

Hello Members,

As much as we don't want to give in to the change of seasons there is no getting away from the change in temperature which will in fact have an impact on what we see in our shares. There are still cherry tomatoes and corn and beans in the fields. However, it will take longer to ripen and be ready for harvest so that there are no guarantees. Apples have become a constant fruit for now and it seems that the peach harvest may be completed for 2024.

If you have some peaches and plums, you might want to take a look at Marisa Bodner Strauss's post on Facebook. She prepared a cobbler that is one of those great recipes for what is left in the refrigerator at the end of the week. I could say the same about Colleen Ryan who posted a sheet pan dinner using eggplant, peppers, and onions. This time of course, a main dish. She places some sausage on top to complete the meal. At this time in the season, you might want to cut up a potato as well. A nice side dish that changes the temperature, with lots of color could be the corn and tomato salad that was posted by Mary Alice Levy Landau. Don't forget Nachos with fresh corn, onion, and tomato posted by Jennifer Barone. Add a few chips and you have a dish that even the youngest CSA members may enjoy. Think salad this week as leafy greens, especially lettuce will be in abundance.

I believe that there will be an Asian pear once again in the shares and the number one apple in the country will be in the shares this week as well. We do grow quite a few gala apples here at the farm so you might see them in the shares a few times throughout the fall. This will be the earliest variety of gala apples. The parents to the gala apple are Kidd's Orange Red and Golden Delicious. The Royal Gala Strain was named in honor of Queen Elizabeth II as she said that it was her favorite apple when on a visit to New Zealand. Gala apples really are best for eating out of hand. They are the perfect size for a snack. They are also a beautiful addition to a salad. Once again, this is an apple that is not recommended for baking or pies. Keep a few at room temperature for a few days. Refrigerate the rest to maintain the crisp texture and bring them back to room temperature when you are ready to serve them.

From conversation at the CSA gathering last week, and when I read some of the emails from members, I realized that some of you may not be checking tips. The QR code on the letter will bring you to the information that you need for the correct storage of the produce in the shares each week.

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 20: Sept. 8, 2024 - Sept. 14, 2024

- Radishes
- Potatoes
- Peppers
- Beans
- Arugula
- Carrots
- Plums
- Apples
- Pears
- Lettuce
- Basil
- Eggplant
- Sweet Corn
- Cherry 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:

phone: 908-879-7189

email: csa@alstedefarms.com

Fondant Potatoes

4 large Russet Potatoes

1 - 2 T olive oil, 1 - 2 T vegetable oil *

1/4 - c butter

1 c chicken or vegetable stock

2 cloves of garlic sliced

2 sprigs of fresh thyme

2 sprigs of fresh rosemary or a 1/2 t dried

Kosher salt or fresh black pepper

- Preheat the oven to 400 degrees
- Peel the potatoes and cut the ends off so that when the potato is sliced in half it will stand up on its own.
- Heat 1 T of each of the oils in an oven proof skillet, over medium high heat. Brown the potatoes on both top and bottom, for about 6-7 minutes adjusting the heat as needed.
- Remove the pan from the heat. Add butter, stock, and herbs. Spoon a little stock/ butter mixture over the potatoes.
- Sprinkle potatoes with a little Kosher salt. Bake until potatoes are tender, about 30-35 minutes.
- Spoon the butter/herb mixture from the pan over the potatoes, garnish with some fresh
- Garnish with sprigs of fresh herbs, season to taste.

*I prefer to use olive oil, some vegetable or avocado oil will help because of the higher smoke point

Recipe adapted by Jenn Borealo from Smalltownwoman.com

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

scan here



Green Beans with Almond Pesto

3/4 - 1 pound green beans

1/2 cup almonds, toasted and cooled

2 - 3 T parmesan or aged pecorino cheese

1 small or half garlic clove, peeled and crushed

Leaves from a sprig or two of thyme

Pinches of red pepper flakes, to taste

1/4 teaspoon coarse sea or kosher salt

1 - 2 teaspoon white wine vinegar

2 - 3 T olive oil, plus extra for drizzling

- Trim green beans and steam the beans until crisp tender,
- In the food processor, grind almonds, cheese, garlic, thyme, pepper and salt to a coarse paste. Add vinegar, and pulse again. Stir in 1 T oil and adjust seasonings to taste.
- Toss cooled green beans with almond pesto. Drizzling with remaining olive oil for a fresh glisten.
- Garnish with a mix of sliced or quartered cherry tomatoes, serve with grilled meats.

Recipe adapted by Jenn Borealo from SmittenKitchen.com



Produce & Storage Tips for the Week

Green Beans: Remove the beans from the plastic bag. Be sure that they are dry. Store in a paper bag or between layers of paper towel in a covered container. To prepare break at the stem end. Blanch for 3-4 minutes or steam for 8-10 minutes. The color should brighten, and they should be fork tender, yet crisp. Blanching or steaming will extend storage time and the beans will be ready to add to a recipe or make into a salad when you need them.