

Hello Members,

This week we will have a farm, farm market, employee, and, for the most part CSA member favorite. I say for the most part because in the past some members haven't been quite as excited as we might be. You of course have to make your own decision. The excitement is about a by-product of a pretty major crop. Garlic is planted in the fall. It will send up green leaves before winter. In the late spring a shoot will come up through the leaves very much like a tulip or daffodil that you have in your garden. That shoot is known as a scape. The scape would flower if left in place and it would take all the energy away from the root which is essentially the garlic bulb. The scape will be cut. We will receive those in our shares, and they will flavor our foods with a mild garlic taste this week. The garlic bulb will now have that last chance to use the energy that has returned to become stronger and larger before harvest probably in about 4 weeks or so.

Kohlrabi will be in the shares this week for the first time as well. Kohlrabi looks like a bulb, but it is really considered a bulbous stem. It grows sitting on top of the soil. Both the bulb and the leaves are edible. The taste is like raw cabbage with just a little hint of spice like a radish or a turnip. Much more popular in Europe than in than here in the US but widely grown on local farms and they are very often a CSA addition. This kohlrabi is being harvested from the high tunnels.

Time to add the last plant to the herb garden. I don't usually companion the borage plant I will either plant it in its own pot or directly into the garden. Plant in the sun and allow the soil to dry out a bit between waterings. Borage is an herb and it can also be grown just for its beautiful blue flowers which will bring pollinators to your yard. Very often that will include hummingbirds making the garden an even more beautiful place to be. This herb is considered an annual but it often reseeds itself so you may find it again in your garden next year. The leaves of borage smell and taste a bit like cucumber and they are often added to salads, the leaves can be added to hot water for tea, borage can be made into a chimichurri for salmon.

Just a reminder to think seasonality, we have had asparagus in the shares now for weeks and actually we have also had quite a few weeks of strawberries. Both items might have limited quantities in the next week or so. If you are thinking about preserving a bit of the season, do it now!

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 7: June 9, - June 15, 2024

- Strawberries
- Spinach
- Asparagus
- Lettuce
- Kale
- Kohlrabi
- Kohlrabi
- Broccoli
- Rhubarb
- Mint
- Garlic Scapes
- Borage Plant

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

***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.**



if you need any assistance, please contact us:

phone: 908-879-7189

email: csa@alstedefarms.com

Rhubarb Bread

1 1/2 c packed brown sugar
2/3 c vegetable oil
1 c buttermilk

Beat together in a large bowl.

1 egg
1 t vanilla
1 t baking soda
1 t salt

Beat together in a small bowl and then add to the brown sugar mixture..

2 1/2 c flour
1 1/2 c chopped uncooked rhubarb
1/2 c chopped nuts

Blend these ingredients and fold them into the liquid mixture. Divide the batter between the loaf pans.

1/2 c sugar
1 1/2 T fresh grated orange peel
1 T butter room temperature

Combine and spread evenly over the loaves.

Bake for 1 hour. The tester should come out clean. Allow bread to cool for 10 minutes in the pan. Cool completely and remove the wax paper.

Recipe adapted from Bon Appetit 1985

Produce and Storage Tips for Week 7

Kohlrabi- Remove the leaves, prepare store separately. Leaves may be prepared like kale or collards. Use the leaves in a few days. Kohlrabi will last up to two weeks however it is best to use within a week. Kohlrabi can become woody if stored for too long. Peel, slice, and salt to serve as a quick appetizer with or without dip. Peel slice toss with olive oil sprinkle in some herbs, garlic, and parmesan. Roast in a single layer on a baking sheet lined with parchment for 15-20 minutes, edges should be browned and crisp. Check the website for a kohlrabi slaw recipe.

Double Broccoli Quinoa

3 c cooked Quinoa
5 cups raw broccoli, cut into small florets and stem pieces
3 medium garlic cloves
2/3 cup sliced or slivered almonds, toasted
1/3 cup freshly grated Parmesan
2 big pinches salt
2 tablespoons fresh lemon juice
1/4 cup olive oil
1/4 cup coconut milk, heavy cream, or cashew cream

Optional toppings: slivered basil, chili oil, sliced avocado crumbled feta or goat cheese

- Prepare the Quinoa according to package directions
- Bring 3/4 cup of water to a simmer and add a big pinch of salt and stir in the broccoli. Cover and cook for a minute or so, just long enough to take the raw edge off. Remove the broccoli with a slotted spoon into an ice bath to stop the cooking. Set aside.
- Prepare pesto: in the bowl of a food processor puree two cups of the cooked broccoli, the garlic, 1/2 cup of the almonds, Parmesan, salt, and lemon juice. Drizzle in the olive oil and cream and pulse until smooth.
- When ready to serve, toss the quinoa and remaining broccoli florets with about 1/2 of the broccoli pesto. Add more pesto as needed. Season to taste with a little more salt, and a drizzle of fresh lemon juice. Spoon onto a serving platter, and top with the remaining almonds, a drizzle of the chile oil, and some sliced avocado, feta or goat cheese. Serve remaining pesto on the side. Can be served hot or at room temperature.

Recipe adapted from 101Cookbooks.com

For More Produce Tips:

Please visit our website to find more information on how to store and prepare your weekly share contents.

scan here

