

### Asian Pear Fritters

- 3-6 Asian pears, cored and cut horizontally into 1/2-inch-thick rings
- 2 tablespoons plus 1/2 cup granulated sugar, divided
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon ground cinnamon
- Canola oil for frying
- 1 cup plus 2 tablespoons unbleached all-purpose flour
- 1 cup cornstarch
- 1 (12-ounce) bottle beer (preferably a lager or pilsner)

#### Directions

Position a rack in the center of the oven and preheat to 350 degrees F. Lightly coat a baking sheet with nonstick cooking spray.

In a large bowl, gently toss the pear rings with 2 tablespoons of the sugar and the salt, until coated. Lay the slices of pear in a single layer on the prepared baking sheet and roast for 8 minutes. Flip the slices over and continue to roast until the pears are just tender, 6 to 8 more minutes. Place the pears in the refrigerator to cool to room temperature.

Line a baking sheet or large platter with paper towels. Toss the remaining 1/2 cup sugar and the cinnamon in a medium bowl and set aside. Fill a large skillet about 2 inches deep with oil. Heat over medium heat until the oil reaches 350 degrees F on a deep-frying thermometer.

In a large bowl, whisk the flour and cornstarch together. Slowly add the beer, whisking constantly, and mix until perfectly smooth. Dip 6 pear slices in the batter, taking care to completely coat each slice, and quickly drop them into the hot oil. Fry until crisp and light golden brown, about 2 minutes on each side. Remove the slices with chopsticks or a slotted spoon and transfer to the paper towels to drain. Repeat with the remaining pear slices. While warm, toss the slices in the cinnamon-sugar and serve immediately. Discard any remaining batter. From: thefoodrepublic

### Musk Melon

Yellow skin under yellow webbing means that the melon is ripe

Leave on the counter 1-2 days or refrigerate up to 5 days

Melon cut with seeds in tact will keep 3-4 days

Cut slices or cubes in a re-sealable container 1-2 days

### Freezing Sweet Corn

Start with fresh corn on the cob - as fresh as you can get. If there is a delay between harvesting and freezing, keep the corn in the refrigerator. The sugars break down quickly at room temperature. Fill your largest pot 3/4 full of water. Heat to a rolling boil. Fill a large bowl with ice water.

Husk the corn. Be sure to remove all the silk. Gently rub with a soft terry towel to be sure that all of the silk is off. Blanch the corn in the boiling water. This step stops the action of the enzymes in the corn.

The water should not lose the boil. Boil for 4-6 minutes.

Drain and stop the cooking in the ice water bath.

Add extra ice as needed.

Cut the kernels from the cob. Holding one end of the corn, the other end in a bowl. Run a very sharp knife under the kernels. (There are some special tools if you prefer.) The corn will come off in strips and should break apart as you are packing them. Portion the corn into zip lock bags. Be sure to push out as much air as possible to prevent freezer burn and drying.

When you are ready to serve you can heat up the corn in the microwave or in the top of a double boiler. There really is no need to cook further, just heat up. Some of you might rather freeze corn on the cob, our experience is that this method, corn off the cob will give you the best results.



## Alstede Farms Freshly Inspired CSA

I am hoping that all of you had a relaxing Labor Day weekend. We had some CSA members join us for the apple breakfast on Sunday morning. As always it is so nice to see you! If you missed the event and it sounds like something you would like to do, make a plan for next Sunday, Apple Breakfast, round two. Pumpkin pancakes are scheduled for the end of October if you want to mark your calendars. Keep in mind that your CSA membership gets you a 50% off discount for all Pancake Breakfasts.

Back to school and back to work, most vacations are over and we just passed the weekend that is the unofficial end of summer. Bright sunny skies and some hot days continue to ripen our fruits and vegetables. This is the time of year when our summer fruits are in high production and we are also start to see an abundance of the fall fruits as well. Early apples are perfect for snacking and eating out of hand making them the perfect snack to add to school lunches. For me it is not just lunch but breakfast has to fill me up until I have a break for lunch and at 2:30 I become a scavenger looking for something to satisfy my appetite and I need to quench my thirst as well. I think some fresh fruit smoothies and slushies will do the trick.

This fall, I will be teaching during the week and working at the farm on the weekend. My plan is to try preparing each meal twice. Having dinner ready when I walk in with just a little warming up to do makes life just so much easier. My plan this weekend is to make the sausage dish prepared by Greg Rowland making enough for twice and I already have pesto in the freezer from the basil last week for one evening. Eggplant Parmesan or rollatini or the Chicken Sorrentino will work for another night and if I steam or blanch the green beans when I get them they will be ready for garlic and oil or can be turned into a salad easily one evening.

Those of you who are new this year will start to notice that once the apples are a part of our shares they continue every week that we will be together until the end. There will be different varieties that can be used in all of your favorite recipes. In some weeks you may have two different apples and some will repeat throughout the season. This week the apple will be Ginger Gold. Like most of the early apples they are great for eating out of hand, very good for sauce, and they will work in a pie or if you are baking.

Asian Pears will usually be in shares only once or twice in each season. They come into season with the early apples. The shape of these pears is rounded and the skin can be a bit speckled and a slightly rougher texture. They are low in calories, high in fiber, and they can be beneficial to blood, bone and cardiovascular health.

There are two recipes for the Asian Pears. Both will deliver a satisfying crisp sweet. You have to decide if you want to deep fat fry or if you would prefer to bake more than 2 hours! I am sure that on Facebook I will be able to see your thoughts. So, until next week, enjoy all the fruits and the vegetables and all the freshness!

~food for thought~



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# CSA Week 19 ~ Sep 3rd - Sep 9th 2018

~discover the perfect fit for you~

## Classic and Necessities Box Contents

### This Week's Full Share

- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Ginger Gold and Zestar! Apples
- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Peaches - Sustainable
- Tree Ripened Plums - Sustainable
- Freshly Harvested Arugula - Sustainable
- Garden Fresh Beans - Sustainable
- Hand Picked Carrots - Sustainable
- Field Grown Eggplant - Sustainable
- Aromatic Onions - Sustainable
- Field Grown Peppers - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

### This Week's Half Share

- Tree Ripened Asian Pears - Sustainable
- Tree Ripened Ginger Gold and Zestar! Apples - Sustainable
- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Peaches - Sustainable
- Tree Ripened Plums - Sustainable
- Garden Fresh Beans - Sustainable
- Field Grown Eggplant - Sustainable
- Aromatic Onion - Sustainable
- Field Grown Peppers - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

### This Week's Personal Share

- Tree Ripened Ginger Gold and Zestar! Apples - Sustainable
- Peak Harvested Musk Melon - Sustainable
- Tree Ripened Peaches - Sustainable
- Tree Ripened Plums - Sustainable
- Garden Fresh Beans - Sustainable
- Field Grown Eggplant - Sustainable
- Aromatic Onion - Sustainable
- Field Grown Peppers - Sustainable
- Jersey Favorite Sweet Corn - Sustainable
- Vine Ripened Tomatoes - Sustainable
- Vine Ripened Cherry Tomatoes - Sustainable

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### Chicken Sorrentino

1 -2 lb boneless chicken breast  
6 tablespoons olive oil  
2 -4 slices eggplants, fresh  
2 -3 ounces prosciutto (about 3 slices, or smoked ham)  
1 cup home-made fresh marinara sauce, or roasted or burst tomato sauce  
1 1/2 cups mozzarella cheese, shredded (in a pinch provolone works too)  
Parmesan cheese, grated, salt and pepper

Preheat oven to 350 degrees.

Saute' chicken breast in olive oil. Add salt and pepper to taste. Set aside on a plate. Or Bread and brown the chicken cutlet.

Then saute' or roast slices of eggplant (you can leave skin on or remove based on your preference) until tender. Set aside on another plate.

Next, saute' prosciutto for just a minute or two then add to plate.

In large baking dish brushed with olive oil, arrange starting with layer of chicken with a layer of eggplant on top, then layer ham, and cheese.

Top with a little tomato sauce

Bake for 15 minutes. Serve with grated Parmesan cheese over pasta if desired.

From: GeniusKitchen

### Tips

#### Microwaving Sweet Corn

Put the corn in its husk in the microwave. Microwave on High for 4 minutes. Allow to cool down slightly, then remove the husk. To remove the husk, cut off the very bottom of the corn, grab the husk by the top, pull and it will slide off.

#### Storing Apples and Pears

In the crisper drawer of the refrigerator. In a plastic bag or not. Apples can stay fresh for up to 2 months. Most early varieties do not store as well as later fruits. Be sure to check fruits in the drawer before adding more apples/pears each week.

#### Asian Pears

Asian Pears are ready when you get them in the shares. Try slicing Asian Pears into salads with leafy greens, red onions, blue cheese and walnuts.

#### Tomatoes

Ripe tomatoes can be stored on the counter for 2-3 days. Refrigerate the extra tomatoes in the warmest part of your refrigerator. Bring tomatoes back to room temperature Before serving for the best flavor.

#### Blanching Peaches

Bring a pan of water to a boil

Prepare an ice water bath

Score the fruit at the bottom cutting an "X"

Place peaches in boiling water for 30-40 seconds-  
tomatoes 20-30

Remove to cold/ice bath to cool down quickly

Peel should come off easily.

### This Week Only

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