

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

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- 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.

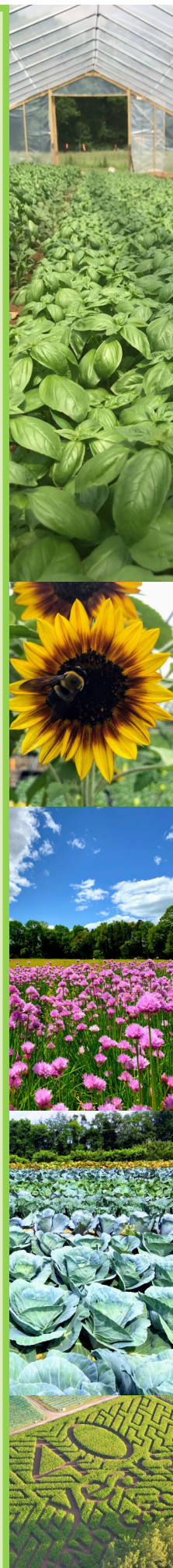
Leeks – Refrigerate leek unwashed with roots attached for up to two weeks. Wrap tightly in plastic so the flavor isn't absorbed by other foods. Try roasting leeks with eggplant and tomato and a little chopped garlic.

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

Carrots- remove the carrot tops from the root and store separately using the greens within a couple of days. Try something a little different: Best Carrot Cake Recipe (southernliving.com)

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

Asian Greens – to include Mizuna, tatsoi and Tokyo Bekana- tender Asian greens. Wash as needed or when you receive it. Either way it must be stored dry, wrapped in or in layers of paper towel. It will last for up to one week. Add to the mixture salads, stir fry. Chicken Stir Fry with Tokyo Bekana - Recipe (exceptionalcomfort.blogspot.com) Use the mixture of Asian greens in this recipe



Week 23 2023—September 26th– October 2nd

All these carrots and what to do with them. I have dipped them into hummus, grated them into salad, and roasted them as an accompaniment. If you are looking for something different, a delicious dessert, for a special occasion try the “Best Carrot Cake” recipe from Southern Living, link in the tips this week. Any baking recipe that includes buttermilk is always the best. There is even buttermilk in the glaze. If three layers are too many, freeze one and glaze and ice later for another occasion. The recipe can be changed to cupcakes if you prefer.

Something new this week will be a bunch of Asian mixed greens. Tokyo Bekana, Mizuna, and Tatsoi will be in the mix. Tokyo Bekana is a tender Asian cabbage with a mild spinach like flavor. Mizuna will be red or green and will be familiar to you if you have ever purchased a salad mix. Mizuna has a mild bitter, pepper, taste. Tatsoi, related to bok choy, is a little sweeter with a mild mustard flavor. These greens can be used in salads, stir fry, or try the wilted greens recipe in the packet. I might even add a little arugula to the mix.

There will be two varieties of apples in the shares this week. Gala apples that we have had already and Macintosh that will be new for this season. Discovered and named after John McIntosh. The tree was found in his overgrown orchard in Ontario, Canada. It has been called the official apple of Canada. The parents are unknown. As the parent of apples like the Spartan and the Jonamac it is thought to have given good flavor and characteristics to offspring. The Macintosh apple is one of the 10 most popular apples in the Northeast. It is considered an all-purpose apple. Once again, we have an apple in the share that we don't consider the best for making pies, it has in the past, even in my younger years, been an apple that everyone used to bake with. It is also considered a good choice for snacking, just the right size to satisfy.

Thanks to Rebekah, it was fun to see the smiles of the photogenic team who pack your shares on Facebook this week. It is always a plus to be able to see a little behind the scenes. It gives you a better perspective of what it takes to get the job done. In the pictures you might have noticed the manual conveyer belt where the boxes are placed and packed. Each of the fruits and vegetables are placed next to one of the packers in crates or bins. They check your sheets to see if you are receiving the specific item. They pack and push forward to the next. This is a fairly new addition to the packing process, and it has made it all very streamlined. Years ago, it was tables and clips to mark the box where you placed the last item. Keep in mind that before Harvey every box in each size was exactly the same. Items like beans were packed as we went along. Now beans, peaches, plums, cherry tomatoes, hot peppers, are all prepackaged by a team early in the morning or even the evening before.

If you have any administrative questions or concerns, don't go to Facebook, give Trish a call 908-879-7189 or Trish@alstedefarms.com. If you have a recipe or something to share, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Boreala

Summer Vegetable Pita Pizza

1 pack of pitas
2-3 T olive oil + more for brushing
½ c chopped onion or sliced scallions
½ c chopped pepper
2 cloves of garlic chopped
½ zucchini sliced and cut into quarters
1 cup of fresh corn cut from the cob
1 cup fresh tomatoes chopped
2 T fresh basil and parsley chopped
Salt and pepper to taste
¾- 1 cup shredded mozzarella or a mixture of Italian Cheeses
1/3-1/2 c grated parmesan cheese

Heat 2 T olive oil and sauté the onion and pepper for a few minutes, add the garlic and continue to cook until the vegetables are tender, not brown. Remove from the pan. Add a little olive oil as needed. Add the zucchini and sauté until they are becoming tender and a little browned on the edges. Add the corn and cook a few minutes more and stir in the tomatoes and the herbs and allow to cook for 2-3 minutes.

Remove from the heat and stir in the onion and pepper mixture. Can be prepared one day in advance.

Preheat the oven to 450 degrees Fahrenheit with a pizza stone.

Brush both sides of each pita lightly with olive oil, make small cuts around the edge of the pita so that it will stay flat on the stone, oven grates or the pan. Place the pita onto the stone and bake for 5 minutes. You may also use an oven rack, or a heated baking or pizza pan. (Place a baking pan on a lower shelf if you are using the oven rack method).

Remove the pita. Top with 2 tablespoons of shredded mozzarella and a little parmesan. Spoon some of the vegetable topping over the cheese, top with another tablespoon or two of mozzarella and a sprinkle of parmesan. Return the pita to the oven. Bake for 8-10 minutes until pita edges are slightly browned and the cheese is melted.

Optional: Garnish with sliced black olives, or fresh, chopped basil and parsley.

Cut into wedges and serve. Yield 3-4 pita pizzas

Week 23 Harvest

Peaches

Scallions

Sweet Corn

Kale

Eggplant

Beans

Plum & Large Tomatoes

Macintosh & Gala Apples

Asian Greens Mix

Radishes

Sweet Peppers

Arugula

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.*

Wilted Asian Greens

¼ c Rice vinegar (not seasoned)
2-3 T Soy Sauce
2 ½ t sugar
1 ½ t peeled grated fresh ginger
1 ½ t Asian sesame oil
9 oz mixed Asian Greens

Place the cleaned/dried greens into a large bowl. Heat the vinegar, 2 T soy sauce, sugar, ginger, and sesame oil in a small saucepan over low/medium heat. Stir constantly until sugar is dissolved. Do not allow the mixture to come to a boil.

Taste and adjust soy sauce to taste. Pour the hot dressing over the greens and toss well until wilted.

Serve immediately.

*use as much of the dressing as you need to coat the greens in the share. Extra can be saved for future use.

**add some toasted sesame seeds or chopped peanuts for texture

Adapted from epicurious.com