

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. Microwave corn on the Cob microwave no shucking and silk free! YouTube Carrots: remove the tops from the bottoms before storing. Refrigerate in a plastic bag. Use greens quickly. Carrots will keep for weeks. Beets will come to you without tops. If you roast them the day that you get them they will be ready to serve when you need them.

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 both peaches and plums from the plastic container when you arrive home. If the fruit is not quite 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.

Beans- Store in the in a plastic bag for 2-3 days. To prepare break at the stem end. Blanch for 3-4 minutes or steam for 8-10 minutes. The color should brighten, and they should be fork tender, yet crisp. Blanching or steaming will extend storage time and the beans will be ready to add to a recipe or make into a salad when you need them. Take a look at the website for recipes from past years.

Eggplant – plan to use eggplant quickly. The best temperature for eggplant storage is around 50 degrees. You can keep it on the counter for a day or two if your house is cool and it will keep in the refrigerator for a day or two as well.

Pristine apples- refrigerate until ready to use. Early apples are not the best keepers. Best quality for eating out of hand is a week to 10 days. Hasselback Apples | Every Last Bite is a recipe you might want to try with these apples.

Cilantro- Fill a cup or jar with an inch or so of water. Remove the rubber band. Make a fresh cut on the bottom of the stems. Place in the water and cover the cilantro and jar with a plastic bag and refrigerate. Change the water every few days. Time to make salsa, guacamole and all your favorite southwestern dishes. Take a look at the website for a Cilantro Bowl, a recipe we developed over the winter

Week 16 Fresh Inspirations August 9th—August 15th

I hope that you have had the chance to grill cabbage, using the recipe in the packet last week. It was absolutely delicious! I bet that you still have some cabbage in your refrigerator, if so, give it a try. Looking forward it is time to freeze peaches if you didn't get to it last week, now is the time! There will be traditional peaches in the shares as well as donut peaches. Donut or Saturn peaches are a farm favorite. First, they are named for their look. In some circles they are considered an heirloom fruit. They have just a little fuzz. They come in several varieties including white and yellow with blush skin. Another variety is yellow inside and out and last there is a variety that is a pale green with yellow flesh when ripe. Remove them from the container like any other stone fruit and leave them on the counter to ripen. They are best at room temperature after allowing them to ripen they will be juicy and delicious. Just like traditional peaches, refrigerate if you are going to wait longer and if possible, for the best flavor, bring the fruit back to room temperature before serving. Even if they get a little over ripe around the pit, just cut the fruit around the stone and serve. It will not disappoint! If I may suggest, use your traditional peaches for baking and pie and smoothies. Save the donut peaches for eating out of hand.

Trish sent the list to me on Saturday afternoon, and she was excited because there was so much variety, she ran out of space. That is what happens in the height of the season when everything is becoming ripe and ready to harvest, there is an incredible abundance. My answer was “and so colorful too!” Everyone knows that is a priority for me, Eating all the colors will ensure that you are getting all of the nutrients. Not only that, think about how beautiful the plates will be. The deep red of beets, the medium red of tomatoes the orange carrots or mix the beets with peaches on a green bed of lettuce or kale and sprinkle with dressing and a little feta. Food, should always look as good as it tastes!

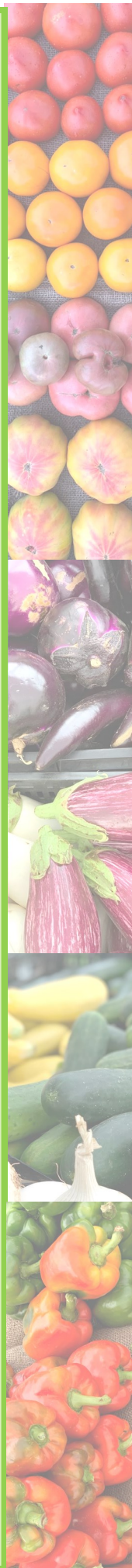
CSA member Bev Hanson was in touch this week. She had attended the Meet and Greet, and she took some corn home. She was going to a party the next evening and she was bringing a vegetable. Corn it is. However, it was off the cob, and I have included the recipe this week in the packet. The eggplant recipe that I have included was sent by Virginia McDonnell a while back. It has been re-written to comply with all copywrite rules.

So sorry, I missed the apple last week. It is Pristine and it will be in some of the shares this week. The original breeding of this apple was done at Perdue University. However, the final cross that developed the Pristine was completed at Rutgers in 1974. These apples should be refrigerated. They have a crisp texture and are sweet/tart. Great for eating out of hand.

If you have any administrative questions or concerns, please send an e-mail to Trish@alstedefarms.com or call 908-879-7189. If you have a recipe or idea to share, send to Jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Make-Ahead Buttery Corn Off the Cob Side Dish

- 6 ears of corn, white, bicolor or a mix of both
- Water (for boiling the corn on the cob) about 1-quart of water per ear of corn
- 2 tablespoons white vinegar
- 2 tablespoons granulated sugar
- 3 tablespoons butter cut in small cubes
- 9 dashes ground black pepper 3 ears or add to taste
- 9 dashes salt or add to taste

Equipment

Husk the corn, removing all the silk. Rub gently with a terry kitchen towel to be sure all the silk is removed. Rinse.

Set a large pot with an inch or two of water. Bring the water to a boil adding the vinegar and sugar.

Cook the corn in bathes. Gently add 3- ears of corn to the pan and cover. Cook for 3-4 minutes, carefully remove corn with tongs or a slotted spoon. Allow the corn to cool, 8-10 minutes.

Place the end of the cob into a bowl and run a sharp knife behind the kernels. Slicing off the cob should result in large pieces of corn.

In a round glass 2 qt baking dish add about 1/3rd of the corn and top with a Tablespoon of butter. Sprinkle with salt and pepper evenly dividing among 3 layers. The next layer of corn is 1/2 of the remaining corn again a Tablespoon of butter and the salt and pepper and then repeat with the top layer to complete the casserole. Cover the dish with the lid or with a piece of parchment and then foil.

This dish can be prepared up to one day in advance. If so, refrigerate. Remove from the refrigerator one hour before serving to bring the corn to room temperature. Preheat the oven to 350 and bake

15-20 minutes or until warmed through.

Adapted from: Couponclippingcook.com



Week 16 Harvest!

- Peaches—Donut & Yellow**

Nectarines

Sweet Corn

Plums

Cherry Tomatoes

Beans
- Cucumbers**

Eggplant

Tomatoes

Carrots

Scallions

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.***

Grilled Peaches with Burrata, Honey, and Pistachios

- 1 ½ to 2 eggplant
- 1/3 c extra virgin olive oil, more or less as needed
- 1 T minced garlic
- 1 large onion, chopped
- 1 red or yellow bell pepper, chopped
- lemon juice to taste
- 2 T honey
- salt & pepper
- Parsley for garnish

Peel the eggplant and cut into ½” cubes. Mince the garlic. Pour 2-3 T olive oil into a large skillet over medium heat. Add 2 t of the garlic to the oil, do not allow garlic to burn. After a minute or two add the eggplant. Stir and toss the eggplant almost constantly.

The eggplant will begin to release some of the oil it has absorbed. Continue to stir frequently. After 30 minutes the eggplant should be tender. Add the remaining teaspoon of garlic and continue to cook for another 5 minutes. Remove the eggplant from the pan into a serving dish.

Add 2-3 T olive oil to the pan. Sauté the onion and bell pepper until softened. Add a little extra oil if needed. 8-10 minutes. When the onion and pepper are soft enough, add the eggplant to the peppers and onions. Season with salt and pepper. Sprinkle with lemon juice and drizzle in the honey. Allow the mixture to heat through for another couple of minutes. Serve with a sprinkle of chopped parsley.. Adapted from: Mark Bittman, How to Cook Everything Vegetarian

