

# Storage Tips & Tricks

**Peas**, store in a plastic bag. Use within a day or two before the sugar turns to starch. There are 3 varieties: **English Shelling Peas have a waxy shell, and they are the largest of the 3 varieties.** Pull the stem end along the seam and the pod will open. You can also push along that edge to create an opening. All of the peas should have the strings removed before preparation and serving. Save the pods for stock. Peas, store in a plastic bag. Use within a day or two before the sugar turns to starch. English peas add to rice or risotto or pasta. Add raw peas to your favorite potato salad. **Snow peas are flat** and the actual peas inside are a little larger when picked locally however they are generally smaller than those in the other 2 varieties. Open them up and pipe in some hummus or herb cheese or serve with a dip. Add snow peas to your favorite stir fry. **Sugar Snap Peas are more cylindrical.** The peas seem to be more tightly packed into the pod. A true test if you are not sure, is that if you bite into the pod, it is juicy and you can easily chew it, not so with English Peas. The entire pod is edible.

**Scapes** – can be stored in a plastic bag for a week, Cut scapes into pieces and add to stir fry or soups. Add scapes to pesto in place of garlic. Chop scapes into quiche or frittata or blend into a salad dressing.

Broccoli and Cauliflower can be stored in a plastic bag for up to a week. For the best flavor use within a few days. Steam and keep extending storage time or follow directions for freezing to serve at a later date. <https://www.thespruceeats.com/how-to-freeze-fresh-broccoli-two-ways-3051897>

Onion- These onions have just been harvested this week. They are not cured so they should be stored in a plastic bag in the refrigerator.

**Leafy greens-** Leafy greens have been washed and they will come to you damp. They have been watered or washed or iced. You can clean them when you receive them or as you use them. Either way before they are refrigerated, they should be dry, wrapped or layered in paper towel and stored in plastic, bags, or containers. To clean greens: Fill a pan with warm water, plunge in the leafy greens, you will find that most of the grit, dirt, will just fall away. Swish the greens. Allow to sit. Gently, lift out the greens, check the bottom of the pan for grit/sand/dirt. Repeat cold water until the water is completely clear, Drain and allow to dry. Wrap in paper towel and place in a plastic bag or layer paper towel in a container, Refrigerate Use the most tender greens 1st within a couple of days.

**Lettuce-** Foil method: Wash and use salad spinner, lay on paper towels (use layers if there are a lot), roll up paper towels and place in HEAVY DUTY foil (buy the name brand really heavy and wide), and label with name and date. the greens are easy to access when preparing a meal and already cleaned and ready to go. The heavy-duty foil is a must, and the great news is that because the foil is thick, you will be able to reuse the same piece over and over. Reuse the paper towels as they dry out too.

10 Ways to Eat Lettuce Besides Salad | Kitchn ([thekitchn.com](http://thekitchn.com))

**Radishes and Beets and Carrots-** 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 them in two separate containers. These are tender greens, use them within a few days. Roots should keep a week or more.

**Kale/Collards** -should be stored wrapped in a paper towel in a plastic bag or container in your refrigerator crisper drawer. Kale can be stored for up to 7 days. Take a look at the website for kale recipes from soup to gnocchi, even muffins.

**Storing blueberries**, remove from the container. Do not wash, Place in a shallow pan or container lined with paper towel. The berries should not be washed before storage. Berries should keep for up to 5 days. It is time to make blueberry pancakes.

## Week 10 2023—June 27th—July 3rd

We have passed the longest day and the official start of summer. I am willing to bet this is the coolest start of summer on record. There is a belief that temperatures balance out so I am a little worried about how hot we might eventually be. With that being said we don't really have time to worry. We have a big weekend ahead of us. This one looks like for many it may be four days instead of three. Of course, we might not have to work, but this is usually when there is at least one barbeque or summer celebration of "Independence" going on.

Onions will once again be in the shares. This time they will be from the fields. These will be white onions, like the onion from the high tunnels last week. Yellow and white onions can be used interchangeably in recipes, however white onions are considered best for serving raw and yellow can be used in recipes where they are going to be cooked. So raw onion may be the way to go on top of your hamburgers and hot dogs! At some point in the season, we should have red onions in our share as well.

Peas will once again be in the shares. Peas are a sure sign of spring and early summer. Peas are one of the first crops to be planted in the fields. Some say that peas can be planted as early as St Patick's Day. or just a couple of days later, March 20th, the first day of spring. Peas really do like a little cool weather but they also like a little more moisture. I have often planted peas in my flower boxes so that I would have a cascading plant with my spring flowers, and I could snack when I was out gardening. Peas for me are usually served raw and I have rarely shelled peas to cook for a recipe. I have heard that some CSA children are often given that job. I am including a recipe for potato salad and cauliflower rice where shelled peas can be added, just a cup or so. Be sure to save shells for stock preparation.

A little bit of seasonality this week. It was a fabulous strawberry season and now it has ended. Blueberries come into season shortly after strawberries. As a child on the 4th of July my mother would make pancakes and warm some strawberry or raspberry jam to spoon over the top. She would then sprinkle the plate with fresh blueberries and add a dollop of whipped cream on top. It was delicious and oh so patriotic. Here is a recipe you may want to try or just use your own favorite pancake recipe and warm some jam. Jam (Jelly) Donut Pancakes - Cafe Delites. I am hoping that you will post some of your Red, white, and blue creations on the Facebook page.

If you need assistance with your share call Trish, 908-879-7189 or [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com). She will be able to help you. If you have an idea or recipe to share, send to [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com)

*Until next week, enjoy the freshness!*

*Jenn Borealo*



## Potato Salad with Peas

While over in Germany a number of years ago Farmer Kurt stopped by the home of one of our International Students. He was served this potato salad. The recipe came with ingredients and not much in the way of measurements so here is our version:

**1 bowl of potatoes 2-2 1/2 lbs.** (best are red skin potatoes) You have to cook them in salted water until they are fork tender. Pour out the hot water. Add cold water to the pan, allow the potatoes to cool completely, drain. Peel the skin off, then cut the potatoes into small pieces. When the potatoes are cooled and cut you add:

**Good mayonnaise about 1/2 cup**

**Sour cream about 1/4 cup**

**Salt**

**Ground black pepper**

**1 Tablespoon of mustard we used golden mustard; Dijon would also work**

**6 hard cooked eggs cut in small pieces**

**Sweet gherkins cut in tiny pieces, about 3 T**

**A little juice from the sweet gherkins, about 1/4 cup.**

**1 c fresh peas, shelled, blanched, cooled**

**Chopped dill and chives from the garden**

**Salt and a little pepper to taste**

Mix together gently. Prepare the salad ahead of time. Refrigerate until serving time. Taste the potatoes at that point where you may need to add some additional mayonnaise, sour cream and salt and pepper. Bake for 15-20 minutes. The topping should sizzle.

## Cauliflower Risi e Bisi

**2 tablespoons extra-virgin olive oil**

**1/2 cup sliced scallions or chopped onion or even the onion stems in the share**

**3 cloves garlic, minced**

**4 cups cauliflower rice, fresh or frozen**

**2 cups peas, fresh or frozen**

**1/2 teaspoon ground pepper**

**1/4 teaspoon salt**

**2 tablespoons water or vegetable broth**

**2 T butter**

**1 cup whole milk**

**2 teaspoons cornstarch**

**1 cup whole milk**

**1/2 cup grated Parmesan cheese**

**2 tablespoons chopped fresh parsley, plus more for serving**

Heat oil in a large skillet over medium heat. Add scallions and garlic; cook, stirring, for 30 seconds. Add cauliflower rice, peas, pepper and salt; cook, stirring occasionally, for 3 minutes. Add water and continue cooking until the cauliflower is softened, 3 to 5 minutes more. Add a little parmesan and parsley and serve.

Optional: If you would prefer a creamy version. Melt the butter in a medium saucepan over medium heat. Add the cornstarch and whisk. Meanwhile heat the milk and add it to the roux and continue to stir until the sauce is thickened. Remove from heat and stir in Parmesan and parsley. Spoon over the cauliflower rice and peas. Serve hot, garnished with a little more parsley, if desired.

Adapted from: Eatingwell.com

\*English Shelling peas would be traditional to this recipe. If you have snow peas or snap peas, cut the pod into 3-4 pieces, To make cauliflower rice: remove the leaves, cut the stem, cut the pieces so that they will fit into the food processor, work a few pieces at a time, you will have about 3 batches; Pulse.

## Week 10 Harvest

**Blueberries**

**Garlic Scapes**

**Lettuce**

**Cauliflower**

**Swiss Chard**

**Kale**

**Broccoli**

**Summer Squash**

**Onions**

**Arugula**

**Peas**

**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.***

## Blueberry Tarts

**Frozen Puff Pastry**

**1 ½ pints of blueberries**

**½ c sugar**

**1 T corn starch**

**2 T lemon juice**

**Powdered sugar**

**Heavy cream for whipping**

**Preheat the oven to 425**

**Open the frozen puff pastry, unfold one of the triple folded pieces of pastry and remove 2 sections of pastry.**

**Allow the pastry to soften slightly. Line a baking pan with parchment paper. Slit a border in the pastry about a ½" from the edge on all four sides. Do not cut all the way through. Pierce the pastry inside the rectangle with a fork. Pastry will puff best if cold. Bake in the middle of the oven until deep golden brown, about 15 minutes. Lower the heat to 375 if pastry browns too quickly.**

**Meanwhile in a medium saucepan whisk together the cornstarch and sugar. Add the blueberries and blend together and drizzle with lemon juice. Place the pan over medium low heat. Blueberries will release juice and a sauce will bubble. Allow the sauce to thicken. 15- 20 minutes. Stir as needed.**

**Cut each strip of baked pastry into 3 pieces. Remove the puffed center of the pastry which can become the top. Spoon in some blueberry filling. Place top of pastry over blueberries, sprinkle with powdered sugar, top with whipped cream.**

**Sprinkle a few raspberries around for a patriotic dessert**