

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.

Pears- Pears can sit out on the counter for a day or 2 before serving to be sure that they are ripe and juicy with great flavor. Refrigerate up to 5 days

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.

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. One of my favorite green bean recipes: The Best Green Beans Ever Recipe | Ree Drummond | Food Network It starts with bacon grease, I change it to olive oil.

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.

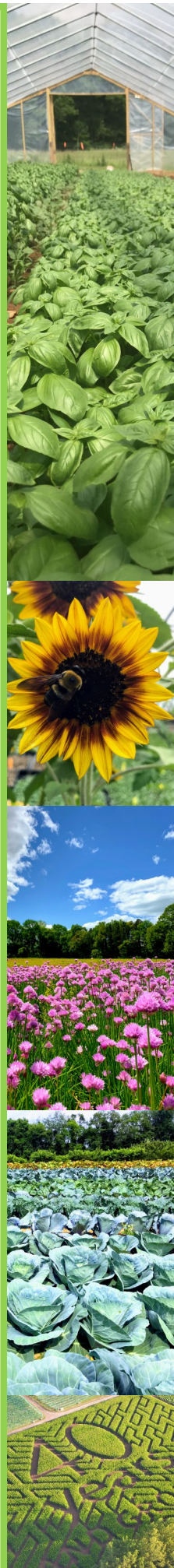
Most recipes will call for the white bottom and the light green. Keep the tops for preparing stock. Be sure to clean leeks in cold water making sure that any soil or grit is removed from between the layers.

To store head 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.

Broccoli – Keep the broccoli in a plastic bag in the refrigerator for 4-5 days.

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

Kale: store wrapped or layered in paper towel in a plastic bag in your refrigerator, ideally in your crisper drawer 5- 7 days.



Week 22 2023—September 19th– September 25th

As you come by to pick up your shares during the week you will see that the farm has transitioned into fall. Pumpkins of all sizes and shapes, gourds, munchkins, corn stalks and ornamental corn and of course much more are all available to make your home look perfect for the season. If you have some time the pumpkin fields are open, the corn maze is ready to challenge you, and it seems as though new varieties of apples are coming into season every few days.

During the course of this week, we will change the seasons officially. Saturday, September 23rd we have the fall equinox on the calendar. This is when the day and the night are exactly equal length. The days will continue to get shorter, so the farmers historically appreciate the light of the full moon that comes along a little later in the month. Fall is a time of harvest, and they need light so that they can continue working and complete the task. The best part of all of this is that the weather has been cooperative and feeling very much like autumn.

Shares continue to look quite a bit like summer except for the presence of apples and this week some of you will have pears. The pears in the share are a bartlett variety. Pears should be left out on the counter for a couple of days to completely ripen for the best flavor and texture. Add pears to salads, bake with apples in a pie, tart, crisp or cobbler. Pears are great for eating out of hand and they are perfect for paring with cheese if you need a simple appetizer. Baked Pears with Walnuts and Honey is a simple recipe on the website that can be a dessert or can even enhance a breakfast menu.

Peaches are in the share this week but keep in mind that they are a summer fruit, and this is a later variety so we may be getting near to the end. Now is the time to prepare that peach pie filling that can be frozen. Later, maybe even on Thanksgiving you can take it out of the freezer and place it into crust and it will be a treat like no other. The recipe this week is for a simple peach tart very much like the Facebook post from Anna Di Chiara Guenther. These can be frozen to save that great summer flavor for another time. Amnata Saffa says that she did the same with plums.

As I continue to read about eating in season, I am finding articles that mention the foods that are in our shares this week and they will continue to change so that we change our diets as more fall produce becomes available. Honeycrisp apples, pears, and carrots are all a part of what should be in a fall diet. Leave the peel on apples and pears for fiber. The high-water content of fruits will help to keep us hydrated. Carrots are a great source of vitamin A. Now that we are all back to school and work, fruit and vegetable snacks are best when you experience that afternoon slump.

If you need assistance with your share, Trish is here to help you. Call 908-879-7189 or Trish@alstedefarms.com to reach her. If you have a recipe or an idea to share, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Eggplant, Zucchini, and Roasted Tomato Stacks

For 4 stacks, This recipe is easily doubled.

Peel eggplant and cut 4 slices

Slice summer Squash if eight ball 4 slices, if long traditional 8 slices

8-12 Slices of tomatoes

Chop Garlic and basil

Parmesan

Olive oil

Thinly Slice fresh mozzarella

4 thin slices of provolone

Prepare 2 layers of roasted tomatoes

Roasted Tomatoes - Using a square or oblong glass pan or even a pie pan, fill the pan with 2 layers of thinly sliced tomatoes, until the pan is ½-¾ full.

First, Thinly slice tomatoes sprinkle with salt, set aside for 20 minutes, drain. Layer the tomatoes with: Chopped basil, Minced garlic, Parmesan cheese, A drizzle of good olive oil. Bake, in an oven pre-heated to 425 until tomatoes are bubbly and slightly charred on the top.

Beat an egg and sprinkle some breadcrumbs onto a plate or a sheet of wax paper. Slice the eggplant, dip into the egg and breadcrumbs and place on a parchment lined pan drizzle the paper with olive oil and top with the breaded eggplant. Bake at 350 until the slices are golden brown. Turn the slices after 10-12 minute. Slice the zucchini into rounds. Roast or grill the slices of zucchini .

When all of the vegetables are prepared- Place each slice of eggplant on a parchment lined tray. Top with a thin slice of provolone, top with a slice of tomato and then zucchini, mozzarella, and another slice of tomato. Repeat until all the veggies and cheese are used. Sprinkle the top with a little parmesan. Bake in a preheated 350 degree oven until the cheese melts. Serve warm or at room temperature. Garnish with a few small basil leaves and a drizzle of balsamic glaze. (optional)

Week 22 Harvest

Peaches

Scallions

Sweet Corn

Kale

Eggplant

Beans

Plum Tomatoes

Honeycrisp Apples

Broccoli

Onions

Sweet Peppers

Dill

Carrots

Leeks

***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.*

Quick Peach Tart

1/3 of a sheet of puff pastry

1-2 T seeded raspberry jam

1 ripe Alstede peach, peeled and thinly sliced

1 T brown sugar

1 T Amoretto (optional) or a 1/4 t almond extract

Sliced almonds, (optional)

Line a baking sheet with parchment paper. Bring the pastry to room temperature, roll just a little to increase the width about ½". Spread the pastry with a layer of raspberry jam to about ¼" of the edges. Slice the peaches and add the brown sugar and amoretto, gently mix to coat the peach slices. Place the peach slices, slightly overlapping down the center of the pastry. Top with the sliced almonds. Place the tray into the freezer until pastry is cold, about 45 minutes or longer. Place the tray in the preheated oven and bake for 15 minutes. Pastry should look puffed on the edges. Lower the temperature to 400 and continue to bake until the pastry is golden, and peaches are tender.

Serve with whipped cream

Serves 2-3

*This tart is best served the day that it prepared