

Hello Members,

It seems that we are moving along this year quite quickly! It is time to welcome some new members to our harvest club. "The heart of the season" is a popular time to be a member of the CSA. We have already started to receive some of the favorite summer items like zucchini and blueberries and there is that promise of more to come along. If you know someone who would like to join us, new members are accepted each week so let them know to check out the website or just give us a call!

Well, it is always so sad to see strawberries come to an end. They have that beautiful rich red color, and they are so delicious. They are our first fruit of the season each year and here at the farm they are the first "pick your own crop," so June is when the fun really begins. Thankfully coming in right on time just as strawberries come to an end are blueberries. They don't always get the applause that they deserve. With the heat coming in we need this fruit, this superfood right now. As good as strawberries are, they cannot compete with the nutrient dense blueberry. High in antioxidants, and flavonoids. They add vitamin A, C, vitamin K, and manganese to our diets. It is early in the season so enjoy them of course but be sure to freeze some for smoothies and maybe cereal during the next seasons. If you are thinking about picking blueberries certainly try to come out and do so. I have heard from some customers and even friends that they are more fun to pick since there really is very little bending involved. That can certainly be a plus for some!

It is a fact that we are one of the few CSA's to have fruit in the shares. There are times when crops overlap, and we will have two fruits in a share. This week will also include sweet cherries in the shares, so enjoy everyone.

It is so good to see some of you posting recipes and ideas again. Nes Yilmaz Masten posted a large batch of zucchini bread. Definitely a CSA favorite! It is a recipe that will be prepared and shared throughout the season. I am posting a recipe for zucchini cookies that we would make at farm camp years ago. All the same ingredients and flavors just a different texture. Give it a try, it was a favorite of the young campers. Some of our pets get to have a little of the share as well. It seems that even vets agree that some fresh vegetables can be good for them. In this case it was broccoli stems posted by Natasha Chandler. Ask your vet before giving your pets fruit.

If you have any questions or concerns, please write to CSA@alstedefarms.com or call 908-879-7189, a member of the team will be able to assist you.

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 9: June 23, - June 29, 2024

- Peas
- Cabbage
- Spinach
- Squash
- Lettuce
- Kale
- Sweet Cherries
- Garlic Scapes
- Blueberries
- Cauliflower
- Swiss Chard
- Kohlrabi

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**

Sauteed Garlic Scapes and Snow Peas

Serves 2

4 garlic scapes cut into 1/4 - 1/2" pieces

1 1/2 c snow peas strings and ends removed, cut in half

1 T olive oil *

- Place the pan over medium heat and add the oil. Rinse and dry the pan and add 1 T olive oil.
- Add the chopped scapes. Sauté for a couple of minutes until they soften. Remove.
- Add the snow peas and allow to cook until bright green. They can be served crunchy or cook a little longer if desired.
- Add the scapes back into the pan and season with salt and pepper or add a splash of soy sauce.

*Optional: use sesame oil instead of olive oil

Recipe adapted by Jenn Borealo from everygreenCSA.com

Zucchini Cookie

The original recipe had a cream filling, or the cookies can be used for ice cream sandwiches.

1 cup all-purpose flour

1 1/4 tsp ground cinnamon

1/2 tsp baking soda

1/2 tsp baking powder

1/4 t Coarse salt

1 stick unsalted butter, room temperature

1/2 cup granulated sugar

1/2 cup packed light-brown sugar

1 large egg

1/2 teaspoon pure vanilla extract

1 cup finely grated zucchini

1 cup old-fashioned rolled oats

1/2 cup chopped toasted walnuts (optional)

- Preheat oven to 350 degrees. Line 2 cookie sheets with parchment paper. Whisk together the flour, cinnamon, baking soda, baking powder, and 1/4 teaspoon salt in a medium bowl.
- Beat the butter with sugars until the mixture looks pale and fluffy. Beat in egg and the vanilla.
- Using a wooden spoon, stir the flour mixture into butter mix. Stir in zucchini, oats, and walnuts. Refrigerate the cookie dough until firm, about 1 hour.
- Using a 1 1/2-inch ice cream scoop (about 2 tablespoons), drop dough onto parchment-lined baking sheets, spacing about 2 inches apart. Bake until the edges are golden, about 17 minutes. Allow to set on the sheet for a few minutes and then cool on a wire rack.

Recipe adapted by Jenn Borealo from marthastewart.com

Thomas Keller Zucchini Pillows

2 large zucchini

Salt

2T- 1/4 c olive oil



- Remove the ends of the zucchini and cut in half. With a sharp knife score the cut side to create a diagonal crisscross pattern. Sprinkle with salt and allow to sweat 15-20 minutes, pat dry with a paper towel.
- Preheat the oven to 450
- Pour oil into a heavy oven proof pan. Cast Iron works well for this recipe
- Heat the pan and place the zucchini cut side down onto the hot oil. Allow to cook for 6 or so minutes. Zucchini should be lightly browned. Place the pan into the oven and allow to roast for another 6 minutes. Turn the zucchini so that the skin side will cook. Roast for an additional 5 minutes.
- Zucchini can be served plain, or with toppings.
- Sprinkle with Parmesan and herbs, or yogurt, lemon zest and Feta.
- Garnish with sumac if desired

Recipe adapted by Jenn Borealo from startribune.com

Produce and Storage Tips for Week 9

Freezing Blueberries: Do not wash before freezing. Spread blueberries out on a baking sheet and place into the freezer for a few hours or more. Once frozen move into a freezer bag or freezer container. If using a bag draw the air out of the bag with a straw as you close the bag. Be sure to label the bag or container.

For More Produce Tips:

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

scan here

