

Hello Members,

A wish for rain brought more than we needed. Now it looks like everything is ok. Moderation in all things is best. With some wind and lots of sunshine and we should be back on track next week.

A main reason for joining a CSA is often a specific health issue. In recent weeks I had a surprising frightening diagnosis that sent me looking for ways to stay as healthy as possible. Among the first on the list for good health was not surprising, lots of fresh fruits and vegetables. Keep blood pressure and cholesterol in check, which takes you back to the first recommendation because we know that fruits and vegetables, if prepared with care will not add to your cholesterol or your blood pressure and may help both. Moving on and getting older yesterday I read an article from AARP, (yes admitting my age). The article was about hearing loss and steps you can take to help prevent it or keep it from getting worse. Not every step was about nutrition or the foods we get in the share but peppers, cantaloupes, carrots, dark green leafy vegetables, potatoes, pumpkin and even though it isn't listed, winter squash, it is about the plant pigment, beta carotene and tomatoes. Bonus, for those of you who have egg shares. They are listed as well. So, if you read about heart disease, cancer, diabetes, and more, we are all fighting those diseases each week as we prepare the contents of the share.

A farm favorite will be in the shares this week. We have had peaches for a few weeks now, but donut peaches are a little different and by that, I mean, quite special to most of us. Donut peaches are an heirloom variety that has its origins in China in the 1800's. Later in the 1800's trees were brought over to the US. There wasn't much success until the 1980's. At that time Rutgers developed the "Saturn" (another name for this beloved fruit). The trees were sold at a Nursery in Missouri. Why are they so loved? They are lower in acid, the flesh is less fibrous, and there is much less fuzz. They are best when ripe. Allow them to sit at the counter for a day but keep a close eye on them. They will go bad from the center out. Even if you see a little brown, cut it away and enjoy every bite of what is left.

Another first and another favorite is the personal watermelon in the share. I can remember years ago when I cut into one of these Yellow Doll melons to see the yellow flesh, you can imagine my surprise. A little sweeter than the red relative that we all know and love. It is a fruit that I love to share with guests and friends who have never seen it. It will hydrate you just as the red watermelon so enjoy every bite!

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 16: Aug. 11, 2024 - Aug. 17, 2024

- Corn
- Cabbage
- Peppers
- Cucumbers
- Tomatoes
- Beets
- Eggplant
- Kale
- Melon
- Squash 3 pack
- Cherry Tomatoes
- Donut Peaches packs
- Personal Watermelon
- Italian Plums

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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Deconstructed Peach Dumpling

Recipe provided by Jenn Borealo, Culinary Specialist

- Preheat the oven to 400.
- Cut the crust into 8 circles that are a little larger than the peaches. Using a fork. Bake on a parchment lined pan for 6-8 minutes. Or until golden brown.

For the Filling:

1/2 c almonds

1 T almond or oat flour

2 T unsalted butter

T brown sugar

1 t brandy or Amoretto, optional

- Measure almonds into the bowl of a small food processor. Add the flour. Pulse until almonds are finely ground. Add the butter and brown sugar and process until the mixture forms a paste.
- 2 ripe freestone peaches, cut in half, stone removed. Scoop out just a little of the peach. Do not peel.
- Divide the filling between the peaches and fill spreading a little on the top of the peach.
- Bake in a parchment lined pan at 400 for 5 minutes and reduce heat to 350 and bake 35-40 minutes or until peaches are tender. Check while baking. If becoming too brown place a sheet of foil over the peaches.

To Serve:

1/4 c peach or apricot jam

Toasted almond slices

Sweetened whipped cream

- Place one circle of the pastry. Place a little off center on the plate. Drizzle the plate with the jam, sprinkle over the almond slices and dot with whipped cream.
- Top the pastry with a baked peach 1/2 and place the second circle on the top.

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



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Roasted Tomato Tart

- **Six medium tomatoes sliced, cut slices into halves and quarters. Place slices in a colander and sprinkle with a 1 1/2 t of kosher salt. Allow tomatoes to drain for an hour or longer.**
- **3 large sprigs of basil (15-20 leaves) chopped**
- **leaves from 4-5" stems of oregano chopped**
- **6 cloves of minced garlic**



- Preheat the oven to 400
- Drizzle a little olive oil onto the bottom of a 9" pie pan. Spread about a third of the sliced drained tomatoes into the pie pan. Layer the tomatoes with basil, garlic, oregano, and Parmesan, drizzle with just a little more olive oil. Repeat for 2 more layers.
- Bake 400 for 1 hour. Tomatoes should be bubbling. Set aside

For the Crust:

- 1 single pie crust store bought or homemade, rolled to fit an 8" tart pan or 4 x 14 oblong tart pan. Line the pan with parchment paper. Fit in the crust and using a fork, poke holes into the bottom of the crust. Chill for at least an hour before baking.
- Preheat the oven to 400. Bake the crust until lightly golden. Remove to cool.

To Assemble:

- Sprinkle the crust with 1/2-3/4 c shredded mozzarella cheese. Top with roasted tomatoes sprinkle a little additional cheese over the top as desired. Bake for 10-15 minutes until the cheese is melted.
- Cut into wedges or slices as desired. Serve hot or at room temperature, best served within a few hours of baking.

Recipe provided by Jenn Borealo, Culinary Specialist