

Chinese Eggplant with Garlic Sauce

2 (10 oz) small Chinese long eggplant, chopped to bite-size pieces

1 teaspoon salt

1 tablespoon cornstarch

Sauce

1 tablespoon light soy sauce (or soy sauce)

1 tablespoon water

1/2 teaspoon dark soy sauce (*see footnote 3)

2 teaspoons sugar

1 teaspoon cornstarch

Stir-fry

About 2 1/2 tablespoons peanut oil (or vegetable oil)

1 teaspoon ginger, minced

3 cloves garlic, chopped

See tips for eggplant preparation before starting the recipe

Whisk together the ingredients for the sauce in a small bowl.

Mix the salt and the cornstarch together and sprinkle the mixture over the eggplant. Mix a little to be sure that all of the eggplant is coated. It should be covered in a very thin layer of cornstarch.

Heat 1-2 tablespoons of oil in a large nonstick skillet over medium high heat. Spread 1/2 of the eggplant across the bottom of the skillet without overlapping. Cook the eggplant one side at a time until all the surfaces are charred, and the eggplant becomes tender, 8 to 10 minutes in total. Repeat adding a little more oil if necessary. Transfer the eggplant to a plate. If the skillet gets too hot, or smokes, turn down the heat.

With lower heat, add another 1/2 teaspoon oil to the pan, add the ginger and garlic. Stir a few times until they are fragrant., taking care not to burn. Add all the eggplant back into the skillet. Whisk the sauce again so that the cornstarch is fully dissolved and add to the pan. Stir quickly a few times. The eggplant should be evenly coated with the sauce as it thickens. Serve with rice or steamed noodles. Adapted from:

Omnivorecookbook.com

Eggplant Preparation

There are varying opinions about this pre-preparation of eggplant some cooks would never prepare eggplant without salting, some say it is not really necessary. I agree with the later.

For the recipe this week there were some options.

Fill a large bowl with water, add a 1 tsp. of salt mix, add the eggplant and top with a plate or pot cover to keep the eggplant under the water. Set aside for 15 minutes.

Drain the eggplant and pat dry.

Spread the slices of eggplant out on a paper towel. Sprinkle evenly with Kosher salt on both sides of the eggplant slices. Set the pan aside for 45 minutes. Rinse and pat dry

Another method is to place slices on a rack that is sitting on a baking sheet, salt the slices, allow them to sit for 45 minutes and then rinse and, pat dry

Storing Apples

Keep apples cool. Apples on the counter for a day or two are ok. For longer storage and to maintain a crisp texture place them in the refrigerator. For the best flavor bring them back to room temperature before serving.



Alstede Farms Freshly Inspired CSA

Those of you who have been around a while know that my first experience with Macoun apples happened in college. It was right around my birthday. From that point on, I considered the harvest of that particular fruit to be my birthday present. Yesterday was my birthday and this morning Craig, our production manager, let me know that Macoun apples will be in the shares. What could be better? Sharing my gift with all of you! Other apples, of course, have caught my attention along the way but there will always be a special place in my heart for these apples. A little tart, a little sweet, and juicy, and that distinctive crunch makes it that much better. They are an apple that is best eaten out of hand or in salads. They have been recognized as a good apple for sauce. This is not yet the apple that I would use for the recipe posted by Cathy Hall on Facebook. I am a huge fan of apple dumplings and I think that these dumplings look like they would be fun to make and great to eat. I don't however recommend the Macoun apple for that recipe.

Beans will be in the shares again this week. I love how tender they are. The beans are more like the French Haricot Vert that I often buy in the winter. I have them steamed and ready to go. The other night I used them in a recipe I found on Facebook. The post was from Anne Buggy and it was her mom's recipe. I have shared that recipe in the tips for you to enjoy.

Lauren Shaughnessy Reed shared on Facebook that she prepared Pork Chops with apples and Dijon and herbs from her garden. As I am writing this week, I am trying a recipe for Baked Risotto and I added some extra herbs to that recipe. My herb garden still looks good and this week we are expecting some high temperatures. Looking ahead at the end of the week, the temperature starts to cool off pretty quickly. If you can, now is the time to preserve some of your herbs. Perennial herbs at this point should be planted in the ground to give them the best chance at coming back for next year.

A few weeks ago, a picture of eggplant was taken here at the farm for an article about eggplant in the Star Ledger. The article mentioned that there is a great deal of eggplant production in South Jersey and that New Jersey is the number one state for growing eggplant in the country. No wonder it has been in the shares quite a bit this season. This week you will receive a different variety: Chinese eggplant that is long and thin. I am adding a recipe that was sent to me by Bev Hanson after she picked Chinese eggplant in the fields with the Fresh Discovery Club last week.

~food for thought~

Until next week, enjoy the freshness!

Jenn Borealo

Alstede Farms' Culinary and Education Specialist



fresh discoveries every day

CSA Week 23 ~ Oct 1st - 3rd, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Macoun and Gala Apples - Sustainable
- Bartlett Pears - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Chinese Eggplant - Sustainable
- Collards - Sustainable
- Garlic - Sustainable
- Kale - Sustainable
- Kohlrabi - Sustainable
- Leeks - Sustainable
- Shallots - Sustainable
- Peppers - Sustainable
- Radishes - Certified Organic
- Swiss Chard - Sustainable
- Round and Plum Tomatoes - Sustainable

This Week's Half Share

- Macoun and Gala Apples - Sustainable
- Bartlett Pears - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Chinese Eggplant - Sustainable
- Collards - Sustainable
- Garlic - Sustainable
- Kale - Sustainable
- Leeks - Sustainable
- Shallots - Sustainable
- Peppers - Sustainable
- Swiss Chard - Sustainable
- Round and Plum Tomatoes - Sustainable

This Week's Personal Share

- Macoun and Gala Apples - Sustainable
- Bartlett Pears - Sustainable
- Beans - Sustainable
- Beets - Sustainable
- Broccoli - Sustainable
- Chinese Eggplant - Sustainable
- Garlic - Sustainable
- Shallots - Sustainable
- Peppers - Sustainable
- Swiss Chard - Sustainable
- Round and Plum Tomatoes - Sustainable

fresh discovery time savers | fresh, delicious and fast

Storage Tips

Drying Herbs

Most herbs are at their peak flavor just before flowering, a good time to collect them for drying and storage. Cut the herbs early in the morning just after the dew has dried. Cut annuals off at ground level, and perennials about one-third down the main stem, including the side branches.

Wash herbs, with the leaves on the stems, lightly in cold running water to remove any soil, dust, bugs, or other foreign material. Drain thoroughly on absorbent towels or hang plants upside down in the sun until the water evaporates.

Strip leaves off the stalks once plants have drained and dried, leaving only the top 6 inches. Remove all blossoms.

Oven Drying

Conventional ovens can also be used to dry herbs. For quick oven drying, take care to prevent loss of flavor, oils, and color. Place leaves or seeds on a cookie sheet or shallow pan not more than 1 inch deep in an open oven at low heat less than 170 if possible for about 1 to 3 hours. It can take longer. Check the herbs every ½ hours.

Steam and Refrigerate

If you don't need the broccoli or the beans in the first few days steam them and they will last longer in your refrigerator and they will be ready for many of your recipes during the week.

Apple Storage

Keep most of the apples in the refrigerator to keep them crisp and fresh. Bring them back to room temperature for the best flavor.

Green Beans Al Forno

From CSA member Anne Buggy

My Mom's Green Beans Al Forno

Here are the directions from Anne,

After steaming the green beans, drain and pat dry.

Transfer the beans to a large bowl. In a separate bowl mix 1 tsp. salt, pepper to taste, 1 tbsp. chopped fresh parsley, 3 chopped garlic cloves, 2-3 tsp. fresh oregano, 3 tbsp. seasoned breadcrumbs. (Anne used gluten free Panko) and 2 tbsp. grated Romano cheese. Add to the beans and toss to combine. Then spread the beans evenly onto a baking pan.

While the green beans were steaming, I cooked 1/2 lb. bacon until crispy, reserving the bacon fat in a jar. Chop and Add the bacon to the green bean mixture and stir. Then drizzle some of the bacon fat (1-2 Tb?) and 1-2 tbsp. olive oil over the beans. Bake for 30 minutes uncovered at 350.

I am preparing and tasting. I have not measured anything. Just going with taste. I will put these beans in the oven after work tonight. I have the beans steamed and the herbs and garlic mixed in. I am going to drizzle with just olive oil. I am not going to add the bacon and the flavor is already fabulous.

This Week Only

**10% off of Spices
and Dip Mixes**

Compliment the vegetables in your box with our range of spices.

Our Farm Store is open Monday through Thursday 9am-7pm and Friday-Sunday 9am-8pm.

Valid this week only 9/30/19 and 10/6/19 Must be presented in person



fresh discoveries every day