

## 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.

**Peaches**– remove 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.

**Swiss chard**-Remove the rubber band, place the greens in a paper towel lined plastic bag or a container in the refrigerator for up to 1 week. Be sure greens are dry. Chard is best if eaten within 5 days A simple preparation idea- Toss steamed leaves with olive oil, lemon juice, salt, and pepper. OR with sesame oil, rice vinegar or soy sauce. The Roasted Chard Stem recipe is on our website.

**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.

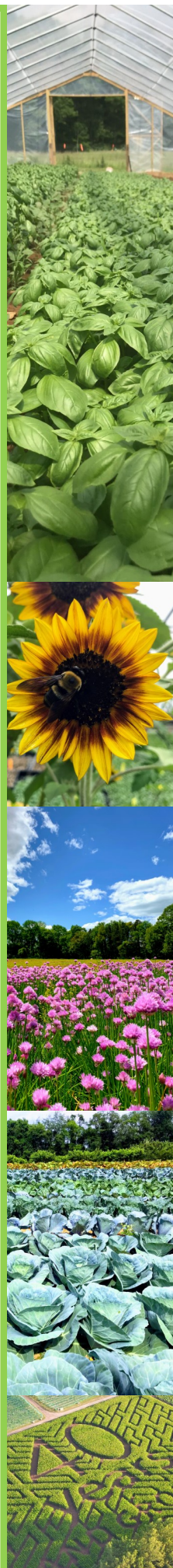
**Leeks** – Refrigerate leek unwashed with roots attached for up to two weeks. Wrap tightly in plastic so the flavor isn't absorbed by other foods. Try roasting leeks with eggplant and tomato and a little chopped garlic.

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.

**Lettuce**: Head lettuce must be dry before storage. It is best stored wrapped in a dry paper towel in a plastic container or bag in the refrigerator for up to 5 days. Lettuce can be washed before storage making sure that it is completely dry before storing.

**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



## Week 21 2023—September 12th– September 18th

I know that the Somerville car show or any car show for that matter is a really fun activity however on any normal level it doesn't have anything to do with our CSA. Well not usually but if you take a look at the fashion statement made by the granddaughter of Mary Alice Levy Landau you will understand why I am writing about this. Her picture with her grandfather is precious! Take a look on Facebook. This was a great advertisement for the farm as well.

This week's summer share will be as colorful and fresh as expected! It has been a great season even with some definite challenges which really define farming. You will notice that corn is not in the share this week. The same rain that caused issues before remains the reason. While the corn in the last field was getting too wet. The next field could not be planted because of the same conditions. If you remember, corn is planted when the previous field (planting) of corn has sprouted. When fields are wet, they cannot be plowed and prepared until they dry a bit, throwing off the timing a little. Looking ahead the farmers could also see some cooler weather coming which could slow maturity. We know in life that every day is different, and a challenge, It is something you can count on as a farmer!

Apples do remain constant in the shares. This week we will have the number one apple in the country, Gala, the red variety. The Gala has replaced the iconic Red Delicious, the apple that held the position for many years. This apple is grown all around the country and is sold in supermarkets all year long. The Gala, like all the apples in the shares are coming to you directly out of the orchard. Fresh from the field is always very different from any supermarket offering. The apple is the offspring of the Kidd's Orange Red (unknown to us) and the Golden Delicious, which is always promising. The Gala is the go-to apple at this time of the year when guests are looking for a sweet apple. They are crisp and juicy, great for eating out of hand, adding to salads or salsa. One sight, recommends preparing chutney. Check out our original recipe on the website. Once again, I am not in favor of baking with a Gala apple.

Green beans are in the share once again and the simple directions for freezing are in the newsletter. You may have a different idea, check out the post by Anastasia Dudzinski, pickled onions was her project for the last two weeks. There is still time to preserve some of the share for winter if you are thinking about doing so. If you haven't taken a look at your herbs lately, think about drying or freezing some for flavor when the plants are no longer there. Herb salt is fun to prepare and great to have on hand to flavor your favorite dishes in the off season.

As always, Trish is available if you have administrative questions or concerns call 908-879-7189 or Trish @alstedefarms.com. She is happy to assist. If you have recipes or ideas to share, send to Jenn@alstedefarms.com.

*Until next week, enjoy the freshness!*

*Jenn Borealo*

# Week 21 Harvest

Peaches

Scallions

Musk Melons

Spinach

Eggplant

Beans

Cherry Tomatoes

Gala 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.*

## Stuffed Pepper In A Bowl

Heat 1 tablespoon olive oil in a large skillet over medium heat until shimmering. Add 1-pound lean ground beef and cook until browned and almost cooked through. Remove from pan. Add a little more olive oil as needed.

Add 2 sliced large bell peppers and 1 large thinly sliced yellow onion. and cook for about 5 minutes. Add 1-2 cloves chopped garlic and continue cooking until starting to soften, 2-3 minutes. Return the beef to the pan and stir in 1/3 cup water or broth. 2 tablespoons tomato paste, 1 teaspoon onion powder, and 1 teaspoon kosher salt or to taste. Continue to cook for 2 minutes more. Top with 1-2 cups shredded provolone cheese. And a sprinkle of parmesan. Serve over prepared rice. Adapted from: the-kitchn.com

## Sheet Pan Garlic Parmesan Roasted Broccoli and Green Beans

2 heads of broccoli, stems removed and cut into florets

12- ounces green beans, ends trimmed

1 cup grape or cherry tomatoes or 1 cup cubed tomato

1/3 cup freshly grated parmesan cheese, divided

1/4 cup olive oil

Juice of half a lemon

1 tablespoon minced garlic

Salt and pepper, to taste

Preheat the oven to 425°F. Spray a baking sheet or tray with non-stick cooking oil spray or line the pan with parchment paper.

Place the broccoli and green beans in a large bowl and add ¼ C of the parmesan cheese and drizzle with olive oil and lemon juice. Toss to cover the vegetables completely with dressing. Move the vegetables to the prepared tray and spread into a single layer. Add the tomatoes to any remaining dressing in the bowl. Sprinkle with salt and pepper and set aside.

Roast the broccoli and beans for 15 minutes. Carefully remove the sheet from the oven.

Place the tomatoes around the vegetables on the pan. Flip any vegetables that are browning. Lower the temperature to 400 and return the pan to the oven, rotate the pan if necessary to cook evenly. Continue to roast for an additional 15-20 minutes, or until the broccoli is tender (the florets should have a nice crisp edge). Top with the remaining 1- 2 tablespoons of parmesan cheese and serve immediately! Salt and pepper to taste. Adapted from:

cafedelites.com

## Homemade Herb Salt Recipe

1 cup loosely packed fresh herbs of your choice, Parsley, oregano, basil, mint, cilantro, thyme, rosemary, and/or dill will all work.

1/3 cup coarse salt

1 t granulated garlic

Your choice of herbs from the list above or a mixture of fresh herbs

Wash the herbs and remove coarse stems and any discolored leaves. Dry completely.

Pulse the herbs and salt in a food processor until you have a coarse grind. Do not process to a paste.

Or

Use a knife on a cutting board and chop. Then add the salt on top and continue to chop the salt/herbs together until the salt looks like a uniform mixture.

Transfer the herb mixture into a glass jar and place it the fridge for 7-14 days to let the flavors blend. Be sure to shake the jar every day or so.

The salt preserves the herbs. The herb salt should last up to 6 months, or even longer. Use your homemade herb salt in any recipes that would benefit from a little extra flavor.

You can rub it on roasts. Sprinkle into soups, sauces, stews, and slather onto chickens before roasting them.

The herb salt will be great on sweet corn that we should have in season about the time that this is ready in your refrigerator. Adapted from: theprairiehomestead.com