

Hello Members,

Moving along through the season we now find ourselves welcoming the group that joins us for the awaited harvest of "Summer Essentials." We are always happy to bring new and seasoned members back into our group each year. We have already been picking up shares with corn, zucchini, peppers, and eggplant and of course peaches. We are excited to see a plentiful tomato harvest that has started and as the month progresses, we may see different varieties and colors of peppers as they become available.

If you haven't started yet it is time to preserve a portion of the share so that it will be there when we part at the end of the year. Many times, with a bit of effort the bounty in our freezers or pantry can take our members through the winter. I noticed that Natasha Chandler was one of the members who chose to partake in the box of peach sale this past week. Pictured with her dad on Facebook it sounds like 3 generations working to prepare pies, preserves, and even peach sangria, Yum! As I have said before it is good to see some of your sharing. Carol Dziuba shows off a peach cobbler. Always a good choice for dessert. A little easier than pie and often just as satisfying. Historically, the leftovers of one of the old-fashioned desserts could often be considered a part of breakfast. This week I am going to post a recipe that we have had in the past for a peach pudding that could have been breakfast as well. Mary Alice Levy Landau made a zucchini smoothie and Jennifer Niederhoffer a zucchini herb bread. Both will work for those young members who aren't sure yet if veggies are one of their favorites. There are links to both recipes on Facebook. I share some of our recipes with a friend who is in a CSA that doesn't always provide recipes. She spent her day blanching and freezing some beans and corn. She doesn't receive fruit, so I am always happy to be a part of our CSA. There are many Harvest groups that do not offer fruit as a part of the share. It is definitely a bonus that I hope you appreciate as much as I do.

As I am reading recipes and email posts I found a definite theme this week. Tomato sandwiches. The one that caught my attention a little more than some of the others was the Kitchn. The simplest is just 3 ingredients tomatoes, soft white sandwich bread as is or lightly toasted, and of course the star of the show the tomato slices. Ina Garten brings the sandwich to a different level preparing basil mayonnaise with garlic. Of course it is your decision. Full size tomatoes are in, and they are the choice for this sandwich. Last but not least full shares will receive an heirloom tomato prized for interesting colors and flavors, use that tomato first, it will not keep.

Jenn Borealo



Member Weekly Digest

Week 15: Aug. 4, 2024 - Aug. 10, 2024

- Corn
- Peppers
- Tomatoes
- Beets
- Kale
- Eggplant
- Leeks
- Sugar plums
- Cherry Tomatoes
- Peaches - 4 pack
- Squash - 3 pack
- Onions
- Heirloom Tomato

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 Sheet Pan Mediterranean Chicken

For the Dressing:

1/4 c lemon juice
1-2 T fresh oregano chopped

3-4 cloves minced garlic
3/4 t kosher salt
3/4 t black pepper
1/2 c olive oil

1/2 large onion sliced in half inch slices
1 medium zucchini cut in half lengthwise, half inch slice
1 large pepper half inch slices
1/2 pint cherry or grape tomatoes cut in half
2 small - medium red potatoes, cut in quarters and sliced

6-8 boneless, skinless chicken thighs
2 T olive oil
1/2 c pitted Greek olives or olives of your choice, sliced
4 oz crumbled feta cheese
Chopped oregano and parsley
Arugula

- Preheat the oven to 425 and position a rack in the center of the oven.
- Prepare the dressing. In a large bowl whisk together the first 5 dressing ingredients.
- Drizzle in the olive oil while continuing to whisk. The mixture should become emulsified.
- Add the chopped vegetables to the dressing mixture and toss to completely coat. Remove the vegetables to a parchment lined baking sheet using a slotted spoon. Spread to a single layer.
- Heat the 2 T olive oil in a medium sauté pan over medium to high heat. Add a couple of pieces of chicken at a time to the pan. Lightly brown on each side. Lower the heat as needed. Chicken should not be cooked through. Place the chicken pieces between the vegetables on the sheet pan. Spoon a little dressing over each piece. Sprinkle with kosher salt and pepper.
- Roast for 35 minutes, chicken should be cooked through. Remove the pan from the oven and preheat the broiler. Broil for a couple of minutes, watching to be sure that chicken or vegetables are not burning.
- Sprinkle with sliced olives and some of the crumbled feta cheese.
- Garnish with some chopped parsley and oregano
- Place a bed of arugula onto the plate. Spoon over the roasted chicken and vegetables. Sprinkle with a little extra feta cheese, optional.
- Serve with crusty bread

Recipe adapted by Jenn Borealo, from MediterraneanDish.com

Gram Tyson's Skillet Peach Pudding

Preheat the oven to 375

Melt in skillet:

1/2 c butter
1 c. brown sugar

Slice peaches (about 4) on top of the sugar/butter mixture*

Whisk together:

1 c. sugar
3 beaten eggs
3 T. milk
1 c. flour
1/4 t. baking powder pinch salt

- Pour the batter over the peaches.
- Place the skillet in oven for 40 minutes
- Put tin foil or a baking sheet under the skillet, juices can run over.
- Serve with sweetened whipped cream

*This recipe can be prepared with or without peeling the peaches

Recipe provided by Sam Walmer



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

