

Dear CSA Members!

Last week's extreme heat accelerated some crops, which you'll notice in this week's CSA shares. A summer favorite—zucchini—is here, and when temperatures spike, we can often harvest it twice a day. You may receive a mix of green and yellow zucchini, yellow squash, and even eight ball squash (round and green or yellow). All are interchangeable in recipes, though eight ball squash is also great for stuffing and baking. Zucchini is known for its feast-or-famine nature—even backyard gardeners can relate! While it's abundant, enjoy it. Visit our website for recipe ideas from past seasons—and keep an eye out for new ones from fellow CSA members. Zucchini's versatility has grown over the years—we now grill, roast, spiralize into zoodles, and use it in quiche, risotto, and even baked goods like zucchini bread and cookies (a farm camp favorite!).

Growing up, zucchini wasn't nearly as popular or diverse in use—my grandmother would be amazed to see us baking with it or making noodles out of it. If you haven't yet tried the Thomas Keller zucchini bake, it's worth a look!

Wishing you a joyful and relaxing 4th of July from all of us at the farm.

Jenn Boreale

Culinary & Education Specialist



Member Weekly Digest

Week 10: June 29 - July 5, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | <i>Swaps</i> |
|---------------|----------------|-----------------|
| • Beets | • Lettuce | • Garlic Scapes |
| • Green Beans | • Spinach | • Swiss Chard |
| • Kale | • Squash | • Lemon Balm |
| • Cauliflower | • Jersey Fresh | • Kohlrabi |
| • Radishes | Blueberries | • Cabbage |
| | | • Dill |
| | | • Collards |

***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 CSAware profile, as well as changes in availability.**



If you need any assistance, please contact us:

phone: 908-879-7189

email: csa@alstedefarms.com

Summer Zucchini and Potato Bake

Ingredients:

- 2 medium potatoes, peeled and chunked
- 1½ medium zucchini, quartered and chunked
- ½ red or orange bell pepper, chopped
- ½ onion, chunked
- 3–4 garlic scapes, cut into ½" pieces
- 3 cloves garlic, minced
- ⅓ cup dry (or gluten-free) breadcrumbs
- 3 Tbsp olive oil
- Salt & pepper to taste

Instructions:

Preheat oven to 425°F. In a large bowl, toss all veggies, garlic, salt, and pepper with olive oil. Add breadcrumbs and toss to coat. Spread on a parchment-lined tray. Lower oven to 400°F and roast for 45–60 minutes, stirring once, until potatoes are tender and golden.

Adapted from allrecipes.com



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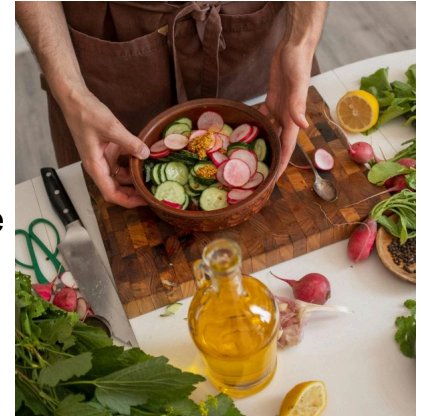
Please visit our website to find information on how to store & prepare your weekly share contents.

Alstede Fresh Radish Salad

Recipe by Jenn Borealo , Culinary & Educational Specialist

Ingredients:

- 3 Tbsp. apple cider
- 2 Tbsp. lime juice
 - (or lemon)
- 1 Tbsp. pomegranate
 - or orange juice.
- 2 Tbsp. olive oil
- 1½ tsp. honey
- Salt & pepper to taste
- 1 bunch radishes, thinly sliced
- 1 small cucumber, peeled & thinly sliced
- ¼ cup finely chopped red onion
- Cilantro leaves from 2 sprigs



Instructions:

Whisk cider, juices, oil, honey, salt, and pepper in a bowl. Add radishes, cucumber, onion, and cilantro. Toss to coat. Chill for at least 1 hour before serving.

Tip: Store unwashed radishes in a plastic bag in the fridge after removing tops to keep them fresh longer.

“Next Gen View”
by Rebekah Alstede Modery

Hello Everyone,

What a warm week it's been! At the farm, we pride ourselves on our resilience in the heat. With so much of our work happening outdoors, our team's safety is always the top priority. We have a comprehensive heat safety plan that kicks in whenever temperatures climb above 85°F.

This plan includes practical strategies to manage the heat, such as starting work earlier in the day, taking frequent breaks, extending lunch during peak heat hours, and finishing tasks in the cooler evening hours. Each truck is equipped with an ice chest and water cooler to keep drinks and lunches cold, and an air-conditioned truck is always nearby for a quick, cooling break when needed.



As you enjoy your CSA share this week, we invite you to send a virtual thank you to our incredible farm team. Their hard work and dedication—even in extreme heat—help bring fresh, healthy food to your family's table. Looking ahead, we've got some exciting items in store! Bunched onions will be in this week's shares—the earliest stage of our summer onions. Harvested young, they tend to be smaller and sweeter. You'll also see green beans in the mix, a sure sign that summer is truly here.

Some of you may have spotted South Jersey sweet corn making its debut this week! One of the unique things about New Jersey agriculture is the way growing seasons differ slightly between the northern and southern parts of the state. Often, crops harvested in South Jersey arrive 2–3 weeks before we see them in our fields up north. That's why we proudly collaborate with our farmer friends in South Jersey—partnering to bring you more variety, more flavor, and the very best of what Jersey has to offer.

Enjoy every bite!

Rebekah Alstede Modery

