

Hello Members,

We have seen the weather changing from true summer to early fall. Last week as we drove onto the farm property, we could see the transformation from summer to fall. In the last week I have driven past each of our farm markets, and they are bright and beautiful with pumpkins and mums. The colors are just so eye catching. Now it is time to think about how our bodies are transforming from summer to fall and how our diets should change to ensure energy and good health. The temperatures are certainly changing, it has been chilly, especially early in the morning and in the evening. There are even leaves covering my driveway already.

I have prepared a salad for dinner at least once a week all summer long. Meats, chicken, and fish and of course vegetables have been cooking on the grill. Everything just seems to be a little lighter. Grilling and dining outside has been a pleasure for what seems like a long time. It is difficult to change. Watching the flowers in our gardens start to fade, spending more time inside, fruits and vegetables in the fields are now taking a little longer to ripen.

As much as I love the foods and activities of the fall, I am not ever ready to see the flowers fade until I can do some fall decoration, and I am not ready for the next season to come. I do love how cozy my home can feel when the kitchen warms up with some indoor cooking. Turning on the oven to roast even some of my summer vegetables like zucchini, eggplant, peppers, and even tomatoes has made my kitchen a very warm and inviting place to be. As the weather was starting to cool, I was baking peaches and plums and now I am making some simple apple desserts. As we leave the grill outside, we come back inside and start to prepare some soups and stews. We know that we need to stay hydrated in the summer. Our bodies need just as much water at this time of year. We do not always welcome a glass of ice water in cooler weather, soups, and stews as we know will help with hydration.

Dark leafy greens become more abundant at this time of year. Spinach last week, kale should be available if not this week, certainly during the season. Leafy greens thrive in the field in the cooler weather. Potatoes, beets, carrots, along with other roots will continue to be in shares giving us the energy we are going to need for late fall and winter.

For the first time this year we will receive the beloved Macoun apple. They are best if eaten out of hand, not baked or cooked. They are farm favorites, and our guests are often asking for them. As for me, they are what I consider my birthday present every year, ready in the last weeks of September.

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 22: Sept 22, 2024 - Sept.28, 2024

- Radishes
- Sweet Corn
- Cilantro
- Potatoes
- Squash
- Pears
- Peppers
- Apples
- Eggplant
- Broccoli
- Arugula
- Spinach
- Tomatoes
- Carrots
- Beets

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

Mashed Potato Quesadilla

Recipe created by Jenn Borealo,

Everything I used in this recipe was leftover, it is easy to make this recipe your own!

- **Leftover mashed potatoes about 2/3 C**
 - **1 1/2 small bell peppers sliced and sauteed**
 - **1/2 medium onion, sauteed**
 - **Shredded or sliced Monterey Jack cheese**
 - **Tortilla/wrap**
 - **Salsa**
 - **Sour cream**
 - **Cilantro or parsley for garnish**
 - **All ingredients should be at room temperature.**
- Place some cheese slices or sprinkle some shredded cheese on half of the tortilla.
 - Spread the mashed potato over the cheese. Top with some of the peppers and onions and a thin layer of cheese and fold over.
 - Place in a pan that has been preheated over medium heat with a little olive oil. Allow the quesadilla to brown on one side before turning (using tongs).
 - Brown the second side. Remove the quesadilla and allow to sit for a few minutes.
 - Cut into wedges. Sprinkle with a little cilantro or parsley. Serve with some salsa or sour cream

This recipe was prepared with all vegetables, vegan cheese, and the tortilla was gluten free. Sour cream is optional.

For the carnivore, add some slices of steak, chicken, or cooked sausage. As a breakfast or brunch option, top with a fried, or poached egg.

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

scan here



Fall Roasted Vegetables

Recipe by Jenn Borealo

- **Broccoli, Green Beans, Potato, Carrots, Radishes, Onion**

Later in the season add some winter squash, cauliflower, and Brussel sprouts.



- Cut all the vegetables into chunks. Include the stems of the Broccoli.
- Place the vegetables into a bowl and drizzle with some olive oil. Sprinkle with a little salt.
- Line a sheet pan with parchment paper. Spoon the vegetables onto the pan in a single layer.
- Roast for 15-20 minutes. Toss and turn the vegetables as needed, return to the oven for an additional 8-10 minutes. Vegetables should be fork tender.
- Serve hot or at room temperature

Produce & Storage Tips for the Week

Some ideas for serving radishes (find more on our website)

- Make a salad with sliced radish, cucumber, grated carrot, red onion, and Feta. Add a simple vinaigrette.
- Prepare a radish toast, spread with an herb cheese or butter top with sliced radishes and garnish with chopped radish tops or some parsley.
- Take a look at the Alstede web site and prepare radish top soup. Slice fresh radishes for garnish.

Freezing broccoli:

Cut up broccoli into florets and blanch in boiling water for 1 minute, remove from boiling water with a slotted spoon. Plunge into an ice water bath to cool. Drain and pat dry with clean kitchen towels. Freeze in quart-size freezer bags. For easier use, pre-freeze on a baking sheet, and then pack into bags