

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.

Asian Pears are harvested when they are ready to eat. Store in the refrigerator for up to a week.

Server cold or at room temperature

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.

Carrots and radishes and beets– 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)

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

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.

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.

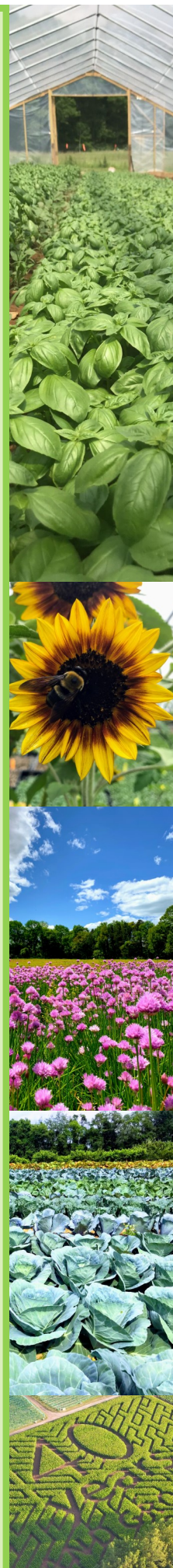
Most recipes will call for the white bottom and the light green. Keep the tops for preparing stock. Be sure to clean leeks in cold water making sure that any soil or grit is removed from between the layers.

Cilantro: wrap the cilantro in paper towel and then place in a bag in the refrigerator for up to a week. Cilantro will also keep in the counter for up to 3-4 days. Trim the stems, place in a jar or vase of water, change the water every day or Cover over the top of the cilantro with a plastic bag and place the jar in the refrigerator. 25 Fresh Cilantro Recipes With So Much Flavor - Insanely Good (insanelygoodrecipes.com)

To store fresh cucumbers- be sure cucumbers are dry, place in a plastic bag and store for up to 5 days in the vegetable crisper.

Cabbage: Refrigerate cabbage in a plastic bag, cabbage should keep for at least a week or more. The outer leaves may become discolored or limp, remove them and the inner cabbage should be fine to use.

Spinach- Store pre-washed and spun spinach greens in a plastic container lined with a dry paper towel in the refrigerator for up to 1 week. Cut greens perish more quickly if stored with any dampness.



Week 25 2023—October 10th—October 16th

It is a little warm and humid today and of course raining for another fall Saturday. We all need to collectively hope for some better weekend weather for the benefit of the farm. When you are picking up this week, we should be experiencing cooler temperatures. Time possibly for a little baking. I am including a recipe that we used in farm camp years ago. Zucchini cookies were a favorite of the young farmers.

When we are running low on Honeycrisp apples in our farm store our guests are disappointed. I always enjoy introducing them to other apples. Cutting samples and letting them taste is eye opening. They are so surprised that there are other apples with such pleasing flavors. The new apple this week is the Jonagold or the Red Jonaprince. Some of you might remember that the production team considers this the same apple. Trish and I are not so sure. Depending on the website you can find support for either side. Both apples are the offspring of the Jonathan and the Golden Delicious. Both parents are good for baking and pies, so this is one of the first apples this year that is recommended for those recipes. I like a mixture of apples in pie, and this is always one that I include when it is available. A little sweet and a little tart, crisp, and juicy. I like to slice this apple. It is a little too large for eating out of hand. It is a farm favorite and I think it will be one of yours as well.

We will have two fruits in the shares this week. Asian pears have a rounded shape like an apple. They are sometimes called apple pears or sand pears. There are a few varieties. They can be green, yellow, or brown. The skin, is sort of matte, even a little rough, and it is the size of a small to medium apple. I have to admit that when I was first introduced to these pears I was not instantly interested. I never expected the crunch the first time I tasted an Asian pear and the juiciness that follows is more than a pleasant surprise. They are most often eaten raw, out of hand, added to fruit salads and perfect for a cheese and fruit platter. They can be baked, even added to a recipe mixed in with apples. They are best eaten soon after picking, don't allow the fruit to soften. These sweet treats are only about 51 calories, high in fiber, and a good source of copper, potassium, magnesium. I don't find them particularly attractive, and I would not choose them over an apple if I didn't know what to expect. Cut one up and watch everyone who tastes.

The only herb that I know of that is either absolutely loved or really not loved at all is cilantro. If you love it, you will be happy to find that there will be a bunch in the share this week. If you are not sure, plan to prepare a recipe so that you can decide. Salsa and guacamole are two of the most common recipes where cilantro is used. Take a look at our website for a recipe that we developed a couple of years ago. There is a link for additional ideas in the tips. I am sure that some of you will post your ideas on Facebook.

If you have any administrative questions Trish@alstedefarms.com or call 908-879-7189 for assistance. If you have something to share, send to jenn@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Kale & Eggplant Summer Pasta

Serves 4

1 eggplant

2 cup fresh kale leaves, stems removed and roughly chopped

2 garlic cloves, minced

1/4 teaspoon red pepper flakes (less for less spicy)

8 oz. whole wheat penne pasta

1 lemon

1/4 cup. pine nuts, toasted

feta cheese, as needed

olive oil, as needed

salt and pepper, as needed

Preheat oven to 400 degrees.

Remove both ends of the eggplant, then cut in half lengthwise (optional: remove the skin).

Cut into cubes and sprinkle with salt. Allow the eggplant to sweat. Rinse and pat dry. Drizzle with Olive oil bake for 20 minutes, flipping half-way through. The should be tender and the edges should be browned.

While the eggplant is roasting bring a pot of water to a boil. Add salt and pasta. Prepare according to the package directions. Reserve about a cup of pasta water and drain the rest. Set aside. Heat a sauté pan over medium heat with a coating of olive oil. Add the garlic and pepper flakes cook for a minute until fragrant. Do not allow garlic to burn. Add the kale a handful at a time. Toss to coat with oil. Add a little pasta water to help the wilting process. Cover for a minute or two. Kale should all be wilted and cooked down.

Once everything is finished, toss the kale/garlic, eggplant, and pasta in a large bowl. Sprinkle with feta, pine nuts, and squeeze over some fresh lemon.

Serve and enjoy!

Optional: roast the eggplant with some chopped fresh tomato. Sprinkle in some chopped fresh basil and oregano. For the carnivor, serve as a side to grilled chicken or top with some slices of cooked sausage. Adapted from: vodkaandbiscuits.com

Week 25 Harvest

Jonagold & Jonaprince Apples Pears

Spinach

Summer Squash

Scallions

Radishes

Kale

Sweet Peppers

Eggplant

Beets

Beans

Carrots

Cilantro

Acorn Squash

***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.*

Zucchini Cookies

The original recipe had a cream filling or the cookies can be used for ice cream sandwiches.

1 cup all-purpose flour

1 1/4 teaspoons ground cinnamon

1/2 teaspoon baking soda

1/2 teaspoon baking powder

Coarse salt

1 stick unsalted butter, room temperature

1/2 cup granulated sugar

1/2 cup packed light-brown sugar

1 large egg

1/2 teaspoon pure vanilla extract

1 cup finely grated zucchini

1 cup old-fashioned rolled oats

1/2 cup chopped toasted walnuts (optional)

Preheat oven to 350 degrees. Line 2 cookie sheets with parchment paper. Whisk together the flour, cinnamon, baking soda, baking powder, and 1/4 teaspoon salt in a medium bowl. Beat the butter with sugars until the mixture looks pale and fluffy. Beat in egg and the vanilla. Using a wooden spoon, stir the flour mixture into butter mix. Stir in zucchini, oats, and walnuts. Refrigerate the cookie dough until firm, about 1 hour. Using a 1 1/2-inch ice cream scoop (about 2 tablespoons), drop dough onto parchment-lined baking sheets, spacing about 2 inches apart. Bake until the edges are golden, about 17 minutes. Allow to set on the sheet for a few minutes and then cool on a wire rack. Adapted from: Marthastewart.com