

Storage Tips & Tricks

Tart Cherries should be stored in the refrigerator for up to 3-4 days. Cherries will store best if placed in a flat pan so that they are in a single layer. For the best results rinse when ready to eat. If cherries come to you with stems on them, leave the stems on until ready to use/eat. There is a lemonade and a muffin recipe on the Alstede Farm web site. Or if you prefer- Sour Cherry Jam (No Pectin, Small Batch) - Homemade In The Kitchen (chocolatemoosey.com) To cook, bake or even freeze the berries you will have best results if pitted. How to Pit Cherries (allrecipes.com) to freeze the cherries. Cut in ½ and place on a parchment lined sheet and freeze. Place the frozen fruit into a plastic container or zip lock bag. Use the straw method to remove as much air as possible. 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.

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.

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 recently harvested. 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)

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.

Week 11 2023—July 3rd—July 9th

Some of you will pick up shares before the 4th and some after. A strange holiday week. It seems for some it is a four-day weekend and for others it is a holiday mid-week with just an extra day off. Hopefully your share from last week or this one will help your holiday table look a little festive.

Last week as I picked up my share at the farm, I was answering some questions that CSA members had. One of the questions had to do with the tomatoes in the shares. Generally, I find that if one person has a question there are others wondering the same thing. These are greenhouse tomatoes. The seeds are planted in cells, 392 plants per flat in January. They are transplanted into larger, 50 plant cell flats about 6 weeks later. After they mature a bit, they are then planted into a pot that would be the size of a patio pot. The pots are placed into the greenhouse where each plant has a water emitter. There are bees brought in to help with pollination. The plants grow almost to the ceiling of the greenhouse. There is limited vertical space, they are indeterminate plants and will grow as high as the space available. The greenhouse tomatoes will produce until later in July, just about the time the field tomatoes are becoming ripe. There are 2 seasons of greenhouse tomatoes. The second seed planting will be in the next week or so with harvest during the late months of the year after the first frost when the fields are put to bed.

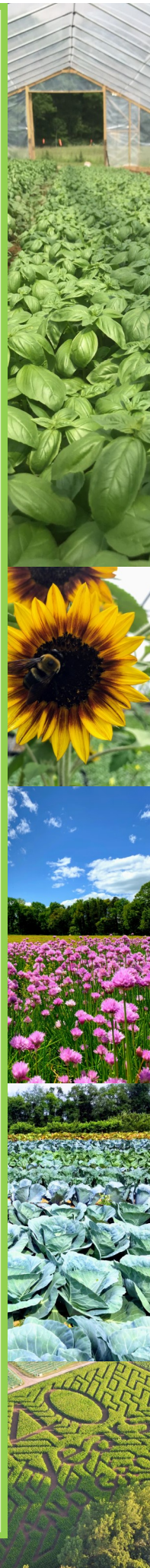
As I may have told you before, there is a list produced on Thursday afternoons that gives the team an idea of what would be available for the share in the coming week. Farming doesn't exactly work that way. A lot can happen in 5 days, and it did, hence bonus summer squash last week. An unexpected surprise. Production at this time of the year continues to plant, they are harvesting as well. During each day they are checking the fields to see what is ready. It was pretty surprising to find so much squash that seemed to be ready for picking overnight! There are a few varieties that you may find in your shares this week and in the coming weeks. There is the traditional dark green that most of us call zucchini, there is a deep yellow zucchini as well. The lighter yellow is summer squash. We also grow deep yellow and dark green eight ball squash that is fun to stuff or cut into wedges and roast. You may find any or all in your shares and they will all work and be interchangeable for most of your favorite recipes.

Last but certainly not least comes tart cherries. Cherries have one of the shortest seasons if it can be called that. It seems that you turn away and it is over. Tart or sour cherries are not available fresh in many places, and they are a sought-after item. This is the variety of cherries that should be used in pies, tarts, crisps. There is a muffin and a lemonade recipe on the website, and I have included a cherry syrup recipe in the packet and a link to a cherry jam recipe and some directions for pitting and freezing.

If you have an idea or a recipe to share, send to jenn@alstedefarms.com. If you need some assistance with your share, contact Trish@alstedefarms.com or call 908-879-7189.

Until next week, enjoy the freshness!

Jenn Borealo



Broccoli Salad

1 head of broccoli or use ½ broccoli and ½ cauliflower
1 cup shelled steamed peas or thinly sliced snow or sugar snap peas (optional)
¼-1/2 red onion thinly sliced
½ cup sliced black and green olives
1 jar of marinated artichoke hearts, sliced
Roasted peppers thinly sliced

Cut the broccoli into florets steam 4-5 minutes until fork crisp- tender. Repeat with cauliflower if using. Cool to room temperature. Prepare the remaining ingredients and add to a bowl with the broccoli and cauliflower. Serve the salad dressed at room temperature or chill before dressing.

Dress the salad just before serving.

1 ½ t red wine vinegar
2 t lemon juice
¼ c olive oil
½ t Dijon mustard
1-2 cloves minced garlic
Salt and pepper to taste

Whisk together or place in a mini processor and blend

Sauteed Summer Squash with Pesto

1 zucchini or yellow summer squash, sliced thin
2 T olive oil
1-2 T prepared pesto

Heat the sauté pan with olive oil over medium-medium high heat. Add the sliced zucchini and allow to cook. Move, flip, turn, zucchini as it is cooking so that each slice can be gently browned. Adjust the heat as needed. About 5 minutes. When zucchini is almost ready add a couple of Tablespoons of prepared pesto. I have used scape pesto or basil pesto. Stir pesto through the squash slices. It will coat the zucchini. Sprinkle with salt and pepper to taste. Serve immediately hot or set aside and serve at room temperature.

Week 11 Harvest

Blueberries

Beets

Lettuce

Cauliflower

Swiss Chard

Kale

Broccoli

Summer Squash

Onions

Tart Cherries

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.*

Cherry Maple Syrup

Prepare your favorite buttermilk Pancakes or Waffles. Serve with Cherry Maple Syrup and for the 4th of July sprinkle with some blueberries for a patriotic plate!

1/4 cup brown sugar

1/2 cup grade B maple syrup

2 cups fresh or frozen sour cherries, pitted and cut in half

1 T. cornstarch or arrowroot powder

1/2 C. cold water

1 T. lemon juice

1/8 t. nutmeg

In a saucepan, whisk together the brown sugar and cornstarch. Gradually whisk in maple syrup and water. Cook on low-medium heat, stirring occasionally until the mixture starts to bubble around the edges. Allow the mixture to bubble until thick, about 1 minute. Stir in cherries, lemon juice and nutmeg. Remove from heat, cover with a lid to keep warm.

Adapted from: dulanotes.com