

Hello Members,

Here we are, already looking at Labor Day weekend as we pick up shares this week. This is the week that we dread from the time that we are children. Sadly, I think, school for many has already started. Yes, it is fun to get back to school to see our friends but the end of summer, the end of freedom, and the end of vacations for a bit. Having been a teacher the scenario went on for quite a few years. Now I am sure that I am not ready for fall. The cooler temperatures are nice but what comes next is not welcome yet.

Well, here at the farm, we want you to remember and to tell everyone you know that this is only the unofficial end of summer. When it comes to home grown produce, we will still have tomatoes, corn, and eggplant. Cooler nights can slow down production so there will be some changes. Peaches will be around for a few more weeks, however early fall fruits are ready to make an appearance. Little by little we will see changes, it is inevitable.

With that being said, there is an early apple in the shares. Zestar! apples are great for snacking so they will work well in lunch boxes. Their flavor is described as zesty sweet and tart, they are known to have a hint of brown sugar taste. They are a pretty apple, a little yellow and a little red. The dominant color will depend on how the sun hits them in the orchard. This apple, like most of the early apples, will lose its crisp texture if stored for too long so it is not a keeper. I would keep these refrigerated and then bring them back to room temperature before serving. Early apples are not highly recommended for baking or pies. They are recommended for eating out of hand and sauce. If baking is your plan, something like a crisp or a cobbler would be best.

Another sign of fall will be the pears in the in your boxes. There might be a mixture, some Asian and some Harrow Sweet that will appear like a Bartlett pear. Asian pears may be new to some of you. They can also be called apple or sand pears. Truly they do look like apples. There are a few varieties grown here on the farm. They might be in shares a few times this season, however they may differ, especially in color. Asian pears can range in color from yellow to green they can also be light brown. They are especially crisp and juicy; the texture can be slightly grainy.

Fruit is making quite a showing in the shares this week. It is time to make it a part of your meal plan. Apples and pears in salads, melon, and prosciutto for an appetizer. Peaches and tomatoes work well together in salsa and Caprese salad. Thinking Labor Day Menu!

Jenn Boreale



Member Weekly Digest

Week 18: Aug. 25, 2024 - Aug. 31, 2024

- Corn
- Peaches
- Peppers
- Eggplant
- Beans
- Tomatoes
- Carrots
- Melon
- Cherry Tomatoes
- Zestar! Apples
- Pears
- Onions
- Scallions
- Garlic

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

Peach Cobbler Pancakes

Recipe adapted by Jenn Borealo from foodnetwork.com

3 ripe peaches cut into about 10 thin slices each
6 T packed light brown sugar
1 2/3 c all-purpose flour
1/4 c corn starch
1/4 c powdered sugar
2 t baking powder
1/2 t baking soda
1/2 t kosher salt
2 large eggs
3/4 c buttermilk or soured milk

1/2 c milk
2 T melted butter and extra butter for the pan
1 T vegetable oil
1/4 t vanilla
1/4 t almond extract
1/4 cup or more toasted sliced almonds
Powdered sugar, maple syrup, and whipped cream for serving

- Preheat the oven to 200 degrees F.
- Mix peach slices and brown sugar and set aside.
- Whisk the dry ingredients together in a large bowl. In another bowl beat the eggs, whisk in the milk, and buttermilk, melted butter, and oil. Add the extracts and blend. Create a well in the dry ingredients. Add the liquid mixture to the flour mixture and stir gently with a wooden spoon until ingredients are just blended. It is okay to have some lumps in pancake batter. Batter will be thick. Allow the batter to sit for about 5 minutes before preparing the pancakes.
- Line a shallow baking sheet with sides with two kitchen towels stacked on top of each other and place in the oven. This will be used to keep your cooked pancakes warm.
- Heat a non-stick griddle over medium heat, brush with butter. Use a ¼ cup to ladle pancakes onto the griddle or skillet. Spoon 3-4 peach slices with sugar over each pancake. Allow pancakes to cook until brown on the bottom and bubbles are on the top. About a 1-2 minutes. Adjust heat as needed. Turn pancakes and allow the peaches to caramelize. About another minute. Remove the pancakes, Place the pancakes, fruit side up between the towels on the baking sheet in the oven to keep warm.
- Brush the griddle with additional butter and repeat until all the batter and peaches have been prepared.
- Warm your plates if possible. Serve: pancakes sprinkled with almonds, powdered sugar, and a little whipped cream

Corn and Potato Cakes

Recipe created by Jenn Borealo

I prepared this recipe with leftovers and ingredients I had on hand. Measurements are not exact.

- **1 1/2 cups mashed potatoes**
- **1 c prepared corn cut from the cob(have some extra for garnish later)**
- **1/3 c chopped onion**
- **1/3 c chopped green or red pepper**
- **2 T olive oil as needed**
- **2 T chopped parsley (extra for garnish)**
- **2 T chopped chives**
- **Kosher salt and fresh black pepper to taste**
- **1 egg beaten and divided**
- **1 T milk**
- **Gluten free breadcrumbs**

- Heat a teaspoon or 2 of olive oil in a medium coated frying pan over medium heat. Add the chopped onion and sauté until soft but not brown. Remove with a slotted spoon to the mashed potatoes and repeat with the onion. Adding a little oil as needed. Add to the potatoes when cooked. Add the chopped herbs to the bowl as well.
- Mix until ingredients start to blend.
- Add half of the beaten egg. Continue to mix until blended
- Form the mixture into small patties
- Sprinkle some breadcrumbs onto a plate.
- Add milk to the remaining egg. Dip patties into egg and then breadcrumbs.
- Warm the olive oil in the skillet over medium heat. Add the patties.
- Allow patties to brown on one side before turning over.
- Serve warm garnished with a little parsley as a side of grilled meats or fish.

Leftovers: Reheat a patty and serve over salad garnished with a little extra corn, chopped parsley, and a little chopped cooked bacon(optional).



I used prepared mashed potatoes and corn from the night before.

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

