

Storage Tips & Tricks

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.

Peaches- to remove the pit from a clingstone peach [This Simple Trick for Slicing Clingstone Peaches Really Works | The Kitchn](#)

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.

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>

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), rollup 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)

Beans- Remove the beans from the plastic bag. Be sure that they are dry. Store in a paper bag or between layers of paper towel in a covered container. 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.

Kohlrabi-remove the leaves and store in a separate plastic bag in the refrigerator. Use the leaves within 3-4 days. The Kohlrabi will last up to 2 weeks.

Beets – remove the beet tops from the root and store separately using the greens within a couple of days.

Week 12: July 10th-July 16th

During the week I noticed a couple of Facebook posts that made me smile. I came to realize that the shares are appreciated in many different ways. The first was by Mary Alice Levy Landau, “100 farmers were asked what they did in their spare time” 95 didn’t understand the question! 5 didn’t know what day it was. The team really does work hard each day, to bring the share to you. Thankfully, they love what they do.

Karen Lambert wrote a note of thanks to the team that was certainly heartfelt saying “You play a bigger part in some lives than you think.” We appreciate that all of you are with us for this journey again this year.

We continue to see changes as the weather feels more like summer, so does the produce, especially the fruit. The first peaches are ready and will be in the shares this week. We are excited to have peaches this year. We have had years without due to late frosts, so we do feel lucky to be sharing them with everyone this year once again. Peaches at this time of the year, the early varieties, are clingstone, not cling free. The peaches in the shares are yellow. We grow 35-40 varieties of peaches over about 24 acres on the farm, each ripening in an order so that we almost always have peaches during the summer. Within the varieties we do grow some white peaches. This week the shares will have three stone fruits. Peaches, tart cherries, and the first variety of sugar plums. Sugar plums are the perfect size for a quick snack, just eating out of hand. During the week Maxine in our marketing department sent me a picture of a fruit salad with blueberries, peaches, cherries, and now we can add plums. Beautiful color, I am sure it was delicious, we know it was fresh, and of course good for you! Fruits can change a bit during the summer, cut them up for a salad, it is time to give it a try.

We are out in the sun more in the summer. The vitamin A from these fruits will help to protect our skin and eyes. Peaches provide fiber for our digestive systems and vitamin C to boost immunity. A medium peach is only 59-65 calories and peaches are considered a low glycemic fruit so that they are not likely to spike blood sugar. For years peaches were used more for dessert than anything else. Today more peaches are used in smoothies, with yogurt, over cereal, added to salad and even grilled as a side for pork or chicken.

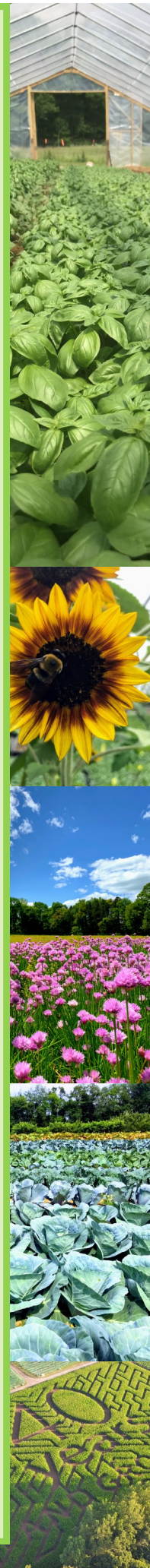
Mark your calendars for blueberry breakfast on July 16th. Make reservations, plan to stay, take a wagon ride and pick some peaches and blueberries. We hope to see you there.

As always you have any questions for me about recipes or your garden contact jenn@alstedefarms.com.

If your questions are administrative call 908-879-7189 or Trish@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Peach Cobbler Pancakes

3 ripe peaches cut into about 10 thin slices each

6 T packed light brown sugar

1 2/3 cups all-purpose flour

¼ cup corn starch

¼ cup powdered sugar

2 t baking powder

½ t baking soda

½ t kosher salt

2 large eggs

¾ cup buttermilk or soured milk

½ cup milk

2 T melted butter and extra butter for the pan

1 T vegetable oil

¼ t vanilla

¼ t almond extract

¼ cup or more toasted sliced almonds

Powdered sugar, maple syrup, and whipped cream for serving

Preheat the oven to 200 degrees F.

Mix peach slices and brown sugar and set aside.

Whisk the dry ingredients together in a large bowl.

In another bowl beat the eggs, whisk in the milk, and buttermilk, melted butter, and oil. Add the extracts and blend.

Create a well in the dry ingredients.

Add the liquid mixture to the flour mixture and stir gently with a wooden spoon until ingredients are just blended. It is okay to have some lumps in pancake batter. Batter will be thick. Allow the batter to sit for about 5 minutes before preparing the pancakes.

Line a shallow baking sheet with sides with two kitchen towels stacked on top of each other and place in the oven. This will be used to keep your cooked pancakes warm.

Heat a non-stick griddle over medium heat, brush with butter. Use a ¼ cup to ladle pancakes onto the griddle or skillet. Spoon 3-4 peach slices with sugar over each pancake. Allow pancakes to cook until brown on the bottom and bubbles are on the top. About a 1-2 minutes. Adjust heat as needed. Turn pancakes and allow the peaches to caramelize. About another minute. Remove the pancakes, Place the pancakes, fruit side up between the towels on the baking sheet in the oven to keep warm.

Brush the griddle with additional butter and repeat until all the batter and peaches have been prepared.

Warm your plates if possible.

Serve: pancakes sprinkled with almonds, powdered sugar, and a little whipped cream.

Adapted from: foodnetwork.com

Week 12 Harvest

Peaches

Sugar Plums

Lettuce

Broccoli

Kohlrabi

Spinach

Swiss Chard

Tart Cherries

Squash

Beets

Cauliflower

Beans

Pickles

Cucumbers

***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.*

Roasted Tomato Herb Zucchini

1 medium green or yellow zucchini or summer squash

8-10 basil leaves

10 oregano leaves

2 cloves garlic

2-3 T olive oil

1 medium tomato, chopped

Kosher salt

Preheat the oven to 425

Thinly slice the zucchini and place in a single layer on a parchment lined pan. Sprinkle with a little salt.

In the bowl of a food chopper process the garlic until minced. Add the herbs and olive oil.

Place the chopped tomato into a small bowl and add the herb mixture

Spoon the tomato/herb mixture over the zucchini. Roast for 10-15 minutes until zucchini is tender and edges are browned.