

Chicken Baked with Potatoes, Cherry Tomatoes and Herbs

1 3-to 4-pound chicken, cut up, or 3 to 4 pounds bone-in, skin-on chicken thighs

¼ cup extra-virgin olive oil

1 tablespoon fresh rosemary leaves (from about 2 sprigs)

Kosher salt and freshly ground black pepper

2 small dried red chiles, crumbled, or 1/2 teaspoon crushed red pepper flakes

2 to 3 pounds large Yukon Gold, white, or red potatoes, quartered

12 ounces cherry or grape tomatoes

1 large yellow onion, quartered and thickly sliced

¼ cup dry white wine

4 to 6 sprigs fresh basil, plus 2 tablespoons finely shredded leaves for garnish

Pull any lumps of fat off the chicken pieces and discard. In a bowl or a sealable plastic bag, combine the chicken pieces, 1/8 cup of the olive oil, 1/2 tablespoon of the rosemary, 2 teaspoons salt, 1/2 teaspoon pepper and the chiles. Mix well and set aside to marinate, at least 30 minutes at room temperature or up to 8 hours in the refrigerator. Heat oven to 450 degrees. In a 9-by-13-inch baking dish or a large ovenproof skillet with a lid, combine remaining olive oil and rosemary with the potatoes, tomatoes, onion and a generous sprinkling of salt and pepper. Toss together and spread out evenly in the pan. Arrange chicken pieces on top, skin side up. Add the wine, pouring around the edges of the pan, and place the basil sprigs on top. Cover tightly with aluminum foil or a lid and bake 30 minutes.

Remove chicken from the oven and turn the oven temperature to 475 degrees. (Use the convection feature if you have it.) Or heat the broiler and arrange oven rack about 8 inches from the heat. Return uncovered pan to oven and cook until chicken skin is browned, cooking liquid is reduced and vegetables are very soft, 10 to 15 minutes more. Remove and discard basil sprigs. Garnish with shredded basil and serve immediately. From:

theNYtimes.com

Musk Melon

Yellow skin under yellow webbing means that the melon is ripe

Leave on the counter 1-2 days or refrigerate up to 5 days

Melon cut with seeds in tact will keep 3-4 days

Cut slices or cubes in a re-sealable container 1-2 days

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 ¾ 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 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.



Alstede Farms Freshly Inspired CSA

We had quite a week here at the farm. Yes, we were all a little nervous about everything going well with WPIX on Monday morning. And I think that our nerves were much calmer as we started to work with the crew and all of our guests. Having the children there with me, some of them my campers, some of them your children, made the event so much fun and I started to relax. Anyone there that morning tasted the peach pudding and while I was preparing for Fresh Discoveries on Wednesday we had samples as well. I have posted the recipe at the Jersey Fresh Peach Recipe Contest. For those of you who might not get a chance to taste here at the farm, I will print the recipe this week. Prepare it, taste it, and if you like it please vote for us. If you have voted, we appreciate your vote, thank you! <https://woobox.com/hfutjb/gallery/RnArbHBWV7Y>

Once again we have a share with quite a bit of fruit. We have all been enjoying the watermelon harvest this past week. Maggie is posting a recipe on Facebook that we prepared for Fresh Discoveries Club. We used a mixture of red and yellow melon with cucumber and herbs. You have the herbs in your garden and some of you will have basil in the shares as well. Watermelon comes to us each year naturally at a time when we need to be hydrated. Watermelon can keep us heart healthy, help to keep bones strong, and it can help with weight loss. The vitamin C content will help to boost our immune systems and help to prevent some cancers. Once again, something so tasty is so good for you!

For the first time we are going to have potatoes in a summer share. They will be white, all-purpose potatoes. They will live up to their name and they will fit into most of your favorite recipes. If you are not ready to use them, find a cool dark place to store them. Keep potatoes separate from your onions.

I noticed on Facebook that Maggie prepared the Burst Cherry Tomato Sauce, if you didn't get to it last week you may want to try it with the cherry tomatoes this week. Kandice Kullmann posted her lemon basil plant and some of you commented as well. The plant is huge and actually beautiful! If the herb is going to be used for cooking or you are planning to dry the herb remove the flowers so that it does not go to seed. The energy will go back to the root and the flavor will come back into the leaves. I noticed that Andrea Bell made one of my favorites, Peach Salsa. Andrea talks about killing her cilantro. I bet that most you, including me, no longer have cilantro growing. In some of my CSA years I have had cilantro re-seed in my garden, however not this year. When preparing here at the farm I did use some home grown. The farmers plant it over and over again. I think that is the only way to have cilantro and even dill all season long. You continue to inspire me and even better you continue to inspire each other. Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



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CSA Week 17 ~ Aug 20th - Aug 26th 2018

~discover the perfect fit for you~

Classic & Necessities Box Contents

This Week's Full Share

- Tree Ripened Peaches - Sustainable
- Tree Ripened Donut Peaches - Sustainable
- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Plums - Sustainable
- Freshly Picked Basil - Sustainable
- Peak Harvested Watermelon - Sustainable
- Cucumbers and Squash - Sustainable
- Hand Picked Carrots - Sustainable
- Freshly Picked Mint - Sustainable
- Aromatic Onions - Sustainable
- Field Grown Peppers - Sustainable
- Freshly Dug Potatoes - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

This Week's Half Share

- Tree Ripened Peaches - Sustainable
- Tree Ripened Donut Peaches - Sustainable
- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Plums - Sustainable
- Peak Harvested Watermelon - Sustainable
- Aromatic Onion - Sustainable
- Field Grown Peppers - Sustainable
- Freshly Dug Potatoes - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

This Week's Personal Share

- Tree Ripened Peaches - Sustainable
- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Plums - Sustainable
- Peak Harvested Watermelon - Sustainable
- Field Grown Peppers - Sustainable
- Freshly Dug Potatoes - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

**Farm Kurt
Special Bonus!**
Extra peaches and
sweet corn for
everyone

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Gram Tyson's Peach Pudding

Melt in skillet:

- 1 c. brown sugar
- 1/2 c. butter

Slice peaches (about 5) on top of the sugar/butter mixture

Mix

- 1 c. sugar
- 3 beaten eggs
- 3 T. milk
- 1 c. flour
- 1/4 t. baking powder
- pinch salt

Pour the batter over the peaches.

Place the skillet in oven at 375 degrees for 40 minutes

Place a pan or sheet of foil under the pan as peaches may run over.

Serve warm from the oven, best served the day it is prepared.

From: Farmer Sam Walmer, Farm Steward, Alstede Farms

Tips

Watermelon

Wash the watermelon before cutting and serving. **Cut** the watermelon into pieces and place in a container. **Store** the uncut watermelon in the refrigerator

They can keep up to a week depending on your refrigerator

Donut Peaches

Are among the most fragile of fruits. They can bruise so easily. If they are a little hard a day or 2 on the counter will soften them depending on your house temperature.

Sometimes they ripen from the pit out. The center may turn brown. The fruit at that point will be sweet and juicy. Just cut around the stone.

Freezing Peppers

Frozen peppers are best used in cooking, not serving raw. Wash peppers
Cut peppers in 1/2

Scoop out seeds and remove membranes
Slice or dice, prepare for recipes that you will use. Freeze in a single layer on a cookie sheet. Transfer to a freezer bag and remove the air using the straw method. Label the bag with the date.

Remove Fruit

from the plastic container when unpacking the share. Allow the plums to ripen at room temperature for a couple of days, refrigerate then until ready to use.

Tomatoes

Ripe tomatoes can be stored on the counter for 2-3 days.

Refrigerate the extra tomatoes in the warmest part of your refrigerator.

Bring tomatoes back to room temperature

Before serving for the best flavor.

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