

Hello Members,

In farming, four days, especially with this very hot weather, can be a long time with some significant changes. Sugar plums were added after I wrote and submitted my work last week and they will once again be in shares this week. It truly is summer with three stone fruits in some of the shares this week to include sugar plums and peaches for everyone. Some of you will receive apricots as well. In case you haven't checked the tips for the week, it is important that you remove the fruit from the plastic containers when you arrive home.

Sugar plums are an early variety, and we may have some other plums later in the season. Peaches, however, are a major crop here on the farm and they can be with us through the first weeks of September. We grow yellow and white peaches with many varieties of each. Each variety becomes ripe at a different time so if you are thinking about coming out to pick peaches, we will send you to the area of the orchard where they are ready. We have early peaches in the share. You will find that they are not freestone until we get a little further along in the season. There are directions/a trick in the tips for slicing clingstone peaches.

We know that nature takes good care of us, and stone fruit nutrients are no exception. Most stone fruits that have a deep yellow or orange color are rich in vitamin A, helping to protect your eyes and skin through this hot, very sunny weather. Stone fruits can aide digestion and a healthy gut. Ripe peaches, plums, and apricots are high in antioxidants and will help to support immune health which of course in turn will help all of us fight disease. A medium peach is only about 75-80 calories, fitting into most diets perfectly. Be sure to vary the fruits that you are eating so that you are getting all the different nutrients you need.

There is a recipe in the packet this week for an unconstructed blueberry pie. In years past we have prepared and shared recipes for many of the blueberry favored recipes like cobbler, slump, and turnovers and more. This week I needed a dessert on two different days for one or two guests. If I baked a pie the fear was that it would become soggy for the second serving. My decision was to prepare each part of the pie separately and then just put it together when ready to serve. It worked perfectly!

Eggplant parmesan anyone? This very popular dish among our members will probably be prepared this week. More recipes on the website and more information as the season progresses.

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 12: July 14 - July 20, 2024

- Blueberries
- Corn
- Peaches
- Squash
- Cucumbers
- Beans
- Apricots
- Beets
- Basil
- Eggplant
- Sugar plums
- 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

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Zucchini and Rice Bake

1 large zucchini (about 2 1/2 c shredded)
1 1/2 - 2 t salt
3 - 4 cloves of garlic minced
1/3 c onion
1 - 2 T olive

6-8 large basil leaves
1/2 c rice
3 T Parmesan cheese
1/2 c broth
1/2 cup reserved liquid from zucchini

- Place zucchini in a colander over a bowl. Sprinkle with salt, set aside for 30 minutes. Press the liquid out of the zucchini. Save liquid.
- Preheat the oven to 350
- Over medium heat place a medium sauté pan. Add 1 T olive oil and then add onion and garlic until softened but not brown. Remove from the pan.
- Add the remaining T of olive oil. Add zucchini and sauté until dry
- In a 9" baking pan that has a cover, add rice,
- In a separate pan heat the zucchini liquid and broth to boiling and add to the rice. sprinkle with basil, garlic, and onion, and stir. Top with zucchini and Parmesan and stir gently again.
- Cover and bake for 40 -45 minutes.
- Rice should be tender. Serve hot passing extra parmesan cheese.

Recipe created by Jenn Borealo, Culinary Specialist at Alstede Farms

Produce and Storage Tips for Week 11

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.

For More Produce Tips:

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

scan here



Deconstructed Blueberry Crumble Pie

1 prepared pie shell, baked at 400 degrees until golden brown. (gluten free will work here)

Prepare Crumb Topping:

3/4 c flour
1/2 c sugar
7 T butter

- Preheat the oven to 350
- Cut butter into the flour and sugar using a pastry blender or pulse the mixture in a food processor until mixture resembles small crumbs
- Spread the mixture into an 8x8 pan. Do not pack down. Bake for 20-25 minutes. Using a fork break the crumble up a bit. Crumbs should be golden brown. Topping will get crisp as it cools. Extra crumbs can be stored in an airtight plastic container for a few days or frozen for later use.

Blueberry Pie Filling:

1 1/2 - 2 pints fresh blueberries **1 1/2 T lemon juice**
1/2 cup white sugar **1/3 cup water**
1 1/2 T tablespoons cornstarch **1 tablespoon cold butter, cut into pieces**

- In a large saucepan, mix together the sugar and cornstarch, add the blueberries.
- Stir in the water and lemon juice cook over low-medium heat. Continue to cook until some of the blueberries break stirring most of the time. The mixture should be thick.
- Remove saucepan from heat and add butter.
- Serve warm or at room temperature. Extra filling can be refrigerated for a few days or frozen.

Sweetened Whipped Cream:

- To serve, cut or break the pie crust into pieces. And divide among dessert plates. Spoon blueberry filling over the crust. Top with spoonful of crumb topping. Serve with a dollop of sweetened whipped cream and a sprinkle of confectioners sugar.

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