

Dear CSA Members!

Looking at the shares each week, it's no secret that summer crops are loving this hot, humid weather. It's been a great season for zucchini—we've included one variety or another for several weeks now. Zucchini is incredibly versatile: roast it, sauté it, add it to sauces, or make it the star in quiche or baked goods like breads, muffins, and cookies. It also pairs beautifully with other share items like eggplant, onions, and both hot and sweet peppers. Don't miss Jamie Jurgaitis' Herb Ricotta Pizza on Facebook, and check out my recipe for Zucchini Bites—both will have you snipping fresh herbs from the garden and enjoying summer's best flavors.

As for peppers—so many kinds this year! For the first time in a while, hot peppers arrived before the sweet ones, likely thanks to some being grown in high tunnels. Remember, heat levels vary: poblanos and jalapeños are milder, serranos are hotter, and Italian long hots are the “Russian Roulette” of peppers—some mild, some fiery. Habaneros, the hottest we grow, may appear in your share too. To reduce heat, remove seeds and ribs. For help identifying varieties, check the pepper index on our website. And don't forget—wear gloves or wash hands thoroughly after handling hot peppers!

*Jenn Boreale*

Culinary & Education Specialist



## Member Weekly Digest

Week 13: July 20 - July 26, 2025

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

### Swaps

- |              |               |                 |
|--------------|---------------|-----------------|
| • Basil      | • Kale        | • Cabbage       |
| • Sweet Corn | • Lettuce     | • Lemon Balm    |
| • Beets      | • Scallions   | • Mini Onions   |
| • Squash     | • Blueberries | • Sweet Peppers |
| • Eggplant   | • Peaches     | • Hot Peppers   |
|              |               | • Collards      |
|              |               | • Onions        |

\*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)**

## 15 + 15 Minute Crispy Zucchini Garlic Bites

*Recipe by Jenn Borealo, Culinary Specialist*

*Celebrate our 15th CSA season with this quick, tasty recipe made with fresh zucchini!*

### Ingredients:

- 1 cup shredded, well-drained zucchini
- 2 cloves garlic, finely grated
- 1/3 cup breadcrumbs
- 1/3 cup grated Parmigiano-Reggiano
- 1 large egg
- 2 tbsp. chopped fresh chives
- 1 tbsp. chopped parsley
- 1 tbsp. chopped basil
- 2 tsp chopped oregano
- Salt & pepper to taste
- Marinara or ranch for dipping

### 15 Min Prep:

- Preheat oven to 400°F. Line a baking sheet with parchment and lightly oil or spray.
- Shred zucchini and squeeze out all moisture using a clean towel or paper towels.
- In a bowl, beat the egg, then mix in zucchini, garlic, herbs, cheese, breadcrumbs, salt, and pepper until well combined.
- Use a 1-tablespoon scoop to portion mixture onto the tray, spacing evenly.

### 15 Minutes Cook:

1. Bake for 15–18 minutes, flipping halfway for even browning. Serve warm with marinara or ranch dressing for dipping. Crispy, cheesy, and packed with fresh flavor, a perfect way to enjoy the season's harvest in just 30 minutes!



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

## Farmer's Summer Peach and Cottage Cheese Salad

*Recipe and Photo by Chef Johan Bjorkan - Alstede Farms*

### Ingredients:

- One small tub of cottage cheese
- 5 to 6 Cherry or Grape Tomatoes, sliced in half
- 1 Peach diced
- 1/4 Cucumber diced
- 1/4 Serrano/Jalapeño or Pepper of your choice, diced

### Instructions:

Place Cottage Cheese in a bowl and cover with fruit and vegetables. Season with Salt and Pepper, then drizzle with Extra Virgin Olive Oil.

Serve immediately or refrigerate until ready to eat. Remove from the fridge and allow to come to room temperature before enjoying.

Serves 2





## ***“Next Gen View”***

***by Rebekah Alstede Modery***

*Hello Everyone,*

I We are entering another week of summer produce. Our fields are starting to burst with produce! We have started harvesting more eggplant, plenty of pepper varieties, and even see some green tomatoes getting ready to turn red! Our production team has been busy harvesting summer onions and garlic to dry. We harvest the crops usually when there is a long period of dry weather coming up, and lay the garlic and onions in the field to dry. The onions and garlic will dry for about a week before coming into our packing house to be cleaned and sent to your boxes and our farm markets!



You will see some fresh summer onions this week in your boxes, along with a fun mix of sweet and spicy peppers. Garlic is coming soon, along with tomatoes! We know many of you have seen the abundance of South Jersey produce in our farm stores, watermelon, tomatoes, peppers, and we are super close to having all those fresh from our fields! But as I wrote last week, South Jersey does have a few weeks on us in terms of ripening schedule, which is why you don't see tomatoes in your shares yet - don't worry!! They are coming soon and will be in shares for a long time!

We hope you enjoy the variety available this week and take advantage of the summer flavors while they last! Thanks for letting my family put food on your family's table.

*Rebekah Alstede Modery*