

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

To boil corn, 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

Remove peaches 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

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.

White onions - These onions have recently harvested. They are not cured so they should be stored in a plastic bag in the refrigerator. **Garlic**- should be stored in a cool dry place at room temperature

Cucumbers- make sure cucumbers are dry. Place in the crisper drawer of the refrigerator. Use within 5 days.

Broccoli 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)

Carrots— remove the carrot tops from the root and store separately using the greens within a couple of days.

Week 13 2023—July 18th—July 24th

Rain has been the challenge for more than a week now. We need a few dry days in a row to give everyone a break. Rain is always welcome in moderation, but the farmers will tell you they would rather work in more dry conditions. Imagine spending your day in wet conditions, there really is no choice, especially when produce needs to be picked for market and of course our shares.

So, what are they picking. Early in the morning everyday from now on, probably until at least the middle of October we will be picking sweet corn. It will make its debut in our shares this week. This is early corn that was started in the greenhouse and then planted in the fields. All of the other plantings, nine so far are seeds planted directly in the fields. We can expect to find either white or bicolor corn throughout the season. What is not evident to us is that we grow varieties in both white and bicolor that are early or late season among others.

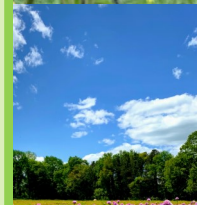
It has often been said that corn is king however I think many of us would agree that the garlic harvest might just trump that crop. It is a favorite here on the farm and I believe with many of you, our members. The harvest took place last Saturday. You might imagine the mud attached to the bulb and roots. The garlic was left in the field for the next rain to clean it off and then given a few days to dry. Home grown garlic is really a treat. Fresh, strong, aromatic flavor, for all of your recipes. It is a food that we love that is really very good for you as well. It seems that it helps in so many ways. Low in calories, and it can help to fight infection and inflammation. Garlic is known for properties that can help to lower blood pressure, and it is a benefit to heart health in general. Garlic can boost your memory and keep your bones and gut healthy. In order to realize the benefits of any food it has to be in your diet consistently. Garlic is an ingredient that I use daily very different from seasonal produce. The best advice is to give your food some great flavor for good health as often as possible! Scallions will join the garlic as another aromatic treat. Enjoy!

Again, we are marking our calendars, this time for the CSA evening on the farm Friday, July 28th from 4-8. Plan to come and spend some time with the team. The fields will be open, entry will be free for CSA members and their families, the only charge is that you will have to pay for what you pick. We hope to see you there! Update: Blueberry breakfast was canceled this morning due to weather conditions. The new date is Saturday July 22nd.

As always you know that if you need any assistance contact Trish@alstedefarms.com or 908-879-7189. If you have something to share with everyone, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo



Mexican Street Corn Salad

4-6 ears of corn
½ red or orange pepper chopped
1 jalapeno pepper, fine dice
½ c chopped red onion (or use the white onion in your share)
4-6 scallions sliced thin white and light green
½ cup chopped cilantro plus more for garnish
1/3-1/2 c cotija or crumbled feta cheese a little extra for garnish
3-4 T fresh lime juice
½ t smoked paprika
½ t cumin
½ t chili powder
1 T sour cream
1-3 T mayonnaise
Salt and pepper to taste

Follow the directions in the tips for grilling corn or use your favorite method

To remove the corn from the husk, place the end of the corn into the bowl and using a sharp knife cut behind the kernels and they will fall into the bowl. Add the peppers, onions, scallions, and cilantro and gently mix. Sprinkle the mixture with the lime juice. In a small bowl whisk together the spices and sour cream and mayonnaise. Add to the salad bowl and combine. Mix taste, garnish with cilantro and cheese and serve at room temperature or chill before serving.

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

Week 13 Harvest

Blueberries

Peaches

Lettuce

Carrots

Spinach

Kale

Broccoli

Cauliflower

Onions

Sweet Corn

Cabbage

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 Peach, Blueberry, and Mixed Green Salad

Toasted sliced or slivered almonds
1 medium quartered or sliced peach, grilled (see directions)
Greens from the share divided onto 2 plates (I used a little romaine and arugula)
About ½ cup blueberries
2-3 very thin slices of red onion
Toasted sliced or slivered almonds
Honey
2-3 T Balsamic Vinegar
¼ c Olive oil
Goat cheese
A sprinkle of salt to taste

Heat the grill, brush the grates and the peach quarters with a little olive oil. Allow the peach to brown on one side before turning. If peeking, use caution not to move the peach. If grilling inside on a grill pan: Brush the pan with olive oil, heat over medium high heat. Oil the peach slices as well, place down on a heated pan. Allow to grill a few minutes before turning. You want the grill lines for this recipe.

While the peaches are grilling toast the almonds in the oven or stove top. Slice the onion.

Place the greens on the plate, top with blueberries, peaches, slivers of onion, and sprinkle with almonds. Drizzle with honey, whisk together the oil and vinegar and drizzle over the salad. Top with bits of goat or feta cheese. Sprinkle with salt. Serve immediately