

Hello Members,

It looks like some of you were busy over the holiday preparing items from the share. Jamie Jurgaitis was baking zucchini, stirring risotto, and my favorite, as I am always looking for something new for breakfast, blueberry baked oatmeal, with bonus cherries! Glory Chapfor was preparing cherry vodka, and she has an interesting, mystery pumpkin or squash in her garden. I can't wait to see what it becomes at maturity! Cyn Nun made use of her share preparing quiches and blueberry pie. It has been a very productive holiday week! Hoping everyone had some time to relax as well.

Another first this week in the share is sweet corn. When you receive corn, it will be one of two varieties, either white or bicolor which is white and yellow on the same ear. Bicolor is a personal favorite of mine, however if the corn is sweet, I am happy. There will be directions for storage in the tips this week and going forward we will also post freezing directions. Over the years it is always nice to be able to add home grown sweet corn to soups and stews and favorite recipes over the winter. Corn can be in the shares each week depending on how the season goes. Corn is planted quite often. As soon as the farmers see corn coming up from the last planting, it is planted again. We harvested corn last year into the last weeks of October. We receive corn in our shares, we sell corn at all our markets and stores, and something that has become a farm favorite, corn also supplies our corn roaster on the weekends and holidays. Farmers are out picking every morning.

Growing up it was the basic 4 that we followed when we wanted to know how many servings of fruits and vegetables, we should be eating every day. The chart recommended four servings of fruit and vegetables, 3-4 breads and cereals and the same for dairy. Meat and poultry should be 2 servings. Michelle Obama came along later with my plate dividing a plate so that half would be vegetables and fruits and then small portions of the others. Now Harvard recommends 5 servings, and the Mayo Clinic has the 1-2-3 approach to equal 5 as well. The CDC says "more matters" when it comes to fruits and vegetables. They all seem to agree, more vegetables than fruit. If you are saying 5 is too much keep in mind that they are recommending about a ½ cup or a small piece of fruit, even half of a baked potato. The plan isn't that you overeat. The plan is for variety and getting what you need from the foods that you eat.

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

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 11: July 7 - July 13, 2024

- Beans
- Corn
- Peas
- Beets
- Kale
- Cabbage
- Blueberries
- Spinach
- Squash
- Cucumbers
- Swiss Chard
- Organic Lettuce
- Onions - Bunched

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**

Marinated Zucchini

22 medium sized zucchini sliced lengthwise
1/2 cup olive oil for frying
1/4 cup chopped fresh Italian parsley
4-5 torn leaves of basil
2 cloves of garlic chopped
1/2 teaspoon salt
1-2 tablespoons olive oil
2 tablespoons white wine vinegar

- Slice zucchini lengthwise 1/4 of an inch in thickness, if the zucchini are extra-large cut in half and then slice.
- In a medium sized frying pan over medium heat, add 1/2 cup olive oil once oil is hot (not smoking) add a few zucchini slices at a time. Turning till golden.
- Remove from pan and drain well on paper towels. (pat them lightly with extra paper towels to remove extra oil).
- In an 9" shallow pan or serving dish mix together the parsley, basil, garlic, salt, 1 tablespoon olive oil and the white wine vinegar. Add the zucchini tossing with the herb mixture.
- Allow the dish to marinate for an hour or so at room temperature.
- Serve as an appetizer with an antipasto or as a side to grilled chicken, steak, or fish.

Recipe adapted by Jenn Borealo, from anitalianinmykitchen.com

Produce and Storage Tips for Week 11

Sweet Corn - Keep corn refrigerated until ready to use. Shuck when ready to prepare. If silk is not easily removed. Run a little cold water over corn while rubbing to remove the silk or use a soft terry kitchen towel and gently rub over the kernels to remove the silk. Sweet corn is picked early in the morning every day in season. Corn is best on the day it is picked or within a day or two of receiving. Place in a plastic bag and refrigerate until ready to use. For the best quality use in 2-3 days.

To boil corn: I bring a shallow pan of water to boil, only 2-3 inches add the corn, cover and boil 3-4 minutes and remove.

To steam corn: place the corn in a steamer basket over boiling water, cover, and steam for 6-8 minutes.

Corn and Green Bean Salad

6-8 ears of corn
Green beans from the share
5 T olive oil
2-3 Tablespoons Cider Vinegar
1/2 onion chopped
1/4 chopped pepper
Kosher or Sea Salt and Fresh Black Pepper
3 T fresh Parsley chopped



As the season progresses this recipe can change along the way. Chopped tomato is an addition that we can add in a couple of weeks.

- Peel husk from the corn and remove the silk. Cut the corn from the cob into a bowl. Heat the olive oil over medium heat in a sauté pan. Add half of the corn and allow to cook for 5 minutes stirring occasionally. Remove from the pan and repeat.
- Trim the beans and break them into bite sized pieces. Boil the beans in salted water or steam the beans until still crisp but fork tender.
- Place cooked vegetables into a large bowl. Add the chopped onion, pepper, and parsley, dress with the vinegar and remaining olive oil. Salt and pepper to taste
- Mix and chill for a couple of hours before serving. Serve cold or at room temperature.

Recipe adapted by Jenn Borealo, from: Eating Well

For More Produce Tips:

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

scan here

