

## 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 a 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 should be free stone. Savoringitaly.com/Italianplumjam

**Onions**- Yellow onions are cured. Store in a mesh bag or brown paper bag in a cool dry place that is well ventilated.

**Carrots** – remove the carrot tops from the root and store separately using the greens within a couple of days. What to Do With Carrot Tops + 12 Carrot Top Recipes — Zestful Kitchen

**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

**Peppers** can be stored in a plastic bag in the refrigerator for up to two weeks. This week you will have a mix of sweet peppers to include bell, cubanelle, roasters, and possibly sweet Hungarian.

**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.

**Tomatillo and husk cherries** - can be stored on the counter in an open container for a few days. Refrigerate in a paper bag for longer storage. Do not husk until you are ready to eat.

**Muskmelon** – melons are coming to you ripe. Store in the refrigerator. Wash melons before cutting so that running a knife from skin to flesh will not drag bacteria through the fruit. Try a cantaloupe peach smoothie @Natalie'shealth.com



## Week 17 2023—August 15th–August 21st

Before I say anything else I need to express a belated welcome to our mid-season members. The Heart of the Season and Summer Essentials have joined us in the past few weeks. They will be along with us through the middle of October. We are happy to have you along in our 2023 journey. CSA member Arlene Stover was in touch this week. She is enjoying the recipes in the packet and the flavors of the season so I guess you have joined us at a good time!

As usual, everyone is saying, “summer is really flying by!” Doesn’t it always happen or am I just getting older? When I see Italian prune plums on the list, I realize we are really moving through the summer. They are a fruit that is ready toward the middle of August so I guess we could say that they are right on time. These plums originated on the Mediterranean coast. They are easily recognized for their size and shape that is very different from the traditional plum. They can have a sort of gray look from the natural bloom on the outside of the skin that helps to protect the fruit and helps the fruit to hold moisture. They can be called prune plums but are often called “Italian” however they are most popular in Germany. When you look for recipes, you might notice that many of the cakes and tortes are called kuchen. If you take a look at the website, you will find a recipe from CSA members Inga Maximoff and one from Gina Bosco. I have a link to a jam recipe in the tips this week. No pectin necessary, the fruit has enough natural pectin to thicken and set. Many of you may just choose to eat them out of hand. Naturally free stone, they are a great snack. Not to mention as you might realize they won’t add much to your calorie count, they will add fiber to your diet, vitamin A when we need it in the summer and vitamin C (and so much more!). They are low on the glycemic index, a definite plus to many of us.

Some of you will have Tomatillos and Husk Cherries in the share. They might also be available to swap. These are found in the same family actually along with tomatoes. Tomatillos have been called Mexican tomatoes. They are easily identified by their husk that you peel back when you are ready to use them. Tomatillos are used in Salsa Verde and Latin American recipes. Husk cherries are fun to just eat out of hand and they are also known to be used in salsa, salads and even in jam or a torte. Before you eat one don’t think about tomato, instead be ready for a slight pineapple, mango, some say strawberry taste.

If you have administrative question, contact [Trish@alstedefarms.com](mailto:Trish@alstedefarms.com) or call 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*



# Week 17 Harvest

## Peach Tarts with Goat Cheese & Honey

1 sheet frozen puff pastry (14-oz), thawed  
1 lb. ripe, sweet peaches, pitted and cut into ½ inch wedges  
4 oz goat cheese, softened  
2 tablespoons honey  
freshly ground black pepper (optional)

Preheat oven to 425 degrees Fahrenheit. Line a baking sheet with parchment paper.

Cut pastry into six 4-inch squares and place on the prepared baking sheet. Prick each square all over with a fork. Spread each square with a spoonful of goat cheese leaving a ½ inch border. Top each square with peaches. Season with a few grinds of black pepper.

Place the tray into the freezer for an hour or so. Remove from the freezer and bake in the center of the oven for 20 to 25 minutes, rotating the pan halfway through, or until the pastry is puffed and golden. Peaches should be tender. Drizzle with honey just before serving.

Tarts are best if served the day that they are prepared.

Adapted from: somethewiser.com

## Corn Carbonara

12 ounces spaghetti or linguine  
Kosher salt  
6 slices thick-cut bacon (about 6 ounces), cut into 1/4" strips  
4 ears of corn, kernels cut off (about 3 cups), cobs reserved  
1/2 cup heavy cream  
Freshly ground black pepper  
1/2 cup grated Parmesan (about 2 ounces), plus more to serve  
1/2 cup fresh basil leaves, coarsely chopped, divided

Place a large pot of water on high heat.

While the water is coming to a boil: In a large skillet over medium heat fry the bacon/pancetta until crisp. Lift with a slotted spoon onto paper towels to drain. Any fat in the pan should remain. Run the back of a French/Chef's knife over corn cobs to scrape excess corn milk from cobs into a bowl. Pour the corn milk into a blender, add the cream and ½ of the corn kernels. Season with a little salt and pepper and add about 2 T of the reserved bacon fat. Purée until a smooth sauce forms.

While preparing the sauce: Salt the boiling water and cook spaghetti stirring occasionally, until al dente; reserve some of the pasta water. Drain.

Return the pasta back into the pan. Toss the hot pasta with corn sauce, a little pasta water as needed, 1/2 cup Parmesan, and half each of the remaining corn kernels, bacon, and basil in a large bowl.

Divide pasta among serving bowls and garnish with the remaining corn kernels, bacon, and basil.

Season with pepper and pass the parmesan. Adapted from: epicurious.com

Peaches

Sweet Corn

Garlic

Hot Peppers

Eggplant

Beans

Tomatillos

Italian Plums

Tomatoes

Onions

Sweet Peppers

Beets

Carrots

Husk Cherries

***\*\*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 & 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 towel. 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