

Storage Tips & Tricks

Sweet Corn is picked early in the morning every day in season. Corn is best on the day it is picked or within a day or two of receiving. Place in a plastic bag and refrigerate until ready to use. For the best quality use in 2-3 days. Husk when ready to prepare. To boil corn, I bring a shallow pan of water to boil, only 2-3 inches add the corn, cover and boil 3-4 minutes and remove. To steam corn, place the corn in a steamer basket over boiling water, cover, and steam for 6-8 minutes. To grill corn, remove the silk from the corn without removing the husk. Soak the corn that is covered with husk by submerging into a cool water bath 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 Bok Choy or Baby Bok Choy: wrap in damp paper towel and place in a plastic bag. Store in the refrigerator for up to 5 days. For stir-frying- chop onion and garlic, cut green leaves from the white stalk. Chop stalks into 1-inch-wide diagonal pieces. Cut leaves into small pieces. Heat some sesame oil and stir fry the onion and garlic until they begin to soften and add the stems and cook for a few more minutes. Season with some soy sauce and ginger. Stir in the leaves and cook just until wilted. Serve over rice.

Tomatoes- Tomatoes are best kept at room temperature. If you do not use within a couple of days, refrigerate, and then bring them back to room temperature before serving. Soft tomatoes can be roasted with garlic and herbs added to roasted broccoli or cauliflower or added to pasta or used to top grilled chicken or fish.

Remove stone fruits peaches, nectarines, and plums from the plastic container when you arrive home. If the fruit is not ripe leave some on the counter to ripen further, checking each day. If you refrigerate remove the fruit in time for it to come back to room temperature for the best flavor. Make ahead peach pie instructions: When freezing pie filling toss with a little lemon juice in to keep fruit from browning. Freezer Peach Pie Recipe | Southern Living. Frozen Pie filling will keep for up to 8 months. To freeze slices- toss slices with lemon juice. Spread out on a baking pan. Freeze and then move to baggies drawing out as much air as possible using the “straw” method. Label.

Melon-- When receiving melon from the farm they should be ripe and ready to eat. If you are planning to serve within a day or two 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 wash melons before cutting

Spinach can be stored in a plastic container or plastic bag lined with a dry paper towel in the refrigerator for up to 1 week. Add spinach leaves to tomato sauce to wilt just before serving. Sauté spinach greens to serve as a bed under chicken or fish Butter them up!

Cut the spinach stems into smaller pieces. Heat olive oil in a pan and add the stems, add a little chopped garlic and sauté for a few minutes. Season with a little salt and pepper and add 2-3 Tablespoons of water or broth to the pan. Cover and steam for about 5 minutes. Liquid should evaporate, stems should be tender, serve.

Week 17 Fresh Inspirations August 16th—August 22nd

Last week here on the farm we hosted the annual “Peach Pancake Breakfast” A few weeks ago I posted a recipe for Peach Cobbler Pancakes. Our Peach topping was inspired by a cobbler filling. Brown Sugar and butter are added to the sliced peaches and the mixture is baked until the peaches are tender. It is the perfect topping for pancakes, waffles, or even French toast. The shares have plenty of fruit to eat out of hand, to cook and bake, and to preserve and freeze. Now is the time to save some of the season for later.

In past years I was inspired by CSA member Michele Zanzonico Cotter who planned and prepared a menu that had peaches in each course. A week or so ago we posted a recipe for Grilled Peaches with Burrata which could be your appetizer or on the website a favorite is Peach Salsa using peaches and tomatoes from the share. Salsa can be used as a dip before dinner, but it can also add great flavor and texture to grilled chicken or fish. If you prefer, I am sure you can find a recipe for roasting chicken with peaches. For dessert you must try Gram Tyson’s Skillet Peach Pudding, a recipe that is tried and true from our farm steward Sam Walmer. For more ideas: <https://www.msn.com/en-us/foodanddrink/recipes/35-fresh-peach-recipes-to-try-this-summer/ss-BB16YyKC>. Maybe some of you will post your creations on Facebook.

Peaches and summer stone fruits help to keep us hydrated and provide energy. When you see the bright yellow/orange color of the fruit you know that you are getting the benefit of Beta Carotene that helps to protect skin from the sun in the summer. Vitamin A supports healthy vision. Vitamin C to boost your immune system. Best of all no fat, sodium, or cholesterol. Potassium is a bonus for blood pressure and heart health. Peaches are sweet enough to satisfy and lower in calories than other “sugary” choices. Summer fruits can help to satisfy our sweet tooth and help with weight loss. Like so many fruits and vegetables the antioxidants are fighting disease and free radicals. The fiber found in peaches promotes good digestion.

Peaches at this time of the season are freestone, the two major varieties are yellow and white. In my share last week, I had some white donut peaches. White varieties are generally sweeter. Yellow a little more acidic. Nectarines are said to be peaches without the fuzz. Darker skin, very sweet flesh. Similar in nutrients and flavor, they are a member of the peach family however they inherited a recessive gene. You can use both in recipes interchangeably. Peaches are a summer fruit that should be available through mid- September. If you have not come out to pick, it is a fun family activity. While you are out there pick some raspberries and blackberries to go with. No time to pick berries, check out the summer strawberries in the market. Always call to check availability and picking conditions.

I am thinking about making some corn fritters thanks to Ashley Rivera and Kristie and Dan Kresge inspired my breakfast. If you have questions or need assistance, Trish is available 908-879-7189 or Trish@alstedefarms.com if you have recipes and ideas to share, send to me, jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Corn Ragout

3 ears corn
¾ c cup heavy cream
6 slices smoked bacon, diced
½-¾ c cup tomato concasse (peeled, seeded and chopped tomato and juice)
3 minced shallots
½ c finely chopped onion
1 clove of garlic minced
¼ cup dry white wine
2 T Asiago cheese, grated
1 T minced parsley
Salt and pepper to taste

Cut the corn off the corncob, set aside. Cut each corncob in half.

In a small sauce pan, bring the corn cob and the cream to a soft boil, reduce heat and simmer for about ten minutes.

In a large sauté pan, brown the bacon, drain the bacon and chop, set aside

Drain all but one Tablespoon of the bacon fat.

Add tomatoes, shallot, onions and garlic, cook over medium heat for about five minutes.

Strain the cream-cob mixture, set aside. Discard the corn cobs.

Add the corn to the onion and cook for another five minutes.

Add the wine and cook for another two to three minutes.

Add the cream mixture and stir until thick. Do not allow the mixture to boil

Lower heat and add cheese and bacon season with salt and pepper.

Sprinkle with chopped fresh parsley and serve.



Week 17 Harvest!

Peaches—Donut & Yellow

Nectarines

Sweet Corn

Plums

Spinach

Beans

Cucumbers

Eggplant

Tomatoes

Carrots

Musk Melon

Kale & Collards

*****Your actual CSA share contents will be listed on the label inside of your box and may differ from this list. Your share contents are based on your individual preferences and customizations that you make on your Harvie profile, as well as changes in availability.***

Concia Zucchini with Mint and Vinegar

4 to 6 small zucchini, about 1.5 pounds

3 tablespoons chopped fresh mint or basil

2 tablespoons chopped fresh flat-leaf parsley

2 large cloves garlic, minced

6 tablespoons olive oil

4 tablespoons red or white wine vinegar

Slice the zucchini into 1/4-inch-thick rounds or cut zucchini lengthwise. To remove bitterness, sprinkle the zucchini with salt and allow it to drain in a colander for 30 minutes. Rinse and pat dry. (optional) Combine the herbs and garlic in a bowl and set aside. Warm the olive oil in a frying pan over medium-high heat. In batches, add the zucchini in a single layer, and cook until golden on each side. Turning as needed. 4 to 5 minutes. Transfer slices to a shallow serving dish and sprinkle with some of the herb mixture and some of the vinegar. Repeating the process until all of the zucchini is cooked and layered with the herbs and vinegar. Leave the dish at room temperature for 1 to 2 hours, baste occasionally with vinegar in the dish, before serving. Adapted: Cucina Ebraica, by Joyce Goldstein

