

Hello Members,

Before I say anything else I do want to thank all of you who joined us last Sunday here at the farm. First, I should say thank you to Trish for planning and setting up the event. It was such a great time, and we couldn't have done it without her and all of you! Farmer Kurt and Karl had a great time at the grill and being so close to all of you gave them a chance to visit as well. Mary and Sarah were on hand to help out with all of the food service. I had the pleasure of checking many of you in and I was happy to take some of you out to the fields so that we could all see what is growing at this time of year. I know that Colin and Rebekah enjoyed connecting as well. When you are in production, you don't often get a chance to visit with members and guests. For those of you who missed it, the corn maze has opened for the season and there are sunflowers blooming with fields ready to bloom when they are finished, there are still lots of flowers to pick, (ask for scissors at the sheds) and of course the fall raspberries are looking absolutely delicious! Last but not least, congratulations to all the winners of the raffle! I have to say, I am just a little jealous, the cookbooks look great. Share a recipe from the books when you get a chance!

I was away for a few days this week in Cape May and when I travel and dine out, I always pay attention to fresh vegetables and fruits being offered at meals. I am happy to say that many of the restaurants and hotels are offering a "farm to table" menu. Even the breakfast menu included hummus and avocado toast with different tomato toppings, quiche included spinach. Pea shoots were a beautiful garnish everywhere. There was the usual orange juice, and the other choices included juices with spinach, carrots, and ginger. Fruit cups were more like a fruit platter, everything being fresh and in season. Quite refreshing!

Apples for the teacher, apples in school lunches, or sliced apples after school that are ready for a snack. Any of the many ways that you might want to serve them, these apples will be appreciated. And I am happy to say that the variety is one of the favorites in recent years. These are Premier Honeycrisp apples, an earlier variety. This variety was discovered in 2010 as a tree sport or a genetic mutation which causes part of the plant to be different from the rest. The discovery was on the Slaybaugh, Mt. Ridge Farm in Adams County Pennsylvania. These apples mature about 3 weeks earlier than the original Honeycrisp. The recommendation is to keep these apples refrigerated, and as it has been said about many early apples, serve them, they are not the best keepers.

Until next week, enjoy the freshness!

*Jenn Boreale*



## Member Weekly Digest

Week 19: Sept. 1, 2024 - Sept. 7, 2024

- Radishes
- Potatoes
- Peppers
- Beans
- Arugula
- Carrots
- Eggplant
- Plums
- Apples
- Pears
- Peaches
- Cherry Tomatoes
- Large tomatoes

**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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**email: [csa@alstedefarms.com](mailto:csa@alstedefarms.com)**

## Plum Kuchen

*This recipe was sent to me this week from a CSA member and dear friend of our farm, Inga Maxamoff. It is an old family favorite*

- 1 1/2 c flour**
- 1/3 c sugar**
- 1 stick of butter (room temperature)**
- 1 egg**
- 1/3-1/2 cup plain breadcrumbs**

- Place the butter into a large bowl, add the sugar. Mix in the egg and stir in the flour. Set dough aside to rest about 20 minutes. Flour your hands, press the dough onto a greased cookie sheet. or greased 9" spring form pan.
- Sprinkle the dough with a thin layer of plain breadcrumbs that will help to absorb juices.
- Preheat oven to 325.

### Prepare Plums:

- 1 – 11/2 lbs. (8-10) European Plums (Italian Prune Plums) from the share**
- Pitted and cut into quarters scoring the edges of the plum pieces.**
- Place the plums over the dough evenly**

### Topping:

- 2 eggs**
- 3 T sugar**
- 1 c half and half or cream**
- Chopped almonds or cinnamon and sugar mixture**

- Beat the eggs with the sugar, whisk in the cream and pour over the plums.
- Top with chopped almonds or cinnamon and sugar.
- Optional: eliminate the topping and just sprinkle with cinnamon, sugar, chopped almonds.
- Bake in the center of the oven for 30 minutes, check. Inga says it can take up to 45 minutes
- Edges should be golden brown.

Note: A sheet cake on a cookie sheet will take less time than in a springform pan. Inga has also prepared this recipe in a pie plate so make it your own!

## Pasta with Potatoes, Green Beans, and Pesto

- 1 medium potato cut into 3/4-inch cubes**
- 1/2 lb. green beans, trimmed and cut in half**
- 1 lb. dried pasta, such as, linguine**
- 1 recipe pesto sauce (below, or use your own favorite)**
- Extra-virgin olive oil, for drizzling**
- Grated Parmigiano Reggiano, for serving**
- Kosher salt**

### Serves 4

- In a large pot of salted boiling water, boil pasta, potato, and green beans until pasta is al dente and potato and green beans are very tender.
- Drain, reserving 1 cup cooking water, and transfer pasta, potato, and green beans to a large mixing or serving bowl.
- Add pesto sauce to pasta along with 1/4 cup pasta cooking water. Toss well to emulsify pesto and pasta water into a creamy sauce.
- Add more pasta water, 1 tablespoon at a time, as needed, if pasta is too dry. Drizzle in fresh olive oil or a little butter if desired.
- Serve passing extra Parmigiana.

### Pesto Recipe

- 2 medium garlic cloves**
- 2 tablespoons pine nuts**
- 3 ounces basil leaves from about a 4-ounce bunch, washed with water still clinging to the leaves (about 4 cups basil leaves)**
- Coarse sea salt, as needed**
- 2 T grated Parmigiano Reggiano or parmesan of choice**
- 2 T Pecorino Fiore Sardo or Cheese of choice**
- 3/4 cup (175ml) mildly flavored extra-virgin olive oil**

In the bowl of a mini processor, pulse the garlic, salt, and pine nuts together first, then add the cheese and follow with the basil; drizzle the oil in slowly with the processor running.

*Recipe adapted by Jenn Borealo from seriouseats.com*

