

Hello Members,

It is always a busy week around the farm but the hot weather is making everything grow a little faster so there seems to be even more to harvest than ever. It is quite the abundance and I think you could see it in your shares. This week Tom brought my share to my car, I of course brought it into the house. I could not believe the weight!

Everyone is getting home and getting busy! Carol Dziuba did not waste a minute, not even two hours after pickup, she already had a bowl of pesto. Get our mini members working; Colleen Ryan had her children snapping the green beans. They were having a great time, while saving her a little time. I was about that age when my mother had us helping at the kitchen table, those days are still great memories, they were also the times that developed my love of cooking. Marissa Bodner Strauss prepared a cucumber salad that included radish, herbs, and beans. Sounds like the leftovers would make a great lunch. Jamie Jurgatis is planning ahead with quick pickles in the pantry and Jennifer Niederhoffer has a picture of corn that is just waiting to be eaten. Sautéed with just onion, she says it was delicious; sometimes simple is best! The gift of good food came from Jennifer Barone roasted squash for 125 people attending a church dinner. I would say that the compliment came when the serving dish was empty. Great job! Some of you aren't posting because you are too busy cooking. Let us know what you have prepared when you can.

No eggplant pictures yet. We have time, eggplant should be in our shares for a while. You may have the common globe eggplant in your box, or you may have the Sicilian variety in the share. All the varieties can be used interchangeably. I know that I mentioned eggplant parmesan last week as it seems to be a favorite. There are so many updated eggplant recipes that have been prepared and even posted in the past so take a look at the website and keep an eye on Facebook as well. Roasting vegetables has become a favored method of preparation. It is fairly quick, low in fat and calories, and it can bring out the flavor and the natural sweetness of all the vegetables as well. Eggplant can be roasted or even grilled on its own, however it is very often paired with zucchini, peppers, and tomatoes. In this very hot weather, you might want to cook early in the day. Mediterranean Eggplant is a recipe on the website that can be served cold or at room temperature. If you are looking to save some eggplant during the summer for late fall and winter Caponata may be in your plans.

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 13: July 21 - July 27, 2024

- Corn
- Peppers
- Cucumbers
- Beans
- Eggplant
- Sugar plums
- Scallions
- Basil
- Kale
- Swiss chard
- Peaches - 4 pack
- 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:

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Corn and Zucchini Polenta

I would like to make this dish or the leftovers into corn cakes, so this is to be continued.

Prepare Polenta according to package directions. This recipe calls for half a recipe.*

1 1/2 cups of corn

Remove the corn from 2 ears. Bring 3 cups of water to a boil. Add 1/2 t salt and the corn. Simmer for a minute or two. Drain. Set aside

1 1/2 cups of zucchini shredded **2-3 T olive oil**
1/3 c chopped onion **2 T grated parmesan**
1 clove of minced garlic **2 T unsalted butter (optional)**

- Place the zucchini in a colander and sprinkle with 1/2 tsp of salt. Allow the zucchini to drain for 20 minutes.
- Warm a tablespoon of olive oil in a sauté pan. Add the onion and sauté until it softens. Add the garlic and continue to cook until the onion and garlic are tender. Remove from the pan.
- Drain the zucchini and place onto a piece of paper towel to drain. Press out excess liquid. Add a little more olive oil to the pan and cook the zucchini until it is tender and dry, just a few minutes.
- To the prepared polenta, add the parmesan, 1 1/4 cups of the prepared corn. Stir in the zucchini, onion and garlic. Add the butter if using
- Garnish with a little chopped tomato or pesto, Sprinkle with a little reserved corn.
- Serve hot as a side dish

I used half a recipe of Bobs Red Mill Polenta

Recipe created by Jenn Borealo, Culinary Specialist at Alstede Farms

Produce and Storage Tips for the Week

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

scan here →



Grilled Peach, Blueberry, and Mixed Green Salad

Toasted sliced or slivered almonds
1 medium quartered or sliced peach, grilled (see directions)
Greens from the share divided onto 2 plates (I used a little romaine and arugula)
About 1/2 c blueberries
2-3 very thin slices of red onion
Toasted sliced or slivered almonds
Honey
2-3 T Balsamic Vinegar
1/4 c Olive oil
Goat cheese
A sprinkle of salt to taste

- Heat the grill, brush the grates and the peach quarters with a little olive oil. Allow the peach to brown on one side before turning. If peeling, use caution not to move the peach. If grilling inside on a grill pan: Brush the pan with olive oil, heat over medium high heat. Oil the peach slices as well, place down on a heated pan. Allow to grill a few minutes before turning. You want the grill lines for this recipe.
- While the peaches are grilling toast the almonds in the oven or stove top.
- Slice the onion.
- Place the greens on the plate, top with blueberries, peaches, slivers of onion, and sprinkle with almonds.
- Drizzle with honey, whisk together the oil and vinegar and drizzle over the salad.
- Top with bits of goat or feta cheese.
- Sprinkle with salt.
- Serve immediately

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