

## 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, I 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.

Onions- If you have white onions continue to refrigerate. Use within the week if possible. Yellow onions are partially cured. Store in a mesh bag or brown paper bag in a cool dry place that is well ventilated.

**Garlic- should be stored in a cool dry place at room temperature**

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 1<sup>st</sup> 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)

**Radishes- remove the radish tops from the root and store separately using the greens within a couple of days.**

**Beans- Be sure that the beans are dry. Remove them from the plastic bag and place into a paper bag or between layers of paper towel in a plastic container. Store for 2-3 days, blanch if using later and they will be ready for salads and other recipes.**

**Cabbage will keep in a plastic bag in the refrigerator for at least a week or more. The outer leaves may Become discolored. Remove and the rest of the cabbage is good to use.**

## Week 14 2023—July 25th - July 31st

We talk about the weather all the time. Sometimes we don't talk about how it is directly related to the produce in the share. You may have noticed that we did not have zucchini or summer squash in the shares this week. That can happen when we are between plantings, and it can also happen because the season has ended. The reason this time is the weather; too much rain has caused the drowning of the roots. There is another planting, so we hope to see squash again soon. There are weather stations on the farm that have rain gauges. Here on the home farm, we had 14" of rain in the past month, more on some of the other properties that we farm. Not only rain but then we had some very hot temperatures. What happens when it is too hot? Some of the vegetables that thrive in cooler weather, like broccoli will bolt or actually flower instead of waiting for harvest. When I am writing to you, I often look back at previous years. I thought that we would have peppers and eggplant now, in this case we have to look back at just the opposite weather. The growing season this year started with a very cool spring and early summer, not only cool but very dry conditions having us wait just a little longer. With all of that being said, it always amazes me that our shares are full and look beautiful in spite of all that is challenging the production team. With multiple fields and plantings, they are always planning ahead for any and all situations. As always, we are in good hands!

How is it going in your garden? My herbs look healthy and beautiful. I am hoping you are finding the same. My biggest challenge is that the slugs like my basil as much as I do. A shallow container of beer seems to be keeping that problem somewhat under control. My cilantro is still looking good this year which is really surprising to me with some of the heat we have had. Be sure you are pinching back the herbs so that they do not go to seed or flower. Pinch back and start to preserve some of the harvest so that you have herbs from your own garden in the winter months. If basil and parsley are plentiful prepare some pesto and freeze. Herb butter and herb salts are always welcome additions to the table especially when you are serving homegrown, corn on the cob!

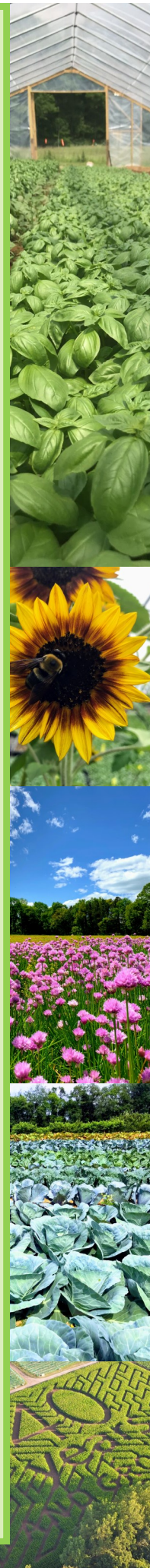
Everyone will have Cabbage in the share this week. Lisa Marie requested vegan cabbage recipes last week. Amy Berger posted Claremont Salad that you might remember if the Claremont diner was a place, you might fondly remember as I do. Emily Strange posted Mexican Taco Slaw and homemade sauerkraut. I posted a couple of recipes and there are recipes on the website as well.

Just a quick reminder, we will be getting together this coming Friday afternoon, July 28<sup>th</sup> in the late afternoon/ early evening. Please mark your calendars. There will be music and the fields will be open. Sunflowers are standing at attention and waiting to be seen! Entry will be free; you will only have to pay for what you pick. We would love to see you there. I am hoping that you noticed the invitation in your email, please RSVP so the team can plan accordingly!

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*



## Quinoa Sauté

Prepare 1c dry quinoa according to package directions. Be sure quinoa is tender.

Set aside

2-3 T olive oil

1 t sea salt

1 shallot or ¼ cup onion and 1 clove of garlic minced

1 ½ cups of greens from the share, kale, radish greens, spinach, arugula

2 c extra firm tofu or slices of roasted or grilled chicken

1/3 cup basil pesto

1/3 cup pumpkin seeds or sliced almonds, or walnut pieces

¼-1/3 c chopped sun dried tomatoes

Fresh basil leaves

Place a large skillet over medium high heat, add the shallot or garlic and onion. Sprinkle with the salt. Cook for a couple of minutes, lowering the heat as needed, to soften and not brown. Stir in the corn and cook until hot and sizzling. Add the greens and allow to soften and wilt. Add the tofu if using. Remove the skillet from the heat and add the nut or seeds. Mix well to coat.

To plate: Spoon quinoa onto four plates. Top with the vegetable mixture, place chicken over the

Vegetables (if using) Garnish with the sun-dried tomatoes and fresh basil leaves

Serve hot or at room temperature.

Adapted from: Featherstone Farm Rushford Minnesota Fresh Basil Pesto

## Basil Pesto

2-3 cups fresh basil or (basil and parsley mixed) leaves, packed

1/3-1/2 cups pine nuts or walnuts or slivered almonds chopped (optional)

2 medium sized garlic cloves, minced

1/3- 1/2cup freshly grated Parmesan-Reggiano or Romano cheese

1/3-1/2 cup extra virgin olive oil

Salt and black pepper to taste

Combine the basil, nuts, and garlic in a food processor and pulse a few times. Drizzle in the olive oil while the processor is on. Stop and scrape down the sides of the bowl. Add the cheese and pulse.

Add salt and pepper to taste. Refrigerate up to a week, freeze up to 6 months

## Pesto Grilled Cheese Sandwich

2 slices Italian bread

1 tablespoon softened butter, divided

1 tablespoon prepared pesto sauce, divided

1 slice provolone cheese

1 slice of ham, prosciutto, or Soppressata

2 slices tomato

1 mozzarella cheese

Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.

Spread the top of the bread slice in the skillet with half the pesto sauce, and place a slice of provolone cheese, the tomato slices, the ham and the Mozzarella cheese onto the pesto.

Spread the remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.

Gently fry the sandwich, flipping once, until both sides of the bread are golden brown, and the cheese has melted, about 5 minutes per side. Just one more way to use some of the pesto.

Adapted from All Recipes.com

# Week 14 Harvest

Peaches

Sweet Corn

Garlic

Carrots

Arugula

Tuscan Kale

Blueberries

Cabbage

Lettuce

Radish

Kale

Beans

***\*\*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.***

## Homemade Herb Salt Recipe

1 cup loosely packed fresh herbs of your choice, Parsley, oregano, basil, mint, cilantro, thyme, rosemary, and/or dill will all work.

1/3 cup coarse salt

1 t granulated garlic

Your choice of herbs from the list above or a mixture of fresh herbs

Wash the herbs and remove coarse stems and any discolored leaves. Dry completely.

Pulse the herbs and salt in a food processor until you have a coarse grind. Do not process to a paste.

Or Use a knife on a cutting board and chop. Then add the salt on top and continue to chop the salt/herbs together until the salt looks like a uniform mixture.

Transfer the herb mixture into a glass jar and place it the fridge for 7-14 days to let the flavors blend. Be sure to shake the jar every day or so.

The salt preserves the herbs. The herb salt should last up to 6 months, or even longer.

Use your homemade herb salt in any recipes that would benefit from a little extra flavor. You can rub it on roasts. Sprinkle into soups, sauces, stews, and slather onto chickens before roasting them.

The herb salt will be great on sweet corn that we should have in season about the time that this is ready in your refrigerator

Adapted from: theprairiehomestead.com