

## 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 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](#)

Onions- Yellow onions are 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

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.

Basil- Remove dead stems and leaves, snip ends, if basil comes to you with the root attached, remove the roots, and gently pat dry. Place stems in container filled with water, do not submerge the leaves. Wash leaves as needed. If you change the water daily the herbs will keep for up to a week on the counter. The top of the plant can be covered with a plastic bag. Do not refrigerate basil.

Eggplant – plan to use eggplant quickly. The best temperature for eggplant storage is around 50 degrees. You can keep it on the counter for a day or two if your house is cool and it will keep in the refrigerator for a day or two as well.

Lodi apples- refrigerate until ready to use. Early apples are not the best keepers. The best quality for eating out of hand is just a few days.

## Week 15 2023—August 1st-August 7th

A warm evening on the farm brought out many of you, some familiar faces and some new to our CSA farm family. It was fun to take tours and answer questions. It seemed that everyone found something to do. The rides on the tractor jump seat with Karl Alstede, a walk through the Sunflower Maze, the blueberry patch, corn from the corn roaster, and of course I noticed some of you waiting for a treat at the ice cream window at the end of the evening. Music by Nash East is always the best! Bags of corn and peaches were in tow with many of you as you left for the evening. It really was a nice get together.

Maybe some of you went home and saved some of the extra fruit and vegetables. A post from Cheryl Presuto a couple of weeks ago mentioned that she “freezes at least one share item each week.” I will print the directions for freezing corn this week and a few times during the season. Peaches can be sliced and placed on parchment lined trays, once frozen they can be moved into plastic freezer bags. Or if you prefer to prepare a peach pie filling and freeze it in a pie plate lined with foil, remove the foil and place in the crust to bake a summer fruit pie in the winter. Fillings can also be stored in gallon size freezer bags; in this case the filling would need to be somewhat defrosted before baking.

Some new items in our shares this week. Eggplant will be in for the first time this year. We grow a few different varieties including Sicilian, that is completely round and Asian that is long and thin. For the most part you will have the purple globe in your share. Most recipes are interchangeable with the eggplant varieties.

Green beans, I think, were the vegetable of the year last year. It seemed that we had them consistently from July through October. With basil in the share this week green beans and pasta would be the perfect recipe to try. Leftover pesto, try pesto eggs from the website or pesto ricotta scrambled eggs in the packet. Freeze pesto that you can't use up this week.

Lodi apples are the first apple of the season every year. It will be a few more weeks before we see any others. Lodi apples are not good keepers. If you plan to eat them out of hand do so within a day or two of receiving them. These apples are best known for cooking. Actually, applesauce is the best recipe to prepare with Lodi apples.

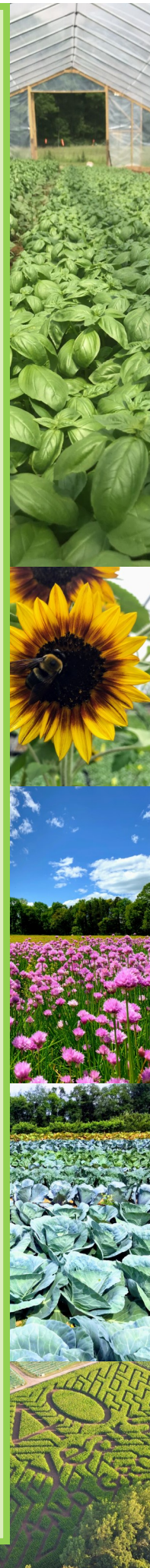
I heard from Alyse Heilpern this week. She brought a recipe mistake to my attention. The Quinoa Sauté did not have the corn measurement in the list of ingredients. The recipe calls for 1- 1 ½ cups of corn that has been removed from the cob. Thanks Alyse!

Some of you were asking about donut peaches when we were together on Friday evening. Surprising to all of us they are ready to be picked this weekend and we will reap the benefits. Be sure to leave a couple of these on the counter for a day or two so that they truly do soften before you eat them. They are a farm favorite, juicy and delicious, and I hope you won't be disappointed.

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

*Until next week, enjoy the freshness!*

*Jenn Borealo*



## Directions For Freezing Sweet Corn

Start with the fresh corn on the cob in your share or from our farm store, stand or farmers markets. It has been picked the day it was delivered. Keep the corn chilled in your refrigerator until you are ready to prepare for freezing. Sugar can turn to starch at room temperature.

Fill a large pot  $\frac{3}{4}$  full of water. Heat the water to a rolling boil and prepare an ice water bath.

Husk the corn. Be sure to remove all the silk. Gently rub the corn with a terry or soft towel that will help to remove the silk.

When corn is blanched the action of the enzymes is stopped. This process will help to maintain the color, flavor, texture, and nutrient value of the vegetable. Gently drop the corn into the boiling water, making sure that you do not drop the temperature of the water below boiling. Boil for 4-6 minutes.

Lift the corn with a slotted spoon or drain. The cooking stops when you add the corn to the ice water bath. You may need to add extra ice depending on how much corn you are working with.

Remove the corn to a towel. Allow the corn to completely dry.

Here are 2 methods you may use to remove the kernels from the cob.

There are some special tools if you choose. Corn Cob strippers or kerneler are available on-line.

A sharp knife will work just as well. Firmly hold onto one end of the corn, with the other end in the deep bowl. Run the knife under the kernels. The corn will drop into the bowl in strips that will break apart as you continue to work and pack.

Another method is to place the end of the corn in the center opening of an angel food cake pan. Run the knife under the kernels and they will fall into the pan.

Portion the corn into zip lock bags. Be sure to push out as much air as possible. Placing a straw into the bag at the end of the closure. As you close the bag press out air. Draw air out with the straw and press to close as you pull out the straw. Eliminating air will preserve the quality of the corn. It can prevent freezer burn.

Always be sure to label and date the bags you are freezing.

When you are ready to serve the corn it will require the minimum of preparation in the microwave, a skillet or steamer or double boiler. It is ready to add to soups and stews

### Green Beans with Pasta and Pesto

Green beans from the share, about 1lb

$\frac{1}{3}$  - $\frac{1}{2}$  cup pesto or more, to taste

$\frac{1}{2}$  lb. bow tie pasta or shape of your choice

1-2 T butter

Parmesan Cheese

Kosher Salt and pepper to taste

Clean and trim the beans. Steam the green beans to bright green, crisp tender. Prepare pasta in salted water according to package directions. Reserve 1 cup of pasta water just before draining.

Mix the cooked green beans with 2-3 T pesto and set aside.

Drain the pasta, add the butter, mix to coat pasta. Add the green beans to the pasta and a little water to marry the ingredients as needed. Add additional pesto and season with salt and pepper to taste.

Serve with additional parmesan cheese.

# Week 15 Harvest

**Peaches**

**Sweet Corn**

**Garlic**

**Basil**

**Eggplant**

**Beans**

**Plums**

**Cabbage**

**Onions**

**Radish**

**Lodi Apples**

***\*\*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.***

### Pesto Ricotta Scrambled Eggs

$\frac{1}{2}$  tablespoon butter

$\frac{1}{2}$  T olive oil

3-4 large eggs

1-3 T milk

Pinch of salt

Freshly ground black pepper

1 tablespoon Parmesan cheese (optional)

$\frac{1}{2}$  tablespoon butter

$\frac{1}{2}$  T olive oil

1-2 heaping tablespoons pesto, more to taste

3 tablespoons fresh ricotta cheese, broken up into clumps

Beat eggs with milk, salt, pepper, and Parmesan cheese. Over medium heat, warm the olive oil and melt butter in a medium-size nonstick skillet.

Pour eggs into the warm pan and turn heat to low. Using a heat-proof rubber spatula, stir eggs once or twice until very loosely set and a little softer or than you would serve them.

Remove pan from heat and spoon some pesto onto the eggs. With the pan off the heat, stir once or twice more -- enough to finish cooking to desired doneness and to distribute pesto in streaks through the egg. Drop spoonful's of ricotta on eggs and dot with more pesto as desired. Garnish with a few basil leaves. Serve at once.

Adapted from: NYTimes.com