to serve within a day keep a melon at room temperature. For longer keeping place in the refrigerator for up to 3-4 days depending on the degree of ripeness when they are delivered.

Always wipe the melon clean and remove all soil before storing, be sure the melon is dry in the refrigerator.

Simple preparation tips:

Always wash a melon before cutting.

Savory Cantaloupe Salad

One 3-pound ripe cantaloupe, cut into 1-inch cubes (see Notes)

Salt and freshly ground pepper

2 teaspoons extra-virgin olive oil

2 teaspoons white wine vinegar

2 slices sopressata salami, cut into thin strips

1 tablespoon snipped chives

1/2 pound fresh goat cheese

6 slices country bread

Cut the melon cubes in a serving bowl and season with salt and pepper. Add the oil and toss gently, then add the vinegar. Garnish with the sopressata and chives.

Spread the cheese on the bread and serve it alongside.

Here's the fastest way to cut a melon into cubes: cut a thin slice from both ends of the melon. Halve the melon crosswise and scoop out the seeds. Lay the halves on a work surface, cut side down, and slice off the skin in lengthwise strips with a small sharp knife. Slice the melon 1 inch thick with a large knife, then cut across to make 1-inch cubes.

Nectarines

freshly
inspired

Alstede's Community
Supported Agriculture



To store nectarines-
Nectarines are delivered to you in trays that will keep them separated so that the fruit cannot touch and bruise itself. Handle gently the ripe fruit can bruise easily. Keep nectarines at room temperature until ripe and then serve or

refrigerate and serve within a couple of days. Bringing the fruit back to room temperature will give the best flavor.

Freestone nectarine pits are easily removed by making a cut along the seam all the way around and through the fruit down to the pit; twist each half in opposite directions. The pit can then be easily removed.

A summer favorite fruit for eating out of hand.

Nectarines can be used in recipes that call for peaches.

Nectarines do not need to be peeled when used in recipes.

Grill Nectarines for a side dish with pork or chicken.

Nectarine Salsa

2 cups chopped fresh peaches chopped

1/4 cup chopped sweet red pepper

1/4 cup chopped red onion

1 jalapeno pepper, seeded and chopped*

1/4 t sugar

2 tablespoons orange juice

1 tablespoon minced fresh cilantro

2 teaspoons lime juice

1/4 teaspoon salt

Mix together all ingredients. Refrigerate for 2 hours to allow flavors to blend. Serve with grilled pork, chicken or fish.

Okra

To store fresh okra- line a container with paper towel place the okra in the container and cover with a towel. Okra prefers to have a very dry environment and it will only keep for a day or two. Plan to use okra quickly after picking up your share.



Some simple preparation

Blanch the okra-for longer refrigerator storage

Add okra - slice to add to soups and stews the sticky substance released with help to thicken the broth.

To freeze okra-Wash and trim the stem off the okra, the blanch whole in boiling water for 1 minute. Plunge into an ice water bath to cool. Drain and pat dry with clean dish towels. Freeze in quart-sized freezer bags.

Fried Okra

- Okra
- Cornmeal
- Flour
- Salt & Pepper

Oil for Frying

Cook this dish once and you (any anyone you serve it to) will be an okra enthusiast for life. Guaranteed! Choose small okra as it tends to be more tender and less seedy. Slice the okra into ½ inch rounds. Toss it in a bowl with some flour and cornmeal, salt & pepper. The flour absorbs the okra's slime and the cornmeal adds a nice rustic crunch. Heat vegetable oil in a broad skillet and add the okra in a single layer. Fry over medium-high heat for about 5 minutes, then turn and fry the other side. This is a tedious step and you must work quickly and methodically so that they don't burn. But the results are worth it: evenly browned, crispy, delicious okra with only the faintest hint of its trademark viscous texture.

From: the Kitchen Garden CSA

Onions

freshly
inspired

Alstede's Community
Supported Agriculture



Scallions-Green onions



Candy Onions-white, yellow, red

To store scallions- wrap in a paper towel and store in a plastic bag for up to 2 weeks in the refrigerator.

To store fresh onions- Cut off the tops and use for stock or soup, store onions in the refrigerator for up to 3 weeks.

To store cured onions (no tops, papery skin) usually available later in the season store in a cool dry place at room temperature is okay for 6-8 weeks.

Slice fresh onions-or use pickled onions for grilled burgers

Caramelize the onions-to top steak sandwiches

Add chopped onions- to salads

Use a mixture of onions from the shares for French Onion Soup

For the Pickled Onions:

1/2 cup red wine vinegar (I swapped half with regular vinegar; I was being stingy with my fancy red wine stuff)

1/2 cup cold water

2 tablespoons kosher salt

1 tablespoon sugar

2 to 3 really good shots hot sauce (recommended: Tabasco)

1 red onion, sliced into very thin rings

Make the pickled red onions: In a small bowl, combine red wine vinegar with 1/2 cup of cold tap water. Stir in salt, the sugar and the hot sauce. Add the sliced onions and let sit for at least one hour. [Do ahead: We made these the night before to save time; they were even better pickled overnight.] From-Smitten Kitchen



Yellow, White, and Red Onions

Oregano



Three Bean Salad

- 1 medium red bell pepper
- 3/4 cup frozen shelled edamame (green soybeans), thawed
- 8 ounces green beans, trimmed
- 1 1/2 cups cooked, shelled fresh chickpeas (garbanzo beans)

1/2 teaspoon kosher salt

[Click to see savings](#)

1/2 teaspoon freshly ground black pepper

[Click to see savings](#)

1/4 cup minced shallots

[Click to see savings](#)

- 3 tablespoons fresh flat-leaf parsley leaves
- 1 1/2 tablespoons fresh oregano leaves

2 tablespoons fresh lemon juice

[Click to see savings](#)

- 1 tablespoon Dijon mustard

1 tablespoon extra-virgin olive

Preheat broiler to high.

Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 10 minutes or until blackened. Place in a paper bag; fold to close tightly. Let stand 10 minutes. Peel and chop. Cook edamame and green beans in boiling water 4 minutes; rinse with cold water, and drain.

Combine bell pepper, edamame mixture, chickpeas, salt, and pepper in a medium bowl. Combine shallots and remaining ingredients, stirring well with a whisk. Drizzle the dressing over bean mixture.

Farm fresh oregano can be stored on the counter up to 3-4 days. Trim the stems, place in a jar or vase of water, and change the water every day.

Use Fresh Oregano in your favorite Italian recipes

Parsley

freshly
inspired

Alstede's Community
Supported Agriculture



© Y

Parsley may be flat leaf or curly.

Parsley may be stored- on the counter after trimming stems in cool water in a jar or vase, change the water daily and the parsley will keep up to a week.

Wrap the parsley in paper towel in a plastic bag in the refrigerator it will keep for up to a week

Tabbouleh

- 1 cup bulgur
- 3 tomatoes, seeded and chopped
- 2 cucumbers, peeled and chopped
- 3 green onions, chopped
- 3 cloves garlic, minced
- 1 cup chopped fresh parsley
- 1/3 cup fresh mint leaves
- 2 teaspoons salt
- 1/2 cup lemon juice
- 2/3 cup olive oil

Place cracked wheat in a bowl and cover with 2 cups boiling water. Soak for 30 minutes; drain and squeeze out excess water.

In a mixing bowl, combine the wheat, tomatoes, cucumbers, onions, garlic, parsley, mint, salt, lemon juice, and olive oil. Toss and refrigerate for at least 4 hours before serving. Toss again prior to serving.

Parsnips

Slice parsnips into French fry sized pieces, tumble them in olive oil, salt them, and then roast them in a baking pan until crispy.

Chop parsnips- into chunks and steam them with potatoes, and then mash it all together. Adding some parsnips to mashed potatoes gives the potatoes an herbal kick.

Chop Parsnips and add to soups, stews, pot pies



Potato, Carrot and Parsnip Soup

1/4 cup (1/2 stick) butter
2 large onions, halved and sliced (about 5 cups)
4 carrots, peeled, cut into 1/2-inch pieces (about 2 cups)
4 parsnips, peeled, cut into 1/2-inch pieces (about 1 cups)
2 14 1/2 ounce cans (or more) low-salt chicken broth
3 large red potatoes cut into 1/2-inch pieces (about 2 1/2 cups)
1/4 cup chopped fresh parsley
1 teaspoon fresh thyme
1 1/4 cups half and half
1/4 cup Sherry

Too store parsnips- Remove tops from roots and discard. Store washed or unwashed roots in a plastic bag in the refrigerator for a month or more.

Please Note: parsnip greens can cause an allergic reaction for those with very sensitive skin!

Melt butter in heavy large pot over medium-high heat. Add onions and sauté until golden, about 15 minutes. Add carrots and parsnips and cook 10 minutes. Add 2 cans of broth, potatoes, parsley and thyme. Cover and simmer until potatoes are tender, stirring occasionally, about 30 minutes.

Puree half of soup in processor. Mix puree into remaining soup in pot. Stir in half and half and Sherry. Season to taste with salt and pepper. (Can be prepared 1 day ahead; Cover and refrigerate.) Bring soup to simmer, thinning with additional broth, if desired. Ladle into bowls and serve.

Peaches

freshly
inspired

Alstede's Community
Supported Agriculture



White Peaches

Yellow Peaches

Saturn (Donut) Peaches

To store fresh peaches: Store peaches on the counter at room temperature until they are the ripeness you prefer. When ripe, peaches should be stored in the crisper bin of your refrigerator where they will keep for up to five days.

Saturn (Donut) Peaches are a real treat, they are sweet, juicy, the skin is thin, and they are great eaten out of hand.

Growing Saturn Peaches helps to preserve biodiversity and maintains diverse seed stocks for generations to come!

Early peaches will be cling stone, later freestone. When cutting a clingstone peach cut the sections in $\frac{1}{2}$ and then quarters and then slices. Cut to the pit and remove the slices. Cover any remaining fruit with a citrus juice to prevent browning.

Easily peel peaches- Use a sharp paring knife to make a small "x" through the skin at the base of each peach. Place into boiling water for 2-3 minutes. Remove to cool plunge into a bowl of ice water and the skin will come off with ease.

Peach Crisp –

Preheat oven to 350

Peel and slice ripe peaches and layer into a greased 8" pan

1 cups all-purpose flour

3/4 cup white sugar

1/8 t or a pinch of salt

3/4 teaspoon ground cinnamon

1/2 cup butter, chilled

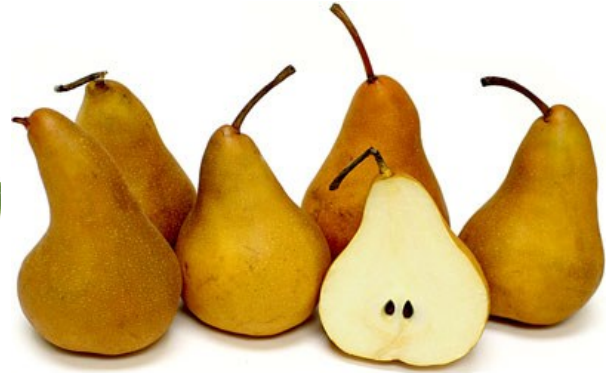
Preheat oven to 350 degrees. Layer the peaches in an 8x8 or 9x9 inch baking pan. In a large bowl, mix the flour, sugar, salt and cinnamon. Cut the butter into chunks and cut it into the dry ingredients using a pastry blender until it looks like pea size crumbs. Sprinkle crumbs over peaches. Bake for 20-25 minutes in the preheated oven, until lightly golden brown and peaches are bubbly. Serve warm with ice cream.



Asian Pears



Bartlett Pears



Bosc Pears

European pears include Bartlett and Bosc

Storing European Pears- Ripe pears can be stored in the refrigerator for a few days. Pears should not be in plastic, they should not be near any foods that give off strong odors that might be absorbed.

Ripe pears are a favorite fruit for eating out of hand.

Bake with pears in tarts, breads, muffins. Many recipes that call for apples can use pears as a substitute.

Pear & Walnut Salad with Pear Vinaigrette-

serves two

FOR THE VINAIGRETTE

3 tablespoons Pear Juice

1 tablespoons Pear Infused Vinegar

2 tablespoons Olive Oil

2 sprigs of Thyme, leaves removed {discard stem}

1/8 teaspoon Fresh Ground Black Pepper

FOR THE SALAD

2 cups or so of Baby Romaine Leaves

1/2 a Pear, cored and thinly sliced

1 medium Shallot, sliced thin

2 tablespoons Toasted Walnuts, roughly chopped

2 tablespoons Blue Cheese

Coarse Sea Salt, to taste

In a medium bowl add the pear juice and vinegar. While whisking, slowly stream in the olive oil. Scrape the leaves off of two sprigs of thyme and add in the black pepper. Whisk to combine

Assemble romaine leaves and top with sliced pear, shallot, toasted walnuts, blue cheese and season with sea salt to taste. Drizzle with desired amount of the pear vinaigrette and enjoy!

From: simply scratch.com

Pears are harvested when they are a mature fruit. They are not yet ripe. They will ripen at room temperature for a couple of days and they will get sweeter as they ripen.

**Then store in the refrigerator up to 5 days
To store Asian pears: Refrigerate- not in plastic.**

Asian Pears: You can cook Asian pears, but they are probably at their best eaten out of hand, to appreciate their delicate flavor.

Peas

freshly
inspired

Alstede's Community
Supported Agriculture

Store Peas- in a container or plastic bag, unwashed for up to a week.

Try to use peas as soon as possible. Like sweet corn they can lose some sweetness if stored for too long.

Shell peas when you receive them and store for just a day or 2

Snap peas and snow peas need to be stringed- snap back at the stem and pull the string to the far end.

Add snap peas to salads, add snow peas to stir fries, shell fresh peas and add to risotto, soup or stew.

Save the shells from English Peas to use when making vegetable stock.



Shelling or English Peas
Sugar Snap Peas



Snow Peas



Fresh Tagliatelle with Prosciutto, Peas and Cream

4 Tbsp. butter

1/2 cup sliced onion (red cipollini are my favorite for this)

1-2 cups freshly shelled peas

1 1/2 cups heavy cream

1/2 cup freshly grated parmesan

2 ounces prosciutto, sliced extremely thin

fresh homemade or purchased egg tagliatelle or fettuccine

2 tbsp. flat Italian parsley, chopped

Boil and salt the pasta water. In a wide skillet, sauté the onion lightly in the butter until translucent. Add the peas and sauté 5 minutes over medium heat. Add the cream and bring to a boil, then simmer 3-5 minutes until slightly reduced. Add the Parmesan and stir to incorporate. Turn off the flame and tear bite-sized pieces of prosciutto into the sauce. Meanwhile, cook the fresh pasta until it floats, drain well and add to the pan in which the sauce was cooked (alternately, combine in a serving bowl). Toss and serve immediately with freshly ground pepper, additional cheese and parsley. Hint: eat it all because if you reheat leftovers the next day, the cream disappears in a puddle of grease.

Hot Peppers



Habanero



Poblano/Ancho



Jalapeno



Cherry Bomb Peppers



Long Hot Peppers



Serrano

To store hot peppers-place in a plastic bag for up to a week

Chili Pepper Plants

freshly
inspired

Alstede's Community
Supported Agriculture



Chili pepper plants -will be delivered with a root attached, they cannot be planted.

The peppers are ready to be prepared in recipes or dried.

The plant can hang to dry the peppers in a sunny dry area for a few weeks; once they are dried they may be fried and then sprinkled over pasta or on dishes where you might add some hot pepper flakes. Another drying method is to take them off the plant and string them, under the stem and again hang them until they dry and then they can be ground.

Dry the peppers on a rack again this method will take a couple of weeks.

Dry in the oven at a very low temperature, the oven door should be open so that there is air flow. For this method, cut them in 1/2 first.

Peppers that are air dried can also be ornamental hang them in the kitchen or they are also the peppers that are used in wreaths.

Use fresh: These peppers can be used in recipes as fresh hot peppers are used.

Hot and Spicy Tomato Sauce

1/2 cup extra-virgin olive oil

4 cloves of garlic, finely chopped

1 medium onion chopped

2-3 green peppers, halved, seeded, and cut into 1-inch square pieces

1/2 pound hot peppers cut into short, thin, slices

1 can crushed tomatoes

2 fresh tomatoes peeled, chopped and seeded

Small bunch basil leaves

Heat the oil over low to medium heat in a large pan. Add the onion, garlic and green peppers, and allow to sweat for 2 to 3 minutes. Add the hot peppers, and a sprinkle of salt. Cook over low to medium heat for about 20 minutes, or until the peppers have softened and are partially tender. There will still be some liquid left in the pan. Add the tomatoes and the basil leaves. Lower the heat and continue to cook for another 15 minutes, until the peppers are tender. Add additional salt, to taste. Remove from the heat.

Serve over pasta, grilled meats, pizza or frittata

Peppers (Sweet, Bell)

Colorful Sweet Bell Peppers, white, purple, yellow, orange, green and red



Cubanelle Pepper



Cheese peppers (green, yellow, orange or red)

Bell Peppers (cont'd)



Alstede's Community
Supported Agriculture

To roast sweet peppers: Roast peppers, place red pepper over hot coals or an open flame on your grill. Toast it, turning often, until the skin is evenly blackened. Place pepper in a brown bag for 10 min. to steam. Skin will peel off easily with a knife.

Cheese peppers: make great stuffed peppers for a perfect portion size.

Marinate Peppers-to prepare for grilling

Retain nutrients by serving raw- Slice or chop and add to salads or serve slices with a dip.

A simple recipe for sweet peppers:

Peperonata

3 sweet peppers, sliced

1 onion, sliced

3 cloves garlic

3 sprigs parsley, chopped

1 ripe tomato, chopped

6 Tbsp. extra virgin olive oil

Salt & pepper

Sauté the garlic and onion in oil until

soft. Add the peppers and cook on medium heat until softened. Add the tomatoes, parsley, salt and pepper and continue to cook for another 30 minutes, being careful not to burn.

Serve with pasta or atop toasted bread as crostini. It's also delicious as a side dish for meat.

How to store fresh sweet peppers-Peppers can be kept in a plastic bag in the refrigerator for up to 2 weeks.

To freeze fresh sweet peppers-Halve peppers lengthwise. Remove the stem and seeds. Freeze pieces in quart or gallon-size freezer bags.

Snack/Lunchbox Peppers



Fresh Sweet Peppers can be kept in the refrigerator in a plastic bag for at least a week

Grilled Sweet Peppers with Chorizo and Queso Fresco -The stuffing would be delicious with any variety of peppers – sweet or hot, small or large .

1 tablespoon olive oil, plus more for drizzling

1 yellow onion, finely diced

Large flake sea salt

8 ounces fresh chorizo sausage, casings removed

8 ounces queso fresco, crumbled

1 bunch cilantro, chopped fine

3/4 pound small peppers

In a large skillet over medium heat, warm the olive oil. Add the onion, season with salt, and cook until the onion is soft and translucent, about 7 minutes. Add the chorizo and cook, crumbling with the back of a wooden spoon, until cooked through, about 6 minutes.

Transfer the chorizo mixture to a paper towel-lined plate and let cool to room temperature.

In a small bowl, combine cooked chorizo, queso fresco and cilantro.

Using a small paring knife, remove the top and seeds from the peppers. Spoon the cheese filling into each cavity, pressing it down to fill the entire cavity. Drizzle the peppers with olive oil and sprinkle with salt.

Preheat grill to medium high. Lightly oil the grates. Have one area of the grill available for indirect grilling.

Arrange the stuffed peppers on the grill over indirect heat, cover the grill and roast until the peppers

Popcorn

freshly
inspired

Alstede's Community
Supported Agriculture



Store popcorn in a cool dry place until you are ready to prepare it.

Making popcorn with the corncob in your share is as easy as making microwave popcorn. We distribute corncobs in October. Store them in a paper bag until December, at which point they will be sufficiently cured.

To pop a corncob:

Place one corncob in a paper bag (the lunch-size brown bags are perfect)

Fold the top over a couple of times to seal the bag

Put the bag in the microwave with the folded end facing down.

Use the “popcorn” setting on your microwave to pop the popcorn. Stop the microwave when the popping slows, as you would for packaged popcorn. It takes only a second or two to go from perfectly popped to burning.

Pour into a bowl and top with melted butter, salt, spices. If popped kernels are stuck to the cob you can pick them off.

All the kernels may not pop. You may have some luck letting the cob cool, rubbing the un-popped kernels off the cob, and re-popping them in the paper bag. This is more trouble than it's worth, in my opinion. But if you try, stand in front of the microwave ready to stop it the second the popping slows down.

Potatoes



Potatoes Anna

- 5-7 gold or russet potatoes,
peeled and sliced 1/8" thick
* 6-8 tablespoons butter,
melted mix with 2 T Olive oil
* Kosher salt
* Black Pepper

To store potatoes- Potatoes should be stored in a cool place, somewhere without heat yet not so cold that the potatoes will freeze.

The top step on the cellar stars has been recommended.

Refrigeration will make the starch turn to sugar

Potatoes will turn green if exposed to light.
Peel off green parts before using as they are mildly toxic.

Preheat oven to 450 degrees.

Pour enough butter/oil mixture in a round cake or pie pan to lightly coat the bottom. Arrange a single layer of potato slices in a circular pattern, slightly overlapping each piece. Drizzle the layer of potatoes with melted butter and sprinkle with salt and pepper. Repeat layering the potatoes, butter, salt and pepper, pressing down firmly to pack. Cover the pan with foil and bake for about 20 minutes. Remove the foil and bake an additional 25 minutes or until the potatoes are tender and lightly golden.

Cut into wedges and serve, flipping the serving over on the plate so that the crispy browned side is facing up.

Pumpkins

freshly
inspired

Alstede's Community
Supported Agriculture



Roasting Pumpkin Seeds

Pumpkin seeds can be roasted and enjoyed plain or with several combinations of seasonings.

Remove the pumpkin seeds from the pulp. Rinse and dry.

Some flavoring combinations include:

- Tossing with a bit of melted butter and salt before roasting
- Tossing with canola oil and garlic salt before roasting
- A little sugar and a little salt will help to caramelize and give a very satisfying flavor
- Bake plain and sprinkle with seasoning salt or Cajun spice immediately after removing from the oven.

For those who want salt free pumpkin seeds, after baking and while still hot sprinkle with no-salt curry powder or garlic powder.

Pumpkins will keep for weeks- as long as the room temperature is not too warm, if they are kept outdoors they should not be allowed to freeze.

For roasting, lay out the pumpkin seeds as prepared above and place in a preheated 325 degree oven. Bake until they turn a light golden color, stirring every so often to ensure even cooking. Sprinkle with desired seasonings. The green, hulled seeds can also be toasted. Simply place in a sauté pan over medium high heat and swirl around until aromatic. Transfer to a dish and sprinkle with salt.

Remember use a lower temperature- to retain nutrients when roasting seeds.

Purslane



Purslane stems are full of water. You can blend some chopped "stalks" of purslane in a blender with some celery and carrots and make your own vegetable juice.

Purslane tea sandwiches- Use thin bread, with the crusts cut off spread with sweet butter. . Lay washed sprigs of purslane across the buttered side, top with another slice of bread. Cut the sandwich diagonally in half or into dainty quarters.

Stir fry purslane – with other vegetables, add to stir fried chicken, beef, pork, server over rice.

Cucumber-Purslane-yogurt salad
inspired from a starchefs.com recipe

4-5 large green garden cucumbers, peeled, seeded and cut into quarter-round slices

1/4 pound Purslane, large stems removed, washed and drained well then roughly chopped

2 tablespoons each, Fresh chopped mint,
cilantro and chervil

3 cups Greek yogurt

1/4 cup best olive oil

3 cloves Garlic, puréed with the blade of a knife

2 teaspoon ground Coriander

S & P to taste

Place the cucumber, purslane and herbs into a large bowl. In another bowl, stir together the yogurt, olive oil and garlic, coriander and season to taste with salt. Add the yogurt mixture to the vegetables and mix well. Add a pinch of ground black pepper. Taste the dressed cucumber-purslane salad for seasoning, adding a little more salt if needed. Serve chilled.

To store Purslane- Wrap in a paper towel store in a plastic container or bag or 3-4 days.

Radishes

freshly
inspired

Alstede's Community
Supported Agriculture



Radishes add beautiful color, a spicy flavor and a crisp texture to salads.

Wash and slice radishes and serve with or without dip as an appetizer while preparing dinner.

A simple recipe:

1 medium-sized head butter (Boston) lettuce

1 - 2 bunches arugula, coarsely chopped

10 radishes; thinly sliced

3 T minced chives

Fresh ground black pepper

Vinaigrette:

2 t orange zest

1/2 c orange juice

4 T red wine vinegar or sherry vinegar

2 cloves garlic, finely minced

2 T minced fresh parsley

1 t salt

1/2 c olive oil

Toss vegetables with dressing just before serving.

Source: Vegetable Heaven

To store radishes - Remove the tops. The leaves will take moisture and nutrients from the radish place the radishes in a plastic bag and put them in the refrigerator. Do not clean them first. Summer radishes will stay fresh for up to a week.

Rhubarb

Rhubarb leaves
are poisonous!
Only the stems
are edible.



To store fresh rhubarb - Place the stalks in a plastic bag to retain moisture and store for 3 to 5 days in the refrigerator crisper drawer.

To freeze, cut the rhubarb stalks into 1-inch chunks and seal in an airtight bag. Frozen rhubarb will keep up to a year at 0 degrees F.

Rhubarb Upside-Down Cake

For the Topping the topping will be on the bottom when the cake is inverted.

4 tablespoons unsalted butter, melted

1/2 cup all-purpose flour

1/4 cup sugar

Coarse salt

For the Cake

1 1/2 sticks unsalted butter, room temperature, plus more for buttering pan

1 pound rhubarb, trimmed and cut on a very sharp diagonal about 1/2 inch thick

1 3/4 cups sugar

1 1/2 cups all-purpose flour

1 1/2 teaspoons baking powder

Coarse salt

1/2 teaspoon finely grated orange zest plus 1 tablespoon fresh orange juice

2 large eggs

1 cup sour cream

Preheat oven to 350 degrees. Make the topping: Stir together butter, flour, sugar, and 1/4 teaspoon salt until moist and crumbly.

Make the cake: Butter a 9-inch round cake pan (2 inches deep). Dot with 4 tablespoons butter (cut into pieces). Toss rhubarb with 3/4 cup sugar; let stand for 2 minutes. Toss again, and spread in pan.

Whisk together flour, baking powder, and 1 1/2 teaspoons salt. Beat remaining stick butter and cup sugar with a mixer on medium speed until pale and fluffy. Beat in zest and juice. Beat in eggs, 1 at a time, until incorporated, scraping down sides of bowl. Beat in flour mixture in 3 additions, alternating with sour cream, until smooth. Spread evenly over rhubarb. Crumble topping evenly over batter.

Bake until a toothpick inserted into the center comes out clean and top springs back when touched, about 1 hour. Let cool for 10 minutes. Run a knife around edge of cake, and invert onto a wire rack. Let cool completely. Let the cake cool for 10 minutes before removing it from the pan. The rhubarb will be too hot to handle safely right after baking. But if the cake sits much longer, it may stick. Adapted from Martha Stewart

Rutabaga

freshly
inspired

Alstede's Community
Supported Agriculture



When ready to prepare: Scrub rutabaga with a vegetable brush.

Peeling is optional

Grate raw into salads and slaws.

Steam 1-inch slices for 12-15 minutes.

Bake rutabaga for 30-45 minutes at 350 degrees F basted with butter.

Roast along with roasting meats

Sauté garlic in olive oil, then add thin slices of rutabaga.

Dice rutabaga and add to soups or stews or stir-fry.

Mash rutabaga like potatoes.

Roasted Rutabaga in Brown Butter

Serves 4 as a side dish

1 large rutabaga, about 1 1/2 pounds

4 tablespoons unsalted butter

Flaky salt and freshly ground black pepper

Juice of 1/2 lemon

2 tablespoons finely chopped parsley

Heat the oven to 450°F. Peel the rutabaga with a vegetable peeler and cut into 1/2-inch to 3/4-inch cubes.

Melt the butter in a saucepan over medium heat and cook for about 5 minutes, until the butter foams then browns into a nutty, toasty-smelling liquid.

Toss the rutabaga with the browned butter and season with salt and pepper. Transfer the rutabaga to a large baking sheet and spread into a single layer. Roast for 25 to 40 minutes or until browned and tender. Remove from the baking sheet and toss with lemon juice and parsley.

**Store rutabaga
unwashed in plastic
bag in the fridge for 1-2
weeks.**

Sage

Herbed Bread Stuffing with Mushrooms and Sausage

1/2 pounds peasant-style white bread

4 (4-ounce) links sweet turkey Italian sausage

[Click to see savings](#)

2 teaspoons butter

[Click to see savings](#)

1 pound cremini mushrooms, quartered

Cooking spray

[Click to see savings](#)

2 cups chopped onion

[Click to see savings](#)

1 1/4 cups chopped carrot

[Click to see savings](#)

1 1/4 cups chopped celery

[Click to see savings](#)

1/2 cup minced fresh parsley

1 tablespoon fresh thyme leaves

1 tablespoon minced fresh sage

1/2 teaspoon salt

[Click to see savings](#)

1/4 teaspoon freshly ground black pepper

[Click to see savings](#)

2 large eggs

[Click to see savings](#)

1 (14-ounce) can fat-free, less-sodium chicken broth [Click to see savings](#)



To store sage- on the counter after trimming stems in cool water in a jar or vase, change the water daily and the parsley will keep up to a week.

Wrap the sage in paper towel in a plastic bag in the refrigerator it will keep for more than a week.

Preheat oven to 400°.

Trim crust from bread. Cut bread into 1 1/2-inch cubes. Arrange bread cubes in a single layer on 2 jelly-roll pans. Bake at 400° for 10 minutes or until toasted.

Reduce oven temperature to 350°.

Cook sausage in a large nonstick skillet over medium-high heat 10 minutes, browning on all sides. Remove from pan; cut crosswise into 1/4-inch-thick slices.

Melt butter in skillet over medium-high heat. Add mushrooms; sauté 4 minutes. Combine bread cubes, sausage, and mushrooms in a large bowl.

Heat skillet over medium-high heat. Coat pan with cooking spray. Add onion, carrot, and celery; sauté 5 minutes or until lightly browned. Add parsley, thyme, sage, salt, and pepper; sauté 1 minute. Add to bread mixture. Combine eggs and broth, stirring with a whisk. Add to bread mixture; toss to coat. Spoon into a 13 x 9-inch baking dish coated with cooking spray. Bake at 350° for 45 minutes or until browned.

Savory

freshly
inspired

Alstede's Community
Supported Agriculture



Savory- is widely used in Central Europe where it seasons bean, pea, and lentil and sausage dishes.

Savory works well with tomatoes, eggs, and cheese recipes.

Savory has some of the same properties as thyme and rosemary; you could try to substitute it for either thyme or rosemary.

Savory Beans

1 pound dried beans (cannellini, pinto, haricot, etc.)

2 large onions or 2 bunches of stockpiled green onions, chopped

4 cloves garlic

3 heaping teaspoons chopped savory

salt and pepper

2 T olive oil

1 35-ounce can tomatoes in juice

1 heaping Tablespoon tomato paste

Rinse and soak beans overnight. Drain, and then cover with cold water. Add half the chopped onions, half the garlic, and 2 T of the savory. Bring to a boil, then reduce to a simmer, cover and cook until the beans are thoroughly tender, 45 to 60 minutes, depending on the size and age of the beans. Drain the beans if necessary, and season with salt and pepper.

Heat the oil, and sauté the remaining onion and garlic for 2 minutes. Add the canned tomatoes and juices and bring to a boil. Stir in the remaining savory, the tomato paste and salt and pepper to taste. Reduce the heat and cook over medium heat, uncovered, for 15 to 20 minutes, until slightly thickened. Mash the sauce with a potato masher.

Add the beans to the tomato sauce, stir well, adding a little boiling water if the mixture is too thick. Reheat gently and check the seasonings again. (From *Kitchen Garden* 9/98)

To store savory-
should last at least a
couple of weeks in
your crisper drawer
in a bag

Shallots



A sweeter, milder type of onion, shallots grow in clove-like formations somewhat similar to garlic. Shallots can be used in place of onions for an enhanced flavor in any recipe

Shallots have great flavor when sautéed. Shallots can be caramelized to enhance the sweetness. Shallots can be served raw mixed into salads.

Cream of Shallot Soup

**3/4 pound shallots
2 tablespoons butter
4 cups chicken stock
1/2 cup 35% cream
3 egg yolks
Salt and pepper to taste**

In a saucepan over medium heat, soften the shallots in the butter. Season with salt. Add the chicken broth and bring to a boil. Cover, reduce the heat and simmer gently until the shallots are tender, about 20 minutes. Purée in a blender until smooth. Return the soup to the saucepan.

In a bowl, whisk together the cream and egg yolks. Pour the mixture into the soup in a thin stream, stirring constantly. Reheat the soup over low heat, stirring with a wooden spoon. Do not allow to boil. Cook until slightly thickened. Adjust the seasoning.

From: The Kitchen

To store fresh shallots: Shallots should be stored in a cool dark spot where air circulates freely (not in a bag). Avoid storing in damp areas. Shallots should not be stored in the refrigerator.

Spinach

freshly
inspired

Alstede's Community
Supported Agriculture



Steam spinach for 5-8 minutes, use steamed spinach for a bed under roasted or grilled meats or fish

2-3 lbs of spinach cooks down to 2 cups

Add fresh spinach leaves into tomato sauce, server over pasta

Add spinach to ricotta cheese when preparing lasagna

Spinach Salad with Beets and Oranges

2 navel oranges

6 cups torn spinach or mixed salad greens

2 cups shredded peeled beets (about 1 pound)

1 tablespoon olive oil

2 tablespoons minced shallots

1/4 cup raspberry vinegar

1/4 teaspoon freshly ground black pepper

1/4 cup minced fresh chives

1/4 cup coarsely chopped walnuts or pecans, toasted

Peel oranges, and cut each crosswise into 5 slices.

Place spinach on a large platter. Spoon beets onto spinach, and arrange orange slices on beets. Heat oil in a nonstick skillet over medium-high heat, add shallots, and sauté 1 minute or until tender. Stir in vinegar and pepper; drizzle over salad. Sprinkle salad with chives and walnuts. Salt to taste.

Store pre-washed and spun spinach greens in a plastic container lined with a dry paper towel in the refrigerator for up to 1 week. Cut greens perish more quickly if stored with any dampness

Freeze- Blanch pre-washed (and chopped, if desired) greens in boiling water for 1 minute. Plunge into an ice water bath to cool. Drain and wring out as much water as possible. Form into convenient serving-size balls. Wrap balls in plastic wrap and freeze in quart or gallon-size freezer bags.

Squash (Summer)



Slice into medallions and quick-sauté with a pinch of salt and pepper for a great side dish. Try it as a base for a frittata.

Pasta with Summer Squash and Scapes

3 yellow summer squash, cut into what one may call “medallions”

4 garlic scapes

1 really small bit of broccoli

a small handful of diced scallions

2-3 T fresh basil chopped or (to taste)

Olive oil

salt & pepper

lemon juice

bowtie pasta

Sauté the squash pieces in a little olive oil, remove. Sauté the scapes on low for a few minutes, then add scallions and a little tiny bit of broccoli, then return the squash,

Add the salt and let it all simmer for a bit while the pasta is cooking.

Prepare the pasta according to the package. Save a little pasta water. Drain it and toss it with the vegetable mixture, tossing it to coat the noodles. Sprinkle with a little lemon juice and some black pepper and a sprinkle in the basil. Add a little pasta water if you need some extra moisture. Adapted from-tumbler

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.

Squash (Fall/Winter)

freshly
inspired

Alstede's Community
Supported Agriculture

BUTTERNUT



ACORN



SPAGHETTI



BUTTERCUP



To store fall or winter squash: Winter squash should be stored at room temperature in a dry location like the kitchen counter or cupboard.

Some Tips-

Use butternut squash in place of pumpkin in your favorite pie, muffin or bread recipes.

Peel and cut into squash chunks- and roast alongside root vegetables.

Roasted squash. Slice in half lengthwise, scoop out seeds, and place face-down in a shallow pan with a little water (just a thin layer of water will work) or without.

Roast for about 40

minutes (until fork tender), then turn face-side up, add a little butter and either cinnamon or sage, and roast until completely done, another 10-15 minutes.

To store fall or winter squash: Winter squash should be stored at room temperature in a dry location like the kitchen counter or cupboard.

Squash (cont'd)

Apple, Leek, and Butternut Squash Gratin

3 tablespoons extra-virgin olive oil

2 medium leeks, white part only, trimmed of roots and tough outer leaves, thinly sliced crosswise, well washed and dried

Coarse salt and ground pepper

1/2 cup dry sherry

1 tablespoon chopped fresh sage, plus leaves for garnish

1 pound butternut squash, peeled, seeded, and sliced 1/8-inch thick

1 pound apples, such as Gala, Cortland, or Macoun, peeled, halved, cored, and cut into 1/8-inch thick slices

1/2 cup freshly grated Parmesan cheese

Preheat the oven to 350 degrees. In a 10-inch skillet, heat 2 tablespoons of oil over medium heat. Add leeks and 2 tablespoons water; season with salt and pepper. Cook, stirring occasionally, until they begin to brown, about 10 minutes. Add sherry and sage and cook until liquid is reduced to a glaze, about 3 minutes; set aside.

In a 2-quart shallow baking dish, arrange squash in overlapping layers; season with salt and pepper. Spread leeks evenly over the squash.

Arrange apples in an overlapping layer over the leeks. Brush apples with remaining tablespoon oil. Cover tightly with aluminum foil. Bake 45 minutes.

Uncover and sprinkle cheese over the top. Raise the oven temperature to 450 degrees and bake 10 minutes, or until the cheese has melted and is golden brown. The tip of a paring knife should easily pierce the gratin. Let cool 10 minutes before serving. Garnish with sage leaves

Stevia

freshly
inspired

Alstede's Community
Supported Agriculture



To store stevia- Keep a jar of cool water the counter, trim the stems before placing into the water and change the water each day.

Home-made Stevia Extract

1-Quart or pint glass jar with lid (both boiled to sterilize) fresh or dried stevia leaf

Enough vodka, rum or ever clear to fill the jar (at least half of the total size of the jar)

A cheesecloth or fine mesh strainer

Small sauce pan

Put the fresh or dried stevia leaf in the jar, filling it $\frac{2}{3}$ full.

Pour vodka/rum/ever clear over the leaves to fill the jar and put the lid on tightly.

Put in a place where you will see it and leave for 36 hours, shaking occasionally. (I put on the counter and shake every time I'm cooking)

Leaving it for longer than this seems to make it bitter.

Strain the liquid into the small sauce pan (it will be greenish-brown)

Turn heat on low and bring to a simmer. Important: do not boil! It will ruin the taste!!!

Strawberries

Alstede's Community
Supported Agriculture

Strawberry Cake - Yield: one 10-inch cake

6 tablespoons unsalted butter, softened,
plus more for pie plate

1 1/2 cups all-purpose flour

1 1/2 teaspoons baking powder

1/2 teaspoon salt

1 cup plus 2 tablespoons sugar

1 large egg

1/2 cup milk

1 teaspoon pure vanilla extract

1 pound strawberries, hulled and halved

Preheat oven to 350 degrees. Butter a
10-inch pie plate. Sift flour, baking
powder, and salt together into a medium
bowl.

Put butter and 1 cup sugar in the bowl of
an electric mixer fitted with the paddle
attachment. Mix on medium-high speed
until pale and fluffy, about 3 minutes.
Reduce speed to medium-low; mix in
egg, milk, and vanilla.

Reduce speed to low; gradually mix in
flour mixture. Transfer batter to buttered
pie plate. Arrange strawberries on top of
batter, cut sides down and as close
together as possible. Sprinkle remaining
2 tablespoons sugar over berries.

Bake cake 10 minutes. Reduce oven
temperature to 325 degrees. Bake until
cake is golden brown and firm to the

touch, about 1 hour. Let cool in pie plate on a wire rack. Cut into wedges. Cake
can be stored at room temperature, loosely covered, up to 2 days.



To store strawberries -Remove the strawberries from the container. DO NOT WASH! 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. Strawberries should be cleaned and hulled before freezing. Wipe the strawberries clean with a soft moist cloth and then let them dry on paper towel. Place them on a tray to freeze and then move them into a zip lock freezer bag and be sure to get out most of the air and they should be good for up to six months.

Sweet Corn

freshly
inspired

Alstede's Community
Supported Agriculture



Bi-Color Sweet Corn



White Sweet Corn

Simple Corn Preparation-

Shuck the corn as close to serving time as possible. The corn husk actually does protect the corn from heat keeping it sweet and fresh. To help remove silk, very gently rub with a terry towel or run under water while rubbing.

To boil corn- bring a pot of water to a boil and add the corn, boil 3-4 minutes and remove.

To steam corn- place the corn in a steamer basket over boiling water and steam for 6-8 minutes.

To grill corn- remove the silk without removing husk. Soak the corn that is covered with husk by submerging in cool water 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.

To store sweet corn- Sweet corn is best served the day it is picked. Store only a day or 2 in the refrigerator. Corn as it ages will become starchier and less sweet.



Alstede's Community
Supported Agriculture

Sweet Corn (cont'd)

Directions for Freezing Sweet Corn

Start with fresh corn on the cob - as fresh as you can get. If there is a delay between harvesting and freezing, keep the corn in the refrigerator. The sugars break down quickly at room temperature.

Fill your largest pot $\frac{3}{4}$ full of water, heat to a rolling boil. Fill a large bowl with ice water.

Husk the corn. Be sure to remove all the silk. Gently rub with a soft terry towel to be sure that all of the silk is off.

Blanch the corn in the boiling water. This step stops the action of the enzymes in the corn. The water should not lose the boil. Boil for 4-6 minutes.

Drain and stop the cooking in the ice water bath. Add extra ice as needed.

Cut the kernels from the cob. Holding one end of the corn, the other end of the corn should be resting in a bowl. Run a very sharp knife under the kernels. (There are some special tools if you prefer.) The corn will come off in strips and should break apart as you are packing them

Portion the corn into zip lock bags. Be sure to push out as much air as possible to prevent freezer burn and drying.

When you are ready to serve you can heat up the corn in the microwave or in the top of a double boiler. There really is no need to cook further, just Heat up.

Some of you might rather freeze corn on the cob, our experience is that this

Method, corn off the cob will give you the best results.

Sweet Marjoram

freshly
inspired

Alstede's Community
Supported Agriculture



To store Marjoram-trim the stems, place in a jar of cool water, change the water daily, the herb will keep up to a week.

Sweet marjoram is a close relative of oregano.

Marjoram has a more delicate flavor than oregano.

Add sweet marjoram at the end of preparing a recipe so that the flavor will be enhanced and not overpowered.

Marjoram can be used in place of oregano when preparing Italian tomato dishes, Greek dishes and to flavor oil and vinegar dressings.

Marjoram Honey Vinaigrette

1/3 cup champagne vinegar

1 tablespoon lemon juice

1 tablespoon Dijon mustard

1 tablespoon honey

1 shallot, finely chopped

2 garlic cloves, finely chopped

2/3 cup grape-seed oil

Sea salt and freshly ground black pepper to taste

Combine the first 6 ingredients in a mixing bowl. Let stand for 30 minutes.

Slowly add the grape-seed oil to the mixture in a steady stream while whisking vigorously. Season with the salt and pepper.

Sweet Potatoes



Sweet Potato and Carrot Puree

- 4 large sweet potatoes
- 1 lb. carrots
- 2 ½ cup water
- 1 T sugar
- 8 T sweet butter, softened
- 1/2 c crème fraiche or sour cream
- 1/2 t nutmeg (optional)
- Parsley, for garnish, if desired.

Scrub potatoes and cut a deep slit in each top. Set on center rack of preheated 375 degree oven and bake for 1 hour, or until potatoes are tender when pierced with fork. Put cookie sheet underneath in case they explode. Peel and trim carrots and cut into 1-inch lengths. Put carrots in saucepan and add water, sugar, 2 T of butter, and salt and pepper to taste. Set over medium heat, bring to boil, and cook uncovered until water has evaporated and carrots begin to sizzle in butter, about 30 minutes. (Carrots should be tender. If not, add a little additional water and cook until carrots are done and all liquid has evaporated.) Be very careful not to let the carrots burn. Scrape out flesh of sweet potatoes and combine with carrots in bowl of food processor. Add remaining butter and crème fraiche and process until very smooth. Add nutmeg and season to taste with salt and pepper, then process to blend. To reheat, transfer to ovenproof serving dish and cover with foil. Heat in preheated 350 degree oven for about 25 minutes. Garnish with parsley if desired. *Adapted from: The Silver Palate Cookbook*

To store sweet potatoes-Do not wash before storing
Choose a cool dark place. Store in an unheated room, garage, or root cellar.

Swiss Chard

freshly
inspired

Alstede's Community
Supported Agriculture



A simple preparation idea- Toss steamed leaves with olive oil, lemon juice, salt and pepper. OR with sesame oil, rice vinegar or soy sauce
Parmesan Baked Swiss Chard Stems

- + 2 bunches chard stems
 - + 1/2 tsp. sea salt for boiling
 - + 2 TBSP olive oil
 - + 1/2 cup grated or shredded parmesan cheese
- kosher salt and coarse ground black pepper to taste

Trim discolored ends from chard stems and cut on an angle into 3-inch pieces.

Preheat oven to 400 degrees.

Cook chard stems in salted, boiling water for 6 minutes; drain.

Brush a baking dish with olive oil; place chard in the pan and drizzle with olive oil, then sprinkle with cheese. Make two layers, depending on the size of your baking pan.

Bake for 20 minutes, or until chard is softened and cheese is lightly brown.

Season with salt and black pepper and serve immediately.

From: Musingsofahousewife.com

To store 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

Thyme



Honey Glazed Lemon Roast Chicken Recipe

One 6 1/2- to 7-pound roasting chicken, rinsed, patted dry

1 1/4 cups fresh lemon juice (from about 6 large lemons)

Coarse kosher salt

Freshly ground black pepper

A few sprigs of fresh thyme

1/4 cup honey, heated to make it easier to brush

Marinate chicken in the lemon juice in sealable plastic bag, placed in a large bowl, so that if it leaks it will leak into the bowl. Refrigerate several hours to overnight, turning the bag occasionally so that the chicken stays well coated with the lemon juice.

Preheat oven to 450°F. Drain chicken from the marinade and pat dry with paper towels. Sprinkle the exterior of the chicken and the cavity generously with salt and pepper. Place thyme sprigs into the cavity. Place chicken breast side down, on a rack in a roasting pan. Roast for 15 minutes at 450°F, then reduce the oven temperature to 375°F and roast for 45 minutes more. Turn chicken breast side up on the rack. Use a basting brush or pastry brush to coat the chicken all over with honey. Lower the heat to 350°F and continue to cook until cooked through and deep brown, basting with any juices in pan and brushing with honey occasionally, about 55 minutes longer (test for doneness starting about 40 minutes). The chicken is done when the juices run clear (not pink) when a knife tip is inserted into both the chicken breast and thigh, about 165-170°F for the breast and 180-185°F for the thigh. Transfer chicken to platter. Tent the chicken loosely with aluminum foil to keep the chicken warm. Let rest for 15 minutes before carving.

Pour the pan juices into small saucepan, spoon off the fat. Reheat the pan juices. If you want you can thicken with a little flour or corn starch (create slurry with corn starch or flour and a little water first, before adding to the pan juices). Season with salt and pepper, serve chicken with pan juices or thickened gravy. Serves 4

From: Simply Recipes

To store fresh thyme-
like most herbs keep the bouquet on the counter, change the water daily so that thyme will keep all week long.

Tomatillos

freshly
inspired

Alstede's Community
Supported Agriculture



Preparing Tomatillos-Before using, peel off the husks and rinse to remove the sticky residue. Other than peeling off the husk, do not peel the green skin.

Tomatillos are traditionally used in three ways

Raw - Uncooked tomatillos add a fresh, tangy citrus-like flavor and are often used raw in Mexican table sauces. Finely dice or puree them.

Blanching - Mellows the flavor. Bring a large pot of water to a boil. Add the whole tomatillos (husks removed and rinsed) and boil for about 5 minutes, until soft. Drain and crush or puree as directed in a sauce recipe.

Fire roasting - Leaving slightly blackened skins on enriches a sauce with a smoky, woody flavor. They can roast under the broiler or with a propane torch, or over an open flame such as a grill or a gas burner. Make sure the heat is quite hot; otherwise the tomatillos will turn mushy before being charred.

Dry roasting - Produces an earthy, nutty flavor. Place the tomatillos in a heavy skillet (preferably cast-iron). Turn heat to low. Roast for about 20 to 30 minutes, turning occasionally, letting each side take on a rich, burnished golden color before turning.

Roasted Tomatillo Sauce with Greens

this sauce would be great on grains, meats, as an enchilada sauce, or thinned with stock into a soup...

Roast in an oven that's preheated to 400 degrees in a single layer on an oiled baking pan for 15-30 minutes, until nicely browned:

Husked and rinsed tomatillos and halved tomatoes

1-3 spicy peppers such as anaheims, Hungarians, or other, seeded

1-2 leeks, white parts only, or an onion or two, quartered

6-12 cloves of garlic

place the vegetables, including the juices, in a blender or food processor along with: Several leaves of chard or spinach (optional)

1/3 cup chopped fresh cilantro

3/4 cup stock (vegetable or chicken) or more as needed

S & P to taste

Pulse until smooth, adding more stock if necessary to make a medium bodied sauce. Reheat gently in a small saucepan and serve immediately or store, covered, in the fridge for up to 2 days.

Adapted from Marquita Farm CSA

To store tomatillos-
keep on the counter,
do not refrigerate.

Tomatoes



Yellow and Red Grape

If tomatoes start to get soft prepare them as a quick sauce or slice them and toast them

Just snack on the grape or cherry tomatoes the day you receive them, they are so sweet and delicious

When tomatoes are plentiful make a tomato only salad, with garlic or red onion, fresh basil a very little bit of vinegar and some olive oil. If you have leftovers, chop up the tomatoes add some parmesan cheese and

Serve over pasta for a quick lunch.

Plum Tomatoes

Red Tomatoes

How to store tomatoes- Tomatoes should be kept at room temperature for best taste and texture.

If necessary to refrigerate be sure to take out what you will need for the day early to return to room temperature for the best flavor.

Pork Tenderloin with Tomato-Peach Compote

- 4 garlic cloves
- 1 tablespoon chopped peeled ginger
- 1 teaspoon curry powder
- 2 (3/4-pound) pork tenderloins
- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 3/4 pound tomatoes, cut into 1-inch pieces
- 1 peach, chopped
- 2 teaspoons chopped thyme
- 1 teaspoon sugar (optional)
- Equipment: a mortar and pestle**

Preheat oven to 425°F with rack in middle.

Mash garlic, ginger, curry powder, 3/4 teaspoon salt, and 1/2 teaspoon pepper to a paste using mortar and pestle. Rub all over pork.

Heat oil in an ovenproof 12-inch heavy skillet over medium-high heat until it shimmers. Brown pork on one side, about 5 minutes, then turn over and transfer skillet to oven. Roast until an instant-read thermometer inserted into thickest part of meat registers 145 to 150°F for juicy meat, 10 to 12 minutes. Let pork rest, uncovered, on a cutting board while making compote.

Add onion to skillet (handle will be very hot) and sauté over medium-high heat until softened, 5 to 7 minutes. Add tomatoes and peach and sauté until just softened, 3 to 4 minutes. Stir in thyme and, if desired, sugar. Slice pork and serve with compote.

Turnips

freshly
inspired

Alstede's Community
Supported Agriculture



**Grate raw turnips into salads and slaws
Dice turnips and add to soups or stews
or stir-fry.**

**Mash steamed or boiled turnips like
potatoes.**

Turnip Beef Soup

1/2 lb. beef sirloin or beef stew pieces

1 Tablespoon olive oil

4 cups beef or chicken broth

1 cup Beer or ale

1/4 cup barley, rinsed and drained OR Brown Rice

2-3 Turnips, peeled and cut into small cubes

1-3 leeks or onions, chopped

2 Carrots, scrubbed & cut into small cubes

1 stalk celery, diced OR cutting celery , chopped

parsley, chopped

Fresh or dried thyme

S & P to taste

Trim away all visible fat from beef and cut into small cubes. Heat oil in a large saucepan; add beef and cook over medium heat to brown on all sides. Add remaining ingredients to pan and bring to a boil. Reduce heat and simmer, covered, for 1½ hours. Makes 4 to 6 servings.

**To store turnips and greens-
Store turnips unwashed in
plastic bag in the fridge for 1-2
weeks.**

**Store the greens separately in
a damp cloth or a plastic bag.
Use as soon as possible.**

Watermelon



Sugarbaby



Yellow Watermelon

To store Watermelon-Store melons in the refrigerator until ready to eat.

Keep melon cut up into bite-sized cubes in a plastic container in the refrigerator for a convenient snack. It will keep about 1 week pre-cut.

Watermelon Lime Spritzer

2 cups seedless watermelon, cut into cubes

1/2 cup ice cubes

2 cups lemon-lime flavored soda, divided

1 lime, cut into wedges

Place the watermelon and the ice cubes in a blender and blend until smooth. Add more ice cubes for a more slushy mixture. Slowly add 1/2 of the lemon-lime soda and blend until smooth. Pour into glasses, garnish with lime and serve.