

Hello Members,

It would be difficult to start a letter to you without remarking about this absolutely beautiful weather. I think we would all agree that it is about time! Hoping that the rain this weekend will be very limited.

As usual I am waiting for the list of share contents tonight. I just noticed that garlic will be in the shares this week for the first time. We had the scapes a while back. The scape was cut so that the garlic, for the last 5 weeks or so in the ground has a chance to use the energy that goes back into the root (bulb) to grow larger. During that time, the paper-like skins around each clove fully develops as well. About a month or so later the garlic was harvested, lifted out of the ground, and left in a single layer to dry in the field. A little more drying once back here at the home farm and it is ready to pair with all of your favorite recipes for tomatoes, squash, eggplant and even peppers. Including garlic in your diet can only give you health benefits, including lower blood pressure, there are anti-inflammatory properties, a possibility of improved memory, and garlic helps to reduce the risk of some of the major diseases and health issues. There may be some available to swap and I am sure that you will want to purchase some as well.

I am hoping that everyone enjoyed the refreshing yellow watermelon. Watermelons are back in the share this week. We do grow the red as well so that might be the watermelon in your share this week. The other melon will probably be a musk melon, which is actually a New Jersey cantaloupe. Here on the farm, they are grown in a couple of sizes. The larger may be in full shares where the variety called sugar cube, a bit smaller may be in the personal. It all depends on what is ready to be harvested just before your pick-up day. I believe that the musk melons are picked ripe. If the skin under the webbing is yellow, not green then it can be cut and served or refrigerated when you receive your share. If not leave the melon on the counter for a day or two to fully ripen. Refrigerate of course after cutting.

You may have noticed that the husk cherry and the tomatillo are on the swap list this week. Both of these looks somewhat like a tomato with a paper like husk. The husk cherry is tiny and when you unwrap it the fruit will be yellow. They are also called ground cherries because when they are ripe, they fall to the ground. Do not expect cherry flavor, think pineapple or mango and be ready to snack a bit or add them to salads or maybe prepare salsa. Tomatillo looks like a tomato but that ends the similarity. Our favorite recipes are on the website.

Until next week, enjoy the freshness!

*Jenn Boreale*



## Member Weekly Digest

Week 17: Aug. 18, 2024 - Aug. 24, 2024

- Corn
- Peaches
- Peppers
- Onion
- Garlic
- Tomatoes
- Radishes
- Eggplant
- Melon
- Cherry Tomatoes
- Personal Watermelon
- Italian Plums
- Beets
- Scallions

**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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## Roasted Beet and Peach Salad

*Recipe adapted by Jenn Borealo, from [theroastedroot.net](http://theroastedroot.net)*

<b>3 cups small beets roasted, quartered, and sliced</b>	<b>1 tsp stone ground mustard</b>
<b>2 peaches pitted and sliced</b>	<b>1- 2 tsp honey</b>
<b>5 ounces mixed salad greens</b>	<b>1/3 cup to 1/2 c crumbled gorgonzola, blue, goat, or feta, cheese</b>
<b>3 T balsamic vinegar</b>	<b>Kosher salt to taste</b>
<b>2-3 T walnut oil or olive oil</b>	<b>1/4 - 1/2 cup walnuts roasted and roughly chopped</b>

- Preheat oven to 400 degrees F.
- Wash and scrub the beets well. Place beets piece of tin foil then fold the foil into a packet. Place the foil wrapped beets onto a baking sheet with sides. Roast 45 minutes or until tender when tested with a fork. Allow beets to cool for 20 minutes. When beets are cool enough to handle, peel the skins off using your fingers or a paring knife. Skins should come off easily. Cut the beets and set them aside.
- In a small bowl, whisk together the balsamic vinegar, walnut (or olive) oil, mustard, and honey until completely combined.
- In a large salad bowl, add the mixed greens and toss with desired amount of dressing.
- Add the peach slices, roasted beets and toss gently again.
- Sprinkle with a little kosher salt
- Top with toasted walnuts and crumbled cheese, serve.

The original recipe uses one peach and a pluot, 2 peaches make a beautiful salad, a plum would work as well.

## Produce & Storage Tips for the Week

**Tomatillos** can be stored at room temperature for up to two days. To refrigerate, move to a paper bag in the crisper drawer of the refrigerator. Tomatillos should last up to two weeks.

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



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## Linguini with Alstede Fresh Garlic & Olive Oil

*Recipe provided by Jenn Borealo, Culinary Specialist*

- 1/3 cup olive oil
- 6-8 cloves of Alstede Fresh garlic
- 1/2 t crushed red pepper flakes or more
- 8 oz. thin linguini (linguini fini)
- 1/3 cup chopped parsley or a mixture of parsley and basil
- Parmesan cheese



- Peel and thinly slice the garlic. Heat the olive oil in a medium skillet. Add the garlic over medium heat. Garlic should be cooked in a single layer and allowed to get to a very light brown. It will only take a few minutes. Be careful not to overcook or burn.
- Stir in the crushed red pepper. Remove from the heat and set aside.
- While garlic is cooking a large pan of water should be coming to a boil. Add salt and cook the pasta according to package directions. Before draining reserve 1 cup of pasta water.
- Remove some of the cooked garlic and oil for garnish.
- Add the drained pasta to the garlic and olive oil. Toss to coat.
- Add the parsley and some of the reserved water. Garnish with the reserved garlic.
- Serve with parmesan.

### Farm Kitchen Tip from Jenn Borealo:

This is a go to meal in many Italian families. It was often a meatless Friday night supper served with a salad to complete the meal. My mother was one of 10 children and my father one of 5. I am sure it became popular not only because it is delicious, but for very little money, especially in the depression years, you could feed a large family. It is still a popular recipe for garlic lovers today.

Parsley and or basil are the traditional herbs of choice. I have friends who choose to use mint instead and it is a very pleasing dish with that change as well. I like to use the thin linguini. I find that traditional linguini is too heavy, and angel hair is too thin.