

Storage Tips and Tricks for This Week's Contents

Root Vegetables- Carrots and Beets- Remove the green tops from the root. Store separately
Apples- should be kept cool. Do not store in the same drawer as other produce, they give off ethylene gas that can cause decay of other vegetables and fruits. Handle Macintosh apples as gently as possible as they do bruise easily. They like a little humidity so a damp paper towel in the drawer is recommended. Fall apples are better keepers than the summer. For the crisp juicy texture serve as soon as you can.

Spinach- Clean and completely dry fresh spinach, wrap in a paper towel, and place in a plastic bag or container for up to a week.

How to store tomatoes- Tomatoes should be kept at room temperature for best taste and texture. If necessary, to refrigerate be sure to take out what you will need for the day early to return to room temperature for the best flavor.

Spinach- Clean and completely dry fresh spinach wrapped in paper towel placed in a plastic bag or container for up to a week.

To store sweet corn- Sweet corn is best is served the day it is picked. Store only a day or 2 in the refrigerator. Corn as it ages will become starchier and less sweet. Shuck the corn as close to serving time as possible. The corn husk actually does protect the corn from heat keeping it sweet and fresh. To help remove silk, very gently rub with a terry towel, or run under water while rubbing.

Garlic and onions should be stored in a cool dry place separately. Refrigerate portions of onions after cutting.

To store fresh beans place in a plastic bag and store in the refrigerator, store for 2-3 days. To prepare, break off the top of the bean at the stem end. Cooking can prolong storage time. Best when blanched or steamed for 5-10 min. Beans are done when the color begins to brighten and become tender (not soft or mushy). If you are serving the beans cold in a salad, cook them less so they stay crisp

Freeze Herbs in Ice Cube Trays Fill each Ice Cube about ¼ way full. Add fresh chopped and cleaned herbs. Avoid adding stems. Fill the cube with water and freeze. Prepare a minimum of 6 cubes /tray freeze completely and then remove to baggies and label.

Alternate fill the cube ¼ full with olive oil or butter or a mix. Add the chopped herbs, avoid adding stems. Fill with the oil /butter and freeze completely. Repeat the storage process in the baggie. Be sure to label the bags.

Week 21 Fresh Inspirations September 14th– 20th 2020

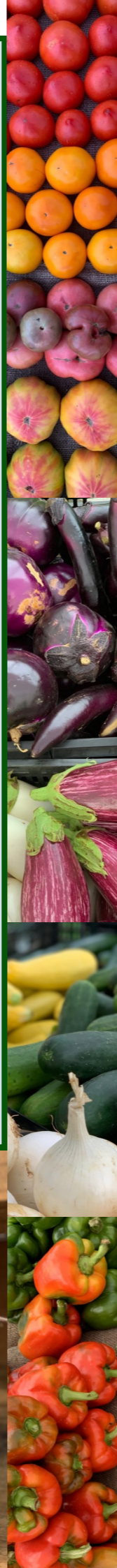
We have passed the half-way point in the season. I am constantly saying that time is flying by. In the spring this year business in our garden center was booming. I think that many of our guests were going home to plant while we were doing the same thing in our fields. Of course, on a much larger scale. We start to harvest in April and that job just escalates as the season progresses. Believe it or not though, our production team still continues to plant. Crops like broccoli, leeks, kale, spinach - crops that can handle the cold have been planted so that the final harvest will be some time in December. The farmers will do their best to protect some crops like beans. They may be covered so that we can prolong the season as well. Some crops will winter over so that they are ready for spring shares. The greenhouses are already planted with peppers and tomatoes for the late season. So, all of this planning and preparation while we continue to bring you the taste of summer and the heart of the season. They are always looking ahead. Are you? The plan is to be prepared for the remaining weeks until Thanksgiving and the Holiday Shares that should soon become available to you. If you have been enjoying the season you might even be thinking like a farmer about next year!

You may notice on the website and for those of you who pick up here in Chester, the look of the farm is starting to change. Mums are out and about and the orange of pumpkins, that first hint of fall, has started to peak through all the summer produce. After this weekend I think you might see even more transition into autumn!

Here comes an apple that we all grew up with. It has been around since the early 1800's. It was discovered by a chance seedling in the orchard of John McIntosh so to this day the parentage is unknown. This apple is most popular in North America and a beloved New England variety. McIntosh apples are the perfect size for eating out of hand and snacking, it will become soft when baking and cooking. It is recommended for applesauce and apple butter however it is not a great apple for pies. Just a note. If you look hard enough or listen to enough people you will find someone or a website that believes MacIntosh apples and others that are not great apples for pies will get the thumbs up. Give it a try if you choose to and let us know what you think.

You may have noticed on Facebook that I will be picking flowers and tasting some blossoms on Wednesday. Join me, jenn@alstedefarms.com. Especially priced for FDC and CSA. If you have some time, we would love it if some of you could sign up and join us. If you have any questions or you need anything the best way to reach out is to - Trish@alstedefarms.com or call the farm store 908-879-7189. Until next week, enjoy the freshness!

Jenn Borealo



Herbed Mixed Bean Salad

I was preparing lunch for a little birthday celebration for my father and I remembered a garbanzo bean salad that had been prepared by Chef Johan in the spring. When I called Johan, he reminded me that the herbs he used were chopped mint and chives. Give it a try, it is simple and delicious. Enjoy!

½ lb trimmed green beans halved crosswise

1 15- to 16-ounce cans garbanzo beans

½ cup chopped red onion

3 tablespoons olive oil, divided

1 T red wine or apple cider vinegar

¼ c minced chives

¼ c minced mint leaves

1 teaspoons finely grated lemon zest (optional)

Steam green beans 8-10 minutes over boiling water or boil in salted water 5 minutes. Beans should be fork tender. Drain and then transfer the beans to a large bowl.

Rinse garbanzos and drain well. Add chopped onion to the beans. Whisk oil, vinegar, and lemon zest in small bowl to blend. Add dressing to bean mixture and toss to coat. Stir in the herbs.

Refrigerate until ready to serve. Season with salt and pepper to taste.

Apple Brown Betty Wedges

3 Macintosh apples

½ c flour

½ c old fashioned oats

¼ c + 2 T brown sugar

¼ t cinnamon

A pinch of nutmeg

3 T butter

1 egg beaten with 1 T milk

Preheat the oven to 350. Line a muffin pan with paper liners (18) Measure the dry ingredients into a bowl of a food processor. Blend to combine the ingredients. Cut butter into small cubes and add to the dry mixture and pulse to form crumbs. Cut apples in half and cut each half into 3 wedges. Peel and core each wedge. Dip the wedges into the egg mixture and then into the crumble. Place into the paper cups. Bake for 20-25 minutes. Apples should be tender. Allow to cool. Serve with a little whipped cream.



Week 21 Harvest!



Spinach

Summer Squash

Macintosh Apples

Eggplant

Cilantro

Beans

Beets

Cherry Tomatoes

Lettuce

Sweet Corn

Garlic

Collard Greens

Tomatoes

Kale

Cucumbers

***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.*

The Best Green Beans Ever

1-pound green beans

2 tablespoons bacon grease (can substitute 2 tablespoons butter)

2 cloves garlic, minced

1 large onion, chopped fine

1 cup chicken broth, plus more if needed

½ cup very small dice red bell pepper

½ to 1 teaspoon kosher salt (can substitute regular table salt, use ¼ to ½ teaspoon)

Ground black pepper

Cook a few slices of bacon to render 2 T bacon fat. Remove the bacon from the pan and reserve for another use. Or add 1 T olive oil and 1 T butter to your skillet.

Clean the beans and remove the ends. Snap in ½ if desired.

*Heat the skillet on medium-low heat. Add the garlic and cook for a minute. Add the green beans, onion and chopped bell pepper. Cook for 2-3 minutes. Beans will be bright green Add the chicken broth, ¼ t salt. Turn the heat to low, cover the skillet, placing the lid so that it is allowing steam to escape. Allow vegetables to cook until all of the broth evaporates. The vegetables will be fairly soft. 15-20 minutes, checking often. Add more broth as needed, when broth is absorbed, and beans are tender remove the lid and allow onion and peppers to caramelize. * Adapted from: Ree Drummondthefoodnetwork.com*

**Optional: Crumbled bacon can be added back when serving*