

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

Directions For Freezing Sweet Corn- Start with the fresh corn on the cob in your share or from our farm store, stand or farmers markets. It has been picked the day it was delivered. Keep the corn chilled in your refrigerator until you are ready to prepare for freezing. Sugar can turn to starch at room temperature. Fill a large pot $\frac{3}{4}$ full of water. Heat the water to a rolling boil and prepare an ice water bath. Husk the corn. Be sure to remove all the silk. Gently rub the corn with a terry or soft towel that will help to remove the silk. When corn is blanched the action of the enzymes is stopped. This process will help to maintain the color, flavor, texture, and nutrient value of the vegetable. Gently drop the corn into the boiling water, making sure that you do not drop the temperature of the water below boiling. Boil for 4-6 minutes.

Lift the corn with a slotted spoon or drain. The cooking stops when you add the corn to the ice water bath. You may need to add extra ice depending on how much corn you are working with. Remove the corn to a towel. Allow the corn to completely dry.

Here are 2 methods you may use to remove the kernels from the cob.

There are some special tools is you choose. Corn Cob strippers or kerneler are available on-line. A sharp knife will work just as well. Firmly hold onto one end of the corn, with the other end in the deep bowl. Run the knife under the kernels. The corn will drop into the bowl in strips that will break apart as you continue to work and pack.

Another method is to place the end of the corn in the center opening of an angel food cake pan. Run the knife under the kernels and they will fall into the pan.

Portion the corn into zip lock bags. Be sure to push out as much air as possible. Placing a straw into the bag at the end of the closure. As you close the bag press out air. Draw air out with the straw and press to close as you pull out the straw. Eliminating air will preserve the quality of the corn. It can prevent freezer burn. Always be sure to label and date the bags you are freezing. When you are ready to serve the corn it will require the minimum of preparation in the microwave, a skillet or steamer or double boiler. It is ready to add to soups and stews

Mini onions- they can be stored at room temperature for a couple of days, longer than that they should be refrigerated in a plastic or paper bag. Wash and peel when ready to prepare.

Radishes and beets- and all root vegetables. When the root vegetable comes to you with the tops attached you should cut the tops from the root and store in two separate containers.

Tomatoes- should be kept at room temperature. Use them within 3-4 days. They can be placed in the refrigerator to hold them a little longer. Bring them back to room temperature for the best flavor before serving. Remove cherry tomatoes from the container into a bowl or dish on the counter. Try to use them within a few days otherwise refrigerate. Tomatoes that get a little soft can be roasted or stewed or added to sauces, soups, stew.

Basil- Remove dead stems and leaves, snip ends, if basil comes to you with the root attached, remove the roots, 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 will keep for up to a week on the counter. The top of the plant can be covered with a plastic bag. Do not refrigerated basil.



Week 16 Fresh Inspirations August 8th—15th

I don't know if you have heard the farmers say that they like it a little on the dry side, but I think that just a little more rain would do us some good. I had the pleasure of giving an educational tour on Friday, so I had the chance to be out on the farm to see what was happening. The zinnias are in full bloom and the cosmos are expected to show their beauty soon. There is a field of cutting sunflowers in all shades of yellow and gold, even deep warm burgundy, and dusty rose. I was so excited about the flowers; I went out to pick some early this morning. I added them to flowers I have here on my property and the bouquets are brightening my day. Come out and see the flowers if you have some time. The third field of giant sun flowers, perfect for a photo op is near the Jared Haines House and they are standing at full attention, just gorgeous!

Tomatoes should be in all shares this week. I think of tomatoes as a summer vegetable, and I have a hard time believing every year that we have to wait until August for their harvest. Some shares will also have cherry tomatoes. Most shares will have a traditional tomato or two. Plum tomatoes take a little longer, but they are coming into the farm store, so some are ready. Canning has become quite popular since the pandemic. Place your orders if you have plans for canning this season.

We will continue to have stone fruits in our shares, the long-awaited peaches have arrived. There will also be Italian Plums. As you know our peach crop was hurt by extreme cold. Because the cold was coupled with sustained high winds, we were not able to help by warming the air in the orchards. The peaches are coming from a farm in South Jersey that we partner with occasionally. Both fruits are perfect for eating out of hand and both work well in many summer recipes. Peach salsa has been a farm favorite and the skillet peach pudding that was on the menu when our Farm Steward Sam was growing up out in Pennsylvania is delicious. Gram Tyson would prepare it for the family, sometimes even for breakfast. Inga Maximoff sent us an old family favorite recipe last year for plum kuchen. Take a look at the web site for some of these favorite ideas.

Alisa Vural posted a great picture of a Mexican Corn Salad with a recipe. These salads are always so colorful, and they can use many of the other items from the share. The variations and different additions could make this idea a "go to" for much of the season, especially in this hot weather. Lynn Pierce Walter posted squash pizzas, if you don't have squash, try eggplant. Breaded and fried as the base or even grilled will work. This was a recipe I would use when I was teaching, a great way to get the youngest CSA members eating vegetables!

Before I close, I have to tell you that I was excited to receive a note from Marie and David Parrish. They have been members since the first year of our CSA. I am wondering if there is anyone else out there. Please get in touch!

If you have administrative questions call Trish at the farm store, 908-879-7189 or Trish@alstedefarms.com. If you have an idea or recipe to share, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Sausage and Pepper Pasta Stuffed Pepper

- 1 – ½ cup orecchiette or a small pasta that will fit easily into the bell pepper
- 2-3 long links of hot or sweet Italian Sausage or a mix of both
- 3 large, sweet bell peppers, green or color of choice
- 3/4 large yellow onion, sliced
- 1 whole head of garlic, peeled, sliced, or chopped
- 1 ½ medium to large tomatoes, chopped saving the juice
- 2 cups diced or crushed canned tomatoes

Chopped fresh herbs Basil and Oregano or a few sprinkles of Italian Seasoning

Prepare the pasta in salted boiling water according to package directions, however, cook for 3-4 minutes less than recommended for tender or al dente. Drain reserving a cup of pasta water.

Brown the sausage links. Remove from the pan and allow to cool. Slice the links into thin rounds and then cut in ½. Set aside

Cut the tops from 3 large bell peppers. If the pepper doesn’t sit without rolling over slice just a bit off of the bottom without cutting through. Remove the seeds and the membrane from the inside of the pepper, rinse. Chop the pepper from around the stem. Slice the onion.

Add some olive oil to the pan where you cooked the sausage. Add the chopped pepper tops and the onion cooking over medium heat to soften the vegetables. Stirring as needed.

Add the garlic to the pan and continue to cook for an additional 5 minutes making sure that the garlic doesn’t brown or burn. Add the sausage and chopped fresh tomato to the pan and allow to simmer 5-10 minutes. Remove from the heat and add some chopped fresh basil and oregano leaves Add in 1 c of crushed tomatoes.

Scoop a spoonful of cooked pasta onto each pepper, top with generous spoonful of sausage and pepper mixture. Top with a little cheese of choice, asiago, parmesan, provolone, mozzarella. Repeat the layers until the pepper is filled completely. Top with some parmesan cheese.

Place peppers into an 8 x 8 pan add another cup of crushed tomato to the sausage mixture add in about 1 c pasta water. Spoon the sauce around the peppers in the pan. Cover the pan tightly with foil and bake for about an hour or until peppers are still firm but fork tender and sauce is bubbly.

Top with a little extra cheese on the top before serving, garnish with chopped fresh herbs

A large pepper can be cut in ½ to serve 2. Medium peppers would be a single serving.

Use 6-8 cheese peppers for appetizer portions.

Peppers can be steamed for 5-8 minutes before stuffing for a softer texture

Week 16 Harvest!

- Peaches

Basil

Sweet Corn

Eggplant

Tomatoes

Beets

Kale

Leeks
- Italian Plums

Beans

Bell Peppers

Radishes

Cherry Tomatoes

Garlic

Mini Onions

Husk Cherries

****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.**

Eggplant, Tomato, Pesto, and Goat-Cheese Pizza

- ½ c olive oil, or more as needed
- 1 1 1/2- to 2-pound eggplant, cut into 1/4-inch slices
- kosher salt
- 1 pound store-bought or homemade pizza dough
- 3 or more cloves garlic, minced
- fresh-ground black pepper to taste
- 1 medium-large tomato chopped/ fresh or roasted *
- 6 ounces mild goat cheese, such as Montrachet, cut into 1/4-inch slices
- 1/2 cup grated Parmesan
- 1/2 cup store-bought or homemade pesto
- Pre-Heat the oven to 450°.

Sprinkle the eggplant slices with a little salt. Heat a large non- stick frying pan over medium high heat. Add a couple of Tablespoons of the olive oil to the pan. Fry the eggplant in batches in a single layer. Eggplant should be golden brown on both sides. Add oil to the pan as needed.

Oil a 14-inch pizza or baking pan. Press out the pizza dough onto the pan.

Place the eggplant slices on the dough. Mix chopped tomato with garlic and pepper. Sprinkle mixture over the eggplant. Bake the pizza for 12 minutes. Remove from the oven and evenly place the slices of goat cheese on the pizza, sprinkle with the Parmesan, and then dot with the pesto. Bake the pizza an additional 15 minutes. The cheese will begin to turn golden.

Adapted From: Food and Wine

Roasted tomatoes: slice tomatoes and roast them layered in a glass pan with chopped garlic, basil, oregano, and parmesan cheese. Drizzle with olive oil, bake @ 425 until bubbly and slightly charred.

