

Hello Members,

Every week is a busy week here at the farm, but you may notice some changes as you come here to 513 to pick up shares this week. The transition from summer to fall has taken place over the last few days. The most noticeable change is a fenced off area near the Pavilion that is affectionately known as "Pumpkin Land." This is a favorite place for guests when they come to visit. It is a great place for the perfect fall photo op or it is one stop shopping for all of your autumn decorating needs. Mums, pumpkins of course, in all shapes and sizes, gourds and even corn stalks. If you have a minute take a walk through for a little fall happiness.

Did I say that the farmers are busy? Have you noticed that the days are shorter? As you pick up your shares this week take note that there is a full moon. The Harvest Moon gives farmers extra light that they need to get the work of the day completed. As we get through the next few months, I will mention the full moon, named something else, but still giving the same benefit to our team.

You will be happy to have the treat of Honeycrisp apples once again this week. It is something that doesn't happen very often so enjoy every bite. You may want to try canning apple pie filling that Glory Chap Flor posted on Facebook, or if you want something now, prepare a crisp or a cobbler. We will also continue to have potatoes from a fresh dig. This week they are red jacket potatoes. My go to recipe with these potatoes would be to boil and peel and then add butter and parsley, or a mix of herbs, or pesto. I usually save these potatoes for potato salad as well. They are great for roasting however they are entirely too starchy to be mashed that should be saved for your white or Yukon Gold potatoes.

Some of you are trading on Harvie for a mix of hot peppers or even the chili pepper plant. Whichever you opt for when they are available, be sure to use caution when handling those peppers. There are strong warnings to use gloves or to wash your hands as soon as you complete the task. Rebecca Abramson Wanatick posted a hot pepper relish. The recipe was written/typed by her grandmother, and you may have noted that the warning is there as well.

Mary Alice Levy Landau prepared a crisp with plums. I did the same and could not stop eating it, delicious. If you have any left, roast or bake in a crisp. You won't be disappointed. If you have a few minutes you might want to read Karen Lambert's post on Facebook. Thank you, Karen, for your kind words. Thank you all for sharing!

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 21: Sept 15, 2024 - Sept.21, 2024

- Melon
- Potatoes
- Peppers
- Beans
- Arugula
- Carrots
- Pears
- Sweet Corn
- Plum Tomatoes
- Squash
- Apples
- Spinach
- Beets
- Lettuce

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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Italian Flat Beans

Recipe created by Jenn Borealo,

- **This recipe will work for all varieties of beans**
- **1/2 lb. Italian green beans, washed trimmed and cut in half or thirds**
- **1/2 large tomato chopped or 3/4 cup chopped cherry tomatoes**
- **3 cloves of garlic minced**
- **1/3 c chopped onion**
- **Olive oil**
- **Salt to taste**
- **Leaves from 2 stems of oregano, chopped**
- **About 10 basil leaves, chopped**
- **A pinch of crushed red pepper**
- Bring a pan of salted water to a boil and add the green beans.
- Simmer over medium heat for about 8 minutes or until the beans are fork tender.
- Drain. Return to the pan and set aside.
- Preheat the oven to 400
- While the beans are cooking chop the tomato, onion, and garlic. Place a piece of parchment on a small baking pan. Move the chopped vegetables onto the parchment and drizzle with a little olive oil, sprinkle with salt.
- Roast for about 15-20 minutes. Check after 10 minutes. Move the vegetables a bit so that they all brown evenly. When they are ready the edges of the onion and tomato should be slightly browned.
- Add the roasted vegetables to the drained beans, sprinkle with salt, chopped herbs, and the crushed red pepper.
- Drizzle a little more olive oil. (Optional) Serve hot or at room temperature.

Produce & Storage Tips for the Week

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

scan here →



Stuffed Bell Peppers

*Recipe adapted by Jenn Borealo,
from InaGarten.com*

- **3 bell peppers, halved lengthwise and deseeded**
- **2 Tbsp cooking oil, divided**
- **1 lb. Italian sausage**
- **1 yellow onion, diced**
- **3 garlic cloves, minced**
- **1 T mixed chopped basil, parsley*, oregano**
- **1 1/4 tsp salt, divided**
- **1/4 tsp freshly cracked black pepper**
- **1 cup marinara sauce**
- **1/2 cup uncooked long-grain white rice**
- **3/4 cup chicken broth**
- **1/4 -1/2 c grated parmesan cheese**
- **1 cup shredded mozzarella and provolone cheese as desired**
- **fresh parsley*, for garnish (optional)**
- Preheat the oven to 350°F. Halve the bell peppers lengthwise, remove the seeds and membranes, sprinkle with a little salt and then place cut side down in a baking dish. Brush with one tablespoon of oil and season with a little additional some salt and pepper. Bake for 15-20 minutes or until the peppers test tender. Remove from the oven and turn over.
- In a skillet over medium heat, brown the Italian sausage in a little oil as needed. Add the diced onion cook until the onion is translucent. Add the garlic and allow to cook for a few minutes. Do not allow the garlic to brown.
- Stir in the rice, marinara sauce, herbs, a little salt and pepper, and chicken broth. Bring to a boil, reduce the heat to a simmer, cover the pan, cook for 20 minutes, or until rice is almost completely tender.
- Remove the pan from the heat, fluff the rice with a fork, and spoon the mixture into the bell pepper halves. Sprinkle each pepper with a little parmesan. Top each with shredded cheese.
- Cover the baking dish loosely with foil and bake for 15 minutes. Then, remove the foil and broil for a couple of minutes, (watching closely) or until the cheese is golden brown and bubbly. Garnish with fresh parsley if desired before serving.

