

Dear CSA Members!

I love to cook, but the hot, humid weather makes it less appealing this time of year. So, I prepped ahead by grilling zucchini boats, salmon, and chicken—perfect for easy dinners and leftovers. With plenty of lettuce in the share, I'm set for salads, and I'll cook sweet corn fresh each night—it only takes a few minutes.

In summer, I aim for dishes that serve double duty: dinner one night and lunch the next.

Morning prep before the heat sets in helps everything cool in time for an easy, refreshing meal later in the day.

Blueberries have been in the shares for a few weeks, and now peaches are here—it's starting to feel like summer! These early peaches are clingstone, meaning the pits don't remove easily.

Freestone varieties will come later, likely in August. If you're baking, check out this week's tip for an easy way to cut clingstone peaches:

Tip: [The Best Way to Cut a Peach \(The Kitchn\)](https://www.thekitchn.com/best-way-to-cut-a-peach-23197878).

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*Jenn Boreale*

Culinary & Education Specialist



## Member Weekly Digest

Week 12: July 13 - July 19, 2025

**YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:**

### Swaps

- |            |               |              |
|------------|---------------|--------------|
| • Beans    | • Lettuces    | • Basil      |
| • Corn     | • Squash      | • Cabbage    |
| • Eggplant | • Onions      | • Kohlrabi   |
| • Kale     | • Collards    | • Lemon Balm |
| • Peaches  | • Blueberries | • Scallions  |
|            | • Sugar Plums | • Cilantro   |
|            |               | • Beets      |

\*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](mailto:csa@alstedefarms.com)**

# Summer Zucchini Boats

*Recipe by Jenn Borealo, Culinary Specialist*

## Ingredients:

- 2 zucchini, halved lengthwise
- Kosher salt, olive oil
- ½ ear cooked corn, kernels removed
- ⅓ cup chopped tomatoes
- 3 Tbsp. chopped red onion
- 3 Tbsp. chopped marinated artichokes
- ¼ cup sliced black olives
- 1 Tbsp. fresh chopped oregano
- ⅓ cup crumbled gorgonzola
- 6–8 basil leaves, torn
- Balsamic vinegar, additional olive oil
- Salt and pepper



## Instructions:

Trim zucchini and cut in half lengthwise. Peel a strip off the skin side to create a flat base. Sprinkle with kosher salt and let sit 10 min; blot dry. Brush with olive oil and grill 5 minutes per side until charred and tender. (A grill pan or skillet works too.)

Scoop out some zucchini flesh, chop, and combine with corn, tomatoes, onion, artichokes, olives, oregano, and gorgonzola. Add balsamic vinegar, olive oil, salt, and pepper to taste. Fill grilled zucchini halves with the mixture. Serve at room temperature or chilled.



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

# Sugar Plum Jam

*Recipe adapted from KitchenTravels.com*

## Ingredients:

- 10 cups whole sugar plums
- 6 cups sugar
- ¼ cup fresh lemon juice
- ¼ cup water



## Instructions:

1. Prep: Set up a boiling water canner deep enough to cover jars by 2 inches.
2. Cook: In a large pot, combine all ingredients over medium-high heat. Mash with a potato masher until sugar dissolves.
3. Strain: Turn off the heat. Pour the mixture through a sieve to remove pits (or use a food mill). Return fruit mash to the pot.
4. Jam: Bring mixture to a boil and cook rapidly to the gelling point, stirring often.
5. Jar: Ladle hot jam into sterilized jars (¼" headspace for Ball/Kerr, ½" for Weck). Wipe rims, seal, and process in a boiling water canner for 15 minutes.
6. Cool: Let jars sit undisturbed for 12 hours. Remove bands/clips, check seals, label, and store in a cool, dry place.

Yield: 7–8 half-pints

***“Next Gen View”***  
***by Rebekah Alstede Modery***

*Hello Everyone,*

I hope everyone enjoyed their 4th of July holiday! My family took a nice trip up to Vermont for the weekend and got to enjoy some nice time up North.

What I love about being a farmer is being able to take a look at other operations and gaining insight and ideas of how they work. Vermont is a very heavy agricultural state, being primarily dairy and field corn, but it is stunning to see the wide open farmland that we do not typically see in New Jersey.

One thing, though, that my family and I always notice is the presence or lack of locally grown produce. In New Jersey, we seem to be beyond lucky to have farm stands at every corner, gardens in our backyards, and access to local food through CSA programs or other grocery delivery services. Access to local food does not exist as widely in other states, such as Vermont.

While we were munching on Jersey Sweet Corn, Vermont was still selling Florida corn, a vastly different taste in our opinion! I am sure you can agree after trying some of our first corn in the shares this week. All that to say, we are so lucky to have such a variety of produce in New Jersey that is produced by 1,000 main producers in the state. While there are over 10,000 farms in New Jersey, 1,000 of them produce 90% of the output of the state - crazy numbers!! We are proud to contribute to the variety of specialty crops and to provide fresh produce to your tables weekly.





We hope you are getting as excited as we are to enjoy the true colors of summer, starting with corn, moving into eggplants this week, and likely peppers and tomatoes in the weeks to follow! This is truly the start of the heart of the season, and we cannot wait to share what else we have in store for you.

Sugar plums and blueberries are the fruits in your shares this week! We are super proud to offer so many fruits in your shares throughout the year. Our team will be out every morning picking fresh blueberries from our own fields this week! Enjoy them and everything else in your boxes this week!

*Rebekah Alstede Modery*

