

Storage Tips & Tricks

Apples- apples should be stored in the crisper drawer of the refrigerator away from other produce as they emit ethylene gas. For the best flavor bring the fruit to room temperature for serving

Watermelon- Store watermelon in the refrigerator until ready to eat. Be sure to wash and dry the watermelon before cutting. Keep melon cut up into slices or bite-sized cubes in a plastic container in the refrigerator for a convenient snack. It will keep pre-cut for one week. Recipe: Watermelon with Chile, Salt & Lime | The Kitchn

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.

Arugula -remove rubber bands rinse in cool water, drain and completely dry. Wrap in paper towel and place in a plastic bag or layer with paper towel in a covered plastic container refrigerate for up to 5 days.

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

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. Tomato, Green Bean salad with Chickpeas, Feta and Dill@ NYT cooking.com

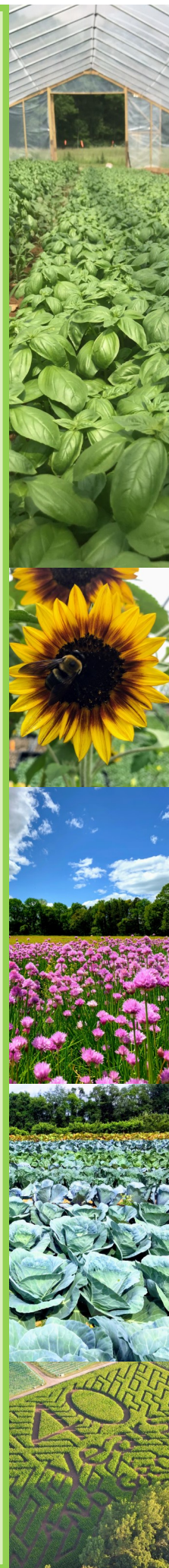
Tomatoes- should be kept at room temperature. Use them within 3-4 days. They can be placed in the refrigerator to hold them a little longer. Bring them back to room temperature for the best flavor before serving. Remove cherry tomatoes from the container into a bowl or dish on the counter. Try to use 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.

Leeks – Refrigerate leek unwashed with roots attached for up to two weeks. Wrap tightly in plastic so the flavor isn't absorbed by other foods. Try roasting leeks with eggplant and tomato and a little chopped garlic.

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.



Week 19 2023—August 29th-September 4th

As I am writing to you this week, I am thinking that it is August, and I am feeling chilled. We have had some beautiful days with bright sunshine and blue skies, but rain and low temperatures are not making it feel at all like summer. Some schools are open, and it might be easier for students and teachers who are already returning to school to do so in cooler weather.

Many of you will be packing school lunches sometime soon so the addition of apples in the shares will be welcome. Zestar! apples, like most early season apples, are perfect for eating out of hand. They are a sweet/ tart, crisp, and juicy apple and it has been said that they have just a hint of brown sugar enhancing their flavor. Zestar! Apples, (the only apple or food that I know of to have an exclamation point as a part of it's name) were developed at the University of Minnesota in the late 1990's. The parents are not familiar, State Fair and MN 1961. You will not find this apple in a supermarket. They are only available at local farm markets and only for a short time. They are a better keeper than some early apples, but it is good practice to serve early apples as you receive them for the best quality. I have found sights that say that the Zestar! Apple would be good in a pie and baking in muffins. I cannot say that I agree. Instead, I might consider an apple crisp or a cobbler and certainly applesauce.

During this last week I had a message that CSA members Maryanne Tierney and her daughter Katelyn who had a question about canning. Specifically, tomatoes. So, this information comes to you because in theory if one person has a question, so do many others. It is hard to believe that the season is upon us. Cases of plum tomatoes are usually ordered in late August and early September and in many homes, tomatoes are canned for the winter and beyond. When I was working in the Farm Store, I realized that this would often be a Labor Day weekend activity. I did not grow up in a family where this was done. I have, however, taken some classes and I have taught the basics to my students through the years. Blanching tomatoes, washing, and heating the jars, lids, equipment, and of course tomatoes so that everything is hot. Preparing a hot water bath and listening for the lids to pop afterward. Paying close attention to time and temperature. Don't forget labels with dates. The question had to do with the addition of bottled lemon juice or citric acid to the tomatoes. Ripe tomatoes are not consistently high enough in acid to safely can without one or the other that should be added to the jar before adding the prepared tomatoes. If you are canning for the first time, if at all possible, it is best to work with someone who has done it before. If that isn't possible there is the Blue Book of Canning that has been a bible for canning for many years, you can check out the website for The National Center for Home Preservation and last but not least many State Universities have an extension service. Here in New Jersey that school would be Rutgers.

If you are not canning you might be making salsa, or caprese salad. Roasting tomatoes, or preparing Michelle Cotter's burst tomato sauce or like Inga Maximoff you might be having a tomato sandwich, simply the best!

If you have administrative questions, contact Trish@908-879-7189 or Trish@alstedefarms.com. If you have a recipe related question or an idea to share, send to jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo

This recipe will always be one of my favorites. I usually share it once every season. Michele Zanzonico Cotter sent this CSA favorite to me a couple of years ago

Burst Cherry Tomato Sauce

1 lb. pasta
¼ -½ cup olive oil
4 or more large garlic cloves, minced
3 pints cherry tomatoes or 4-6 large tomatoes chopped or a mixture of both
½ tsp freshly ground black pepper
Pinch of sugar
1 cup coarsely chopped fresh basil (add a little oregano if desired)
Freshly grated parmesan (for serving)

Heat oil in a large skillet over medium heat, add the garlic, raise the heat to medium high and then add tomatoes, pepper, sugar, and salt to taste. Allow the mixture to cook, adjust heat as needed, stirring occasionally, until tomatoes burst and release their juices to form a sauce. Just before serving stir in fresh basil,

While the sauce is simmering, bring a large pan of water to a boil. Add salt as directed on the package. Cook according to package directions, stirring occasionally, drain, reserving ½ c pasta water. Transfer pasta to a large serving bowl. Top with the sauce and toss to coat, adding a little of the reserved water as needed. Serve with parmesan cheese.

Adapted From: Epicurious.com

Easy Crustless Tomato Pie

4 medium tomatoes
1-2 t salt
½ T butter
½ T olive oil
½ c onion chopped
1-2 cloves of garlic minced
½ t black pepper
2 eggs beaten
3 T cream or ½ & 1/2
2 T chopped fresh oregano, chop a little extra for serving
6-7 leaves chopped basil, a few extra leaves for serving
1 ½ cups mozzarella cheese, a little extra for sprinkling
2 T grated parmesan cheese, a little extra for sprinkling

Pre heat the oven to 375. Slice tomatoes and place in a single layer on a pan or tray. Sprinkle with a little salt. Allow the tomatoes to sit for at least 10-15 minutes.

Heat butter and add olive oil to a small- medium skillet over medium heat. Add the onion and sauté for a few minutes before adding garlic. Add the garlic and cook until onions are tender. Remove from the heat and set aside and allow to cool a bit. Meanwhile in a medium bowl beat the eggs and add the cheese, cream, herbs, and pepper and the cooled onion and garlic. Stir to combine. Blot the tomatoes with a paper towel. Arrange the tomatoes in a single layer on the bottom of a buttered pie pan. Top with a ¼ cup of the egg mixture. Repeat the layers until all ingredients have been used. The top layer should be tomatoes. Sprinkle with a little mozzarella and parmesan cheese. Sprinkle with reserved herbs when serving. Bake for 30-40 minutes

The edges should be lightly browned.

Allow to set for a few minutes before serving.

Adapted from: biscuitsandburlap.com

Week 19 Harvest

Peaches

Arugula

Radishes

Watermelon

Eggplant

Beans

Cherry Tomatoes

Zestar! Apples

Tomatoes

Onions

Sweet Peppers

Beets

Musk Melons

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.***

Grilled Peaches with Burrata, Honey, and Pistachios

For the grilled bread:

1 Loaf Crusty Bread
Olive Oil or Butter or a mix of both, for brushing on bread
Sea Salt

For the burrata:

5 ripe peaches, halved and pitted
Canola or grapeseed oil, for brushing on peaches
2 tablespoons honey
12 ounces burrata
1/3 cup chopped pistachios
Fresh mint, for garnish

While the grill or grill pan are heating to medium high brush both sides of the bread with oil. Grill the slices until they are golden and have grill marks on both sides. Sprinkle the bread with a little sea salt and set aside.

As the bread is grilling, brush the peaches with oil on the cut side. Grill for 4 minutes. Peaches should start to caramelize and there should be grill marks. Remove to a cutting board and allow to cool. Slice for serving.

To serve place the burrata in the center of your platter or board. Arrange sliced peaches around the burrata. Drizzle with honey and sprinkle with a little salt and pistachios. Place bread around the platter. Garnish with sprigs of mint. Place cups of extra honey and nuts on the platter for service.

Adapted from: Twopeasandtheirpod.com