

## 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

**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.

**Tomatoes**- should be kept at room temperature. Use them within 3-4 days. They can be placed in the refrigerator to hold them a little longer. Bring them back to room temperature for the best flavor before serving. Remove cherry tomatoes from the container into a bowl or dish on the counter. Try to use them within a few days otherwise refrigerate. Tomatoes that get a little soft can be roasted or stewed or added to sauces, soups, stew. Remove cherry tomatoes from the container. Keep at room temperature, use within a few days. Plan to roast any tomatoes that get soft

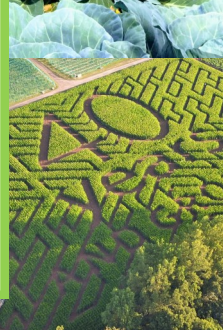
**Cucumbers** - To store fresh cucumbers-be sure cucumbers are dry, place in a plastic bag and store for up to 5 days in the vegetable crisper.

**Peppers** can be stored in a plastic bag in the refrigerator for up to two weeks 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.

**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.

**Pristine 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 16 2023—August 8th-August 14th

This was the first weekend of August and I think that we could rate the sunny but just warm enough days a perfect “10”! That is not the weather we have become accustomed to in early August in New Jersey. With very little rain these are perfect conditions for farming. Don’t get used to it, here comes the rain before we pick up our shares on Tuesday!

Did someone say peppers. They have been picking peppers for a few days now. Shares could have green bell, cubanelle, or roasters or Hungarian sweet peppers. Onions continue to be in the shares so maybe Sausage, Peppers, and Onions could be on your menu this week. That along with a corn and green bean salad and maybe a peach crisp or cobbler and you have a farm to table dinner. There was a time that I can remember having conversations both in person, email, and on Facebook where it was sort of a challenge to use as many items from the share as possible in a recipe and in a menu. Farm to table menus always have the freshest taste, the most vibrant color, not to mention better nutritional value. Leave the over processed foods behind and start and end with only the fresh out of the field ingredients.

It is hard to believe that “Farm to Table” or “Farm to Fork” as we think of it today has been around since the late 1970’S. We, or should I say I naturally think of it most as it applies to produce however, we know that it also includes eggs, meats, cheese, fish, even wine and beer. The start was actually in the 1970’s in California restaurants where menus were based on fresh local ingredients. Logically the perfect place to start with what seems like an endless growing season. Thankfully our season here in New Jersey has been extended with the addition of greenhouses and of course high tunnels.

Pristine will be the apple in the shares this week. This apple has a sweet-tart taste with possibly a touch of spice and even a slight hint of banana. This apple has been around since 1994. Pristine named possibly for its smooth, beautiful, unblemished skin that might have a tiny bit of blush. PRI represents the breeding program that included Perdue, Rutgers, and the University of Illinois. The apple was bred in Indiana. Instead of mentioning just parents this apple has a list of ancestors, some known to us, some not. The apple tree is a hybrid of the Camuzet and the Coop 10. Other family mentioned is Rome Beauty, Golden Delicious, and McIntosh. This again is a recommended apple for applesauce, it can be used in cooking and baking recipes however not highly recommended for pie. Eating out of hand is another option of course. The Pristine apple is a better keeper than the Lodi, however it is not a late season apple so enjoy them this week.

If you have any administrative questions email [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com) or call 908-879-7189. If you have a menu or recipe that has included 5 or more ingredients from the box, share with [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com).

***Until next week, enjoy the freshness!***

*Jenn Borealo*

# Week 16 Harvest

Peaches  
Sweet Corn  
Garlic  
Cucumbers  
Eggplant  
Beans

Pristine Apples  
Tomatoes  
Onions  
Radishes  
Beets  
Cilantro

***\*\*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.***

## Eggplant Peppers and Onions Recipe

1 Medium - Eggplant  
1/2 bell Pepper green or red sliced thin  
1/2 Onion sliced thin  
1 egg, beaten  
1 cup breadcrumbs (optional)  
2 T Parmesan Cheese  
1/4 teaspoon garlic powder  
Canola Oil or olive oil or a mixture of both to line bottom of frying pan  
Feta Cheese or Shredded Parmesan Cheese  
Salt and Pepper to taste

Mix breadcrumbs, Parmesan Cheese, and Garlic Powder  
Peel the Eggplant

Slice the eggplant, dip the eggplant into egg and then breadcrumb mixture  
Heat Oil in frying pan (Just enough to sauté)  
Fry until golden brown on both sides  
Remove and drain on paper towels  
Sprinkle salt and pepper to taste

In a second pan warm a little a little more oil and Add sliced Peppers and Onions sauté for 15  
Minutes until vegetables are tender. Plate Eggplant with Onions and Peppers on top  
Sprinkle with Feta or Parmesan cheese, optional

Adapted from: Familyfoodie.com

\*Eggplant preparation options-\*oven frying or air fryer instead of frying or  
Try Roasted or grilled eggplant

## Green Beans with Pasta and Pesto

Green beans from the share, about 1lb  
1/3 -1/2 cup pesto or more, to taste  
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.

Garnish dish with 1/2 cherry or chopped fresh tomato, serve warm or at room temperature.

Optional: Boil a couple of potatoes, peel, and slice and add to the pasta and beans when you are ready to mix in the pesto.

## Corn and Green Bean Salad

6-8 ears of corn  
Green beans from the share  
5 T olive oil  
2-3 Tablespoons Cider Vinegar  
Kosher or Sea Salt and Fresh Black Pepper  
1/2 onion chopped  
1/4 chopped pepper from the share  
3 T fresh Parsley chopped

Peel husk from the corn and remove the silk. Cut the corn from the cob into a bowl. Heat the olive oil over medium heat in a sauté pan. Add 1/2 of the corn and allow to cook for 5 minutes stirring occasionally. Remove from the pan and repeat. Trim the beans and break them into bite sized pieces. Boil the beans in salted water or steam the beans until still crisp but fork tender.

Place cooked vegetables into a large bowl. Add the chopped onion, pepper, and parsley, dress with the vinegar and remaining olive oil. Salt and pepper to taste

Mix and chill for a couple of hours before serving. Serve cold or at room temperature.

Adapted from: Eating Well

Optional: Add some chopped tomato and basil when in the share or you have these ingredients on hand.