

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

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. 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.

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.

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.

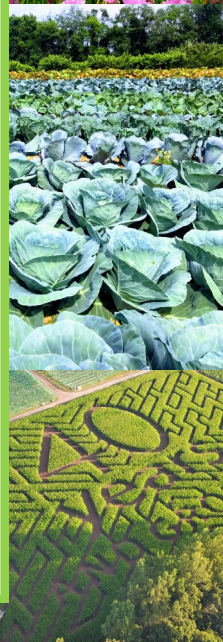
Eggplant – plan to use eggplant quickly. The best temperature for eggplant storage is around 50 degrees. You can keep it on the counter for a day or two if your house is cool and it will keep in the refrigerator for a day or two as well.

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. Most recipes will call for the white bottom and the light green. Keep the tops for preparing stock. Be sure to clean leeks in cold water making sure that any soil or grit is removed from between the layers.

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.

Carrots– remove the carrot tops from the root and store separately using the greens within a couple of days. Try something a little different: Moroccan Chermoula and Carrot Soup - Laurie Constantino

Spinach- can be washed and dried before storing. Store spinach wrapped in paper towel or in layers of paper towel. Dried leaves can keep up to one week. Wilted Spinach Salad, Creamed Spinach, Stir Fry, Sautee with Garlic, shallots, onion as a side or as a bed under Chicken, fish, sliced steak, Mix into eggs for omelets or fill the omelet, Wilt spinach into soups, stews, sauces, Greek Spinach Feta Pie, Spanakopita, Quiche, add spinach to smoothies, add to ricotta cheese for Lasagna for Spinach Stem Recipes, take a look at Pantryfun.com



Week 20 2023—September 5th– September 11th

Every year I think that we need a reminder that Labor Day is only the unofficial end of summer. When it comes to produce, the fruits and vegetables that we love continue to ripen in the fields. With that being said it is time to start preserving some of the bounty of the season. We will see changes as we go through September and October.

Honey Crisp apples in the shares is almost as exciting as it gets. There are about 45 different varieties of apples growing in our orchards and yet nine out of 10 guests at the farm are looking for Honeycrisp at this time of the year. Are they delicious, yes. Are there other others that can match and even surpass the beloved apple, absolutely. The Honeycrisp apple has a short season. We are picking our first variety and there will be a couple more, but keep in mind, we will be picking different apples through early November. There are many apples named in the lineage of the Honeycrisp. Two are definitely farm favorites, one is the Macoun and the other is a grandparent of the Honeycrisp apple, the Golden Delicious. Honeycrisp is a pretty apple with a light green to yellow background that is covered with orange/red blush. It is known to have a few russet dots on the skin. The flesh of this apple is white. The apple is known for its crunch and in some places, it is called Honeycrunch. The flavor is sweet, however there is a touch of acidity, and the extra-large cells are the reason for the juiciness that we all love! Most sights say that the Honeycrisp apple will do well in pie. The apples do hold their shape when baked, and they do maintain their sweetness, two factors that are taken into consideration when making a recommendation. I would prefer to add it into pie with some apples that are not quite as juicy. All of this information will not matter if you enjoy these apples this week by just eating out of hand!

Salad Niçoise is one of the recipes of the week. We developed our own version a few years ago in the spring using asparagus when it is abundant in the shares every week. The original salad comes from the city of Nice in France. First came a version of tomatoes, anchovies, and olive oil, known as “simple food, a salad for the poor.” Fresh ingredients, some cooked, some raw have been added over time and have made the recipe a favorite all over the world. Originally, I have thought of the salad as almost a “mini salad bar” set up on a large platter. You can now find recipes where the salad is actually tossed so the choice is yours. The green beans in the shares have been so thin and tender they remind me of the Haricot Vert that are my go-to in the off season. So, what could be more appropriate than a French salad with our tender green beans, not to mention, lettuce, tomatoes, green onions, peppers, radishes, and eggs. Depending on where you have the salad, all of the vegetables could be served raw. I have always used steamed green beans and boiled potatoes. Tuna is a traditional addition, chicken and even steak are known to be some non-traditional toppings. We are having some warm weather this week, a salad could be a part of your menu plan, and I say, make it your own and enjoy.

Trish is available if you have administrative questions or concerns call 908-879-7189 or Trish@alstedefarms.com. IF you have something to share with me, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Salad Niçoise a la Alstede Farms

Salad Ingredients:

8-10 cups of mixed salad greens torn into bite size pieces
2-3 Grilled or Roasted Chicken Breasts skin removed room temperature or cold, sliced
Sliced tomato or cherry or grape tomatoes
¾ c niçoise olives or a mix of olives of choice
1-2 T capers
¾ lb. Green beans cleaned and steamed (optional)
Thinly sliced red onion or sliced green onions
4 Alstede Farms Eggs, steamed to hard cooked peeled and sliced
4-6 small to medium red jacket potatoes boiled in salted water until fork tender, sliced

Vinaigrette:

1 minced shallot
1 minced garlic clove
¼ c red wine vinegar
1 T lemon juice
1-2 t Worcestershire Sauce
2 t Dijon mustard
1 T fresh basil leaves
½ t fresh oregano leaves
½ T fresh thyme leaves
¾ c olive oil
salt and pepper to taste

For a creamier dressing add ¼ ripe avocado, 1 T of Tahini, 1 hard cooked egg peeled, or 1-2 T mayonnaise.

Prepare dressing- peel and quarter the shallot and add the peeled garlic clove to the bowl of a food processor. Pulse the processor to mince the aromatics. Add the vinegar, lemon juice, Worcestershire Sauce, the mustard, and the herbs. With the processor running add the olive oil in a thin stream until it is well blended. Salt and pepper to taste. If preparing a creamy dressing add the alternate ingredient and process.

Place the potato slices into a bowl and add a little dressing enough to coat. Season with salt and pepper. In another large bowl mix the greens with enough dressing to coat.

Salad niçoise appears to be an individual composed salad where each vegetable, fish or poultry and egg stands on its own. Spoon the greens out onto a serving plate or onto four dinner plates. Top with the vegetables, eggs, and chicken, side by side. Drizzle with a little more dressing. Serve with crusty French bread.

*Traditional Salad Niçoise would not feature chicken it would include tuna and anchovies

**Vegan or vegetarian options may include grilled mushrooms and/or beans

Week 20 Harvest

Peaches

Arugula

Italian Plums

Spinach

Eggplant

Beans

Cherry Tomatoes

Honeycrisp Apples

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.**

This is an original creation by Maxine Finney in our marketing department. She prepared this for a gathering during this last week and then shared with me so that I would share with all of you.

Peach Tomato Bruschetta

Chop 4 medium or 3 large tomatoes
½ shallot minced
1 clove garlic minced
Leaves from 2 springs each, parsley, oregano, basil finely chopped
2 T good quality grated parmesan cheese
Fresh black pepper to taste
4 slices Panella/Italian Bread slices, toasted, cut in ½ or quartered as desired
Fresh Mozzarella cheese, slice.
Thinly slice 1-2 peaches as needed
Balsamic glaze

Chop the tomatoes. Sprinkle tomatoes with salt and allow to sit and release water, drain.

Add the shallot, garlic, and herbs. Mix in the parmesan cheese and pepper.

Toast the bread and top with the tomatoes. Reserve the tomato juice to spoon over bruschetta when serving. Top with a slice of cheese. Place peach slices on top,

drizzle with glaze. Sprinkle with additional herbs for garnish as desired. Serve immediately with reserved tomato juice (optional)

*the original preparation used heirloom tomatoes that do not need to be salted.

**plum tomatoes may be used for this recipe

***Brush the bread with a little olive oil or spread with pesto