

Hello Members,

Before I talk about this week I will apologize for last week. You know I write my letter on the Friday before the Tuesday and Thursday shares are picked up. Last week I was leaving for a short vacation on Friday, so I wrote on Thursday. My recipes included zucchini and blueberries. They were not in the shares. Hopefully, you had some left from the previous week. Things change every week but the changes in just one extra day, Wow!!!

I came home yesterday, and I picked up a share today. While I was in the cooler, I noticed bouquets of cut flowers in some of the shares. They are absolutely gorgeous, so place an order if you want something most colorful and cheerful peeking out of your box.

For those of you who come to pick up your share here at the farm store at 513 it would be an enjoyable activity for you to pick your own flowers. Scissors are available at the sheds and the flowers are not a long walk once you are inside the fields. Be sure that you cut some of the branching sunflowers that are grown for cutting. They will just add a little extra pizzazz to your bouquet. The big sunflowers are spectacular in the field and as a part of the sunflower trail, but they are not the best as a cut flower. Flowers are usually available for cutting until the first frost so keep the idea in mind if you can't come out one day soon.

I am excited to see the first tomatoes in our shares this week. I say the same thing every year. In my mind tomatoes are ready when corn and zucchini come into season and the reality is that it is almost August when they arrive in the shares. We are more than ready to have them. This week you will have cherry tomatoes, my favorite. In weeks to come we will have the other varieties. Use the tomatoes in the first few days after pick-up and the best place for them will always be on the counter. Tomatoes do best at room temperature. If you have to refrigerate due to longer storage, bring them back to room temperature before serving if possible. In the tips this week I have included a recipe that was sent to us by long time member Michele Zanzonico Cotter a few years back. It has been a favorite of mine, so I hope that you enjoy it too.

A little early but as a sign of fall the first apple of the season will appear in the shares. Early apples should be refrigerated and used within a few days of receiving them. Lodi is the variety of apples that you will receive. These apples are not keepers, and they will not do well at room temperature. This apple is known as a cooking apple and is best suited for making applesauce. There is a suggestion for a juice in the tips this week as well.

Jenn Borealo



Member Weekly Digest

Week 14: July 28 - Aug. 3, 2024

- Corn
- Peppers
- Beans
- Eggplant
- Onions
- Kale
- Beets
- Early Season Apples
- Cherry Tomatoes
- Organic Lettuce
- Sugar plums
- Leeks
- Swiss Chard
- Peaches - 4 pack

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

Summer Roasted Vegetables

1 small – medium eggplant
3/4 of a large green pepper
1/2 pint cherry tomatoes
1 leek or 6 scallions sliced
(tender white and light green)**

2 cloves of garlic chopped
1 - 2 ears of cooked corn
cut from the cob
Olive oil
Kosher salt to taste

- Preheat the oven to 425. Line a baking sheet with parchment paper
- Peel the eggplant and cut into thick strips cut the strips into 2" pieces Place the eggplant into a medium bowl and add a Tablespoon or two of oil to coat.
- Sprinkle with salt and toss. Turn onto the prepared baking pan and roast until the edges are deep brown.
- Remove from the eggplant from the pan onto a platter
- Slice the pepper and cut the strips into 3 pieces.
- Add the pepper to the bowl and coat with a tablespoon of olive oil and sprinkle with salt. Roast until golden and tender. Remove to the platter.
- Cut the cherry tomatoes in half if larger, cut into quarters. Place the tomatoes into the bowl and add the leek or scallions and garlic, sprinkle with salt. Toss together and roast.
- Return all the roasted vegetables to the pan adding the corn. Gently toss together. Roast an additional 5 minutes, just until all the vegetables are heated through. Serve hot or at room temperature.

*Add sliced zucchini when available

**Save leek top for stock

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 →



Pesto Eggs

Prepare roasted tomato:

- Preheat oven to 400. Chop a large tomato, add a little olive oil, some chopped basil and oregano and a spoonful of parmesan cheese.
- Spread into a single layer on a parchment lined baking pan.
- Roast until some of the edges are browned and caramelized, 20-25 minutes. Set aside.

Prepare your favorite pesto recipe:

- I used basil and a little arugula, garlic, olive oil, walnuts, and parmesan cheese in a mini food chopper

Prepare toasts:

- Preheat the oven to 350 and line a baking sheet with parchment paper. Lightly brush sourdough bread slices with melted butter mixed with some olive oil. Sprinkle with parmesan cheese.
- Bake about 8-10 minutes or until golden on the edges and slightly toasted.
- I cut the slices in half and served a single egg in the middle with some extra pieces cut a little smaller around the edge of the plate. If your slices are large enough, place one egg on each half.

Prepare eggs:

- On low-medium heat, melt 1-2 tablespoons of butter with 2 tablespoons of Olive Oil in a non-stick frying pan.
- Add 3-4 heaping tablespoons of pesto to the pan. Allow to warm and bubble a little and break eggs into the pan. 3-4 eggs per 12" pan. Do not crowd the eggs. Allow the white to set and gently turn for less than a minute for a runny yolk, leave a little longer if you want yolk to be a little more cooked through. Gently lift the egg onto a toast along with some pesto.
- Top with a little more pesto as desired.
- For some extra color and garnish, place some roasted tomatoes at the sides of your toast.

Recipe created by Jenn Borealo, Culinary Specialist at Alstede Farms

