

Hello Members,

It has been said before, time is flying! I can't believe that it is July, and the 4th is during this week of pick up as well. Of course, we are celebrating freedom and independence, but we think more about leisure, a relaxing day or days we might have with our friends and family. Here at the farm, they are preparing some of the classic vehicles and tractors to participate in the parade in Brookside. Here on the home farm, we will be busy with guests who want to pick blueberries and raspberries. In your shares there will be blueberries and tart cherries. There is a recipe for a tart cherry sauce that can be used with blueberry shortcakes for the perfect colors of the holiday. If you are looking for a recipe that is patriotic as part of your main menu, try the beet and berry salad recipe that has been a favorite for years now.

During the week I heard from Arlene Stover. She was asking about freezing peas and scapes of course for later use. I am sure that some of you might be thinking about the same for use later in the year. We had quite a few scapes in our shares this year, so I am certain that most of you still have a some of them. The directions include blanching as a step before freezing. There are directions to freeze without this process if you choose, our directions include this step. Blanching is recommended to preserve color, flavor, texture, and even nutrients.

Lately it seems that something new every day is ready for harvest. It is the true sign of summer around here. This week for the first time we will have green beans in the shares. There are a few recipes on the website for green beans so take a look. If you are thinking that they are one of your favorites, you will have time to save some for later in the year. Green beans are planted almost every week so that there is a new field ready for picking quite often. There is a great cucumber crop so they can be in your salads this year on the 4th. I often make a green bean salad with slices of cucumber and thin slices of onion so I can complete the recipe with this share. The onions in the shares are young and uncured. Onions are one of the first crops to be planted in the greenhouse in the winter, in January. They are transferred into the ground in the early spring when it is dry enough to get the tractors out there. They are a treat at this time of the year. Aromatics are always necessary to flavor our dishes so having them available is a plus.

If at any time you need to get in touch with the team call 908-879-7189 or email CSA@alstedefarms.com. There will be someone available to assist you.

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 10: June 30, - July 6, 2024

- Beans
- Squash
- Purslane
- Peas
- Beets
- Kale
- Blueberries
- Tart Cherries
- Spinach
- Cucumbers
- Onions - Bunched
- Organic Lettuce

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**

July 4th Tart Cherry Sauce over Biscuits

2 c tart cherries pitted.
1/3 c sugar
2 t lemon juice
1/4 t vanilla

Pinch of salt
2 t cornstarch
1T water

- Place the pitted cherries into a small saucepan and stir in the sugar, lemon juice and salt. Over medium heat stir ingredients to combine and allow cherries to release juices. Bring the mixture to a boil. Reduce heat and simmer 5-7 minutes. Add vanilla.
- While simmering prepare slurry mixing cornstarch and water.
- Add to the cherries stirring constantly. Cook a few minutes longer to thicken. Sauce can be prepared a day ahead

Recipe adapted by Jenn Borealo, from Adapted from: Art and the Kitchen

For assembly:

- Using purchased shortcakes or a biscuit recipe of choice, or even a mix like jiffy or Bisquick. Most biscuit recipes can be prepared gluten free flour 1 to 1 flour, try Sally's baking addiction.com for a homemade strawberry shortcake biscuit recipe.

1 cup of heavy cream

1 - 2 T Sugar

Beat with a hand mixer until soft peaks form or prepared whipped cream

- Prepare the sauce, prepare whipped cream.
- Rinse the blueberries when you are getting ready to serve.
- Cut the biscuit if using, spoon over some cherry sauce, top with fresh blueberries and a dollop of whipped cream and you will have a red, white and blue dessert!

Produce and Storage Tips for Week 10

Cucumbers- make sure cucumbers are dry. Place in the crisper drawer of the refrigerator. Use within 5 days.

Beet and Berry Salad

Large bowl of mixed salad greens

1 cup of sliced - steamed or roasted beets

1 pint fresh strawberries, blueberries, or raspberries

1/2 cup walnut pieces, sliced almonds, or pine nuts (toasted) optional

1/2 cup raspberry vinaigrette salad dressing

1/4 cup crumbled or sliced goat or feta cheese

- Toss the greens with some of the vinaigrette and then place onto a large platter.
- Top with Beets, berries, nuts. Drizzle with remaining dressing.
- Top with cheese to serve.



Raspberry Vinaigrette

1/2 cup fresh raspberries

1/4 cup extra-virgin olive oil

2 tablespoons apple cider vinegar

1 tablespoon honey

Pour all ingredients into a blender. Blend until smooth.

Add a pinch of kosher salt and a little fresh ground black pepper

Recipe by Jenn Borealo, Culinary Specialist at Alstede Farms

For More Produce Tips:

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

scan here

