

## Storage Tips & Tricks

**Directions For Freezing Sweet Corn:** Start with the fresh corn on the cob in your share or from our farm store, stand, or farmers markets. It has been picked the day it was delivered. Keep the corn chilled in your refrigerator until you are ready to prepare for freezing. Sugar can turn to starch at room temperature. Fill a large pot ¾ full of water. Heat the water to a rolling boil and prepare an ice water bath. Husk the corn. Be sure to remove all the silk. Gently rub the corn with a terry or soft towel that will help to remove the silk. When corn is blanched the action of the enzymes is stopped. This process will help to maintain the color, flavor, texture, and nutrient value of the vegetable. Gently drop the corn into the boiling water, about 3-5 ears at a time, making sure that you do not drop the temperature of the water below boiling. Boil for 4-6 minutes. Lift the corn with a slotted spoon, drain. The cooking stops when you add the corn to the ice water bath. You may need to add extra ice depending on how much corn you are working with. Remove the corn to a towel. Allow the corn to completely dry. Here are 2 methods you may use to remove the kernels from the cob. There are some special tools is you choose. Corn Cob strippers or kerneler are available on-line, a sharp knife will work just as well. Firmly hold onto one end of the corn, with the other end in the deep bowl. Run the knife under the kernels. The corn will drop into the bowl in strips that will break apart as you continue to work and pack. Another method is to place the end of the corn in the center opening of an angel food cake pan. Run the knife under the kernels and they will fall into the pan. Portion the corn into zip lock bags. Be sure to push out as much air as possible. Placing a straw into the bag at the end of the closure. As you close the bag press out air. Draw air out with the straw and press to close as you pull out the straw. Eliminating air will preserve the quality of the corn. It can prevent freezer burn. Always be sure to label and date the bags you are freezing.

**Tomatoes-** Tomatoes are best kept at room temperature. If you do not use within a couple of days, refrigerate, and then bring them back to room temperature before serving. Soft tomatoes can be roasted with garlic and herbs added to roasted broccoli or cauliflower or added to pasta or used to top grilled chicken or fish.

**Root vegetables, carrots, and radishes, beets-** remove the greens or the tops from the root. This prevents the greens from taking moisture from the vegetable. These greens would be considered tender. Use them in salads, soups, smoothies, within a few days. Beets will last for a week or so. Roast them when you get them and they will be ready for salad or recipes. Beet greens can be prepared like any other tender green. Use them in a few days. Carrot will last for weeks, radishes for the week

Remove **stone fruits peaches, nectarines, and plums** from the plastic container when you arrive home. If the fruit is not ripe leave some on the counter to ripen further, checking each day. If you refrigerate remove the fruit in time for it to come back to room temperature for the best flavor.

**Fresh herbs-** Remove rubber band and make a fresh cut can be kept on the counter in a container of water for a few days. Change the water daily. Wash and dry as needed. Or dill may be wrapped in a paper towel and stored in a plastic bag or container for up to a week. Cilantro- Fill a cup or jar with an inch or so of water. Remove the rubber band. Make a fresh cut on the bottom of the stems. Place in the water and cover the cilantro and jar with a plastic bag and refrigerate. Change the water every few days. Time to make salsa, pico di gallo, guacamole and all your favorite southwestern dishes.

**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.

**Kale** - 11 Quick and Easy Ways to Cook with Kale | Bon Appétit (bonappetit.com)

**Chard-** Remove the rubber band. Cover the greens in paper towel and place in a plastic bag. Or line a container with paper towel and layer the greens. Best if used within 5 days. Stems can be saved for stock or they can be roasted see recipe in the packet

**Leeks-** place leeks in a plastic bag or container with roots attached. Leeks can absorb other flavors from the refrigerator so keep bag closed. Leeks can keep up to two weeks. Leek tops can be stored for stock. Leek and potato soup is probably one of the most popular recipes using leeks.

## Week 20 Fresh Inspirations September 6th— September 12th

The week leading up to Labor Day weekend ended with a destructive storm. Our hearts go out to everyone who suffered loss, devastation, and destruction. Some of it was close to us, some not so close but of course no less serious and concerning. Here on the farm, we always measure the rain. Just last week a friend was saying I know we need the rain, but maybe another day.

Actually, weather that is a little dryer would be very much so welcome. As for the rain and the wind we did have some damage here. Our apple trees are dwarf and on trellises because of a shallow root system. Some of them were lost. There are corn fields that were down in some places and too much standing water is a problem in any field. The rain came while the soil was still wet from previous storms, so it does not make farming an easy task.

Along with the storm and all the rain we may have some issues in the shares. There was a post from

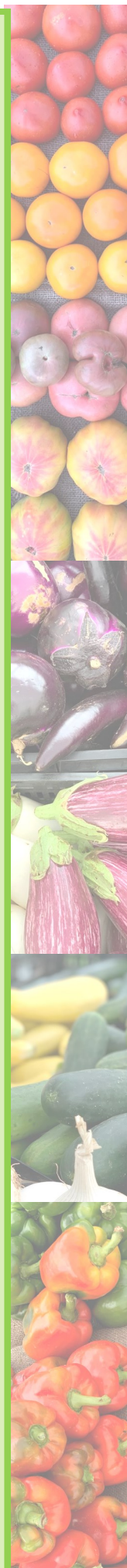
Ann Griffin Goralski asking about the discoloration on her green beans. Farmer Kurt answered to let her know that they were safe to eat. I have had beans in the share last a full week. With all the rain this season we are recommending that you remove the beans from the plastic and make sure that they are dry and then store, if possible, in a paper bag. No paper bag, use layers of paper towel in a pan or container with a lid. Another recommendation is to steam or blanch the beans within a day or two and then you will have them to make into a salad or to use in your favorite recipes.

So many tomatoes this season. It has been great with very little sign of slowing down. I love the Tomato Pie posted by Claudia Rs and Cheryle Presuto has meatless Monday. She uses thick slices for her eggplant stacks that she tops with cheese and a balsamic glaze. I heard from Bev Hansen, and she is making salsa and hoping that the habaneros are not too hot! (she removed the seeds and the ribs). The heat from the capsaicin is found in both. I saw a picture, not a recipe last week with roasted tomatoes over mac and cheese. It might be time to try something like that.

Bev also sent a great idea. She (and her daughter) are packing and freezing vegetables for stir-fry. Carrots, onions, peppers, make it your own. Bev says she is going to add some Bok Choy. Peppers and onions can be frozen up to 6 months without blanching. Cut onions and peppers in shapes and sizes you use and package for individual recipes and needs. Carrots however should be blanched for the same reasons as always, color, flavor, texture, and nutritional value. Bev of course mentioned that this will make some evening meals so simple in the late fall and winter. Just add your choice of protein and a grain.

Facebook will always inspire, if you have something you want to share with everyone, send to me, jenn@alstedefarms.com. If you have a questions about your share or you need some assistance, send to trish@alstedefarms.com or call 908-879-7189.

*Jenn Borealo*





## Roasted Leeks and Carrots

5 Carrots peeled and sliced into coins or julienne strips  
2-3 leeks sliced and washed (white and light green only)  
3 T olive oil  
2 t fresh thyme leaves  
Salt and pepper to taste  
Preheat oven to 425

Prepare the carrots and place into a medium bowl. Discard the root end of the leek. Wash the leek slices in a bowl of cold water. Allow leeks to soak for a few minutes. Check to be sure that they are clean. Allow the water to settle and lift into a colander with a slotted spoon and rinse once more. Dry the leek slices with a paper towel. Add to the bowl with the carrots. Toss with olive oil, salt, and thyme.

Tent the vegetables with a piece of foil and roast for 10 minutes. Remove the foil. Lower the heat to 400 and allow to continue to roast for an additional 10 to 15 minutes. Vegetables should be crisp-tender, and caramelized on the edges. Salt and pepper to taste

## Parmesan Baked Swiss Chard Stems

1-2 bunches chard stems  
1/2 tsp. sea salt for boiling  
2 tbsp. olive oil  
1/2 cup grated or shredded parmesan cheese  
kosher salt and coarse ground black pepper to taste

Trim and cut chard stems so that you have 3" pieces.

Preheat oven to 400 degrees. Line a baking sheet with parchment paper brush with olive oil.

Blanch chard stems in salted, boiling water for 6 minutes; drain.

Place chard in a bowl and drizzle with olive oil, then sprinkle with cheese.

Make two layers, depending on the size of your baking pan.

Bake for 20 minutes, or until chard is tender and the cheese is lightly browned.

Season with additional salt and black pepper to taste and serve immediately.

Adaptedfrom:Musingsofahousewife.com

## Week 20 Harvest!

**Peaches— Yellow**

**Nectarines**

**Sweet Corn**

**Swiss Chard**

**Leeks**

**Beans**

**Beets**

**Eggplant**

**Tomatoes**

**Carrots**

**Cilantro & Dill**

**Kale**

**\*\*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.**

## Leek and Potato Soup

**1-2 Large or 3 small leeks**

**Remove the ends (roots) of the leeks**

**Slice the white and the light green**

**Place slices in a colander. Pull apart slices so that you**

**may clean the leeks trying to remove any sandy soil**

**Heat 1 T butter and ¼ cup water in a soup pan**

**Add Leeks, cover. Sweat leeks for 8-10 minutes.**

**Add 6-8 cups vegetable or chicken stock, and 6-8 potatoes cut into large cubes.**

**Cover and allow soup to simmer until potatoes are soft. Puree soup in the blender**

**Pour back into the pan and add salt and pepper to taste, add a little extra broth if necessary. Soup may be served at this point, or you may**

**Wilt some chopped kale into the soup. Or add ¼ c light cream**

**Or use some optional toppings: Shredded cheddar, Chopped cooked bacon, chopped chives. Serve**

