

Dear CSA Members!

These are the shares that we wait for all year long. When we think of summer, we think of eggplant, zucchini or summer squash, peppers, and always the long-awaited tomato. We don't always have everything at the same time in the shares. I always thought that tomatoes would be ready in July, but they do make us wait a bit longer, almost until August. Well, we have arrived at the true "heart of the season. "Enjoy! Those are the vegetables that mean summer. Peaches are a pretty consistent fruit in our shares during the summer. Something new to some of you, donut peaches will be in shares this week. They are an heirloom variety and a farm favorite, and a special treat to savor.

Summer is also a time when we are often away from home and our kitchens. On day trips or as long as your hotel room is going to have a refrigerator, be sure to pack some of the fruits from the share. When looking for a restaurant, read the menus ahead to see if you can plan a well-balanced meal. Once in a while, it means a fast food place. Hopefully, that doesn't have to happen too often. While away last week, I was quite pleasantly surprised at the menu choices. Vegetables and fruit were abundant, and farm-to-table seemed to be a more constant theme at restaurants. Hopefully, this is the new trend.

Jenn Boreale

Culinary & Education Specialist



Member Weekly Digest

Week 15: Aug 3 - Aug 9, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

Swaps

- | | | |
|-------------|-----------------|-------------------|
| • Carrots | • Shallots | • Beans |
| • Cucumbers | • Corn | • Cabbage |
| • Eggplant | • Tomatoes | • Kale |
| • Lettuces | • Squash | • Collards |
| • Peppers | • Donut Peaches | • Cilantro |
| | • Shiro Plums | • Cherry Tomatoes |
| | | • Garlic |
| | | • Flowers (\$) |
| | | • 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

Simple Stuffed Eggplant

Recipe by Jenn Borealo, Culinary Specialist

scan for produce storage tips



Ingredients:

- 2 sausage links (hot or sweet), casings removed
- 1¾ cups tomato sauce, divided
- 4 eggplant slices (lengthwise, ~½" thick)
- 1 egg (½ for coating, ½ for filling)
- Breadcrumbs, olive oil
- ¾ cup ricotta
- ¼ cup shredded mozzarella
- 2 Tbsp grated Parmesan
- 2 Tbsp chopped parsley
- Salt, pepper, fresh basil (for garnish)



Instructions:

1. Cook sausage: Brown sausage in a pan. Set aside half. Simmer remaining half with 1¼ cups tomato sauce for 15 minutes.
2. Prep eggplant: Peel and slice eggplant. Dip in beaten egg and breadcrumbs, then brown in olive oil. Bake on parchment at 350°F for 15 min until tender.
3. Make filling: Mix ricotta, ½ egg, Parmesan, mozzarella, parsley, salt, and pepper.
4. Assemble: Spoon ½ cup plain tomato sauce into a parchment-lined 9" baking dish. Lay 2 eggplant slices on top. Add ricotta filling, then top with remaining eggplant slices. Cover with sausage-tomato sauce.
5. Bake: Cover loosely with foil and bake at 375°F for 15 min. Reduce to 350°F and bake 25 min more. Uncover, top with mozzarella, and bake until melted.
6. Finish: Let rest 10 min. Top with heated reserved sausage and torn basil before serving.

Roasted Tomato Tart

Recipe by Jenn Borealo, Culinary Specialist

Ingredients:

- 6 medium tomatoes, sliced and cut into halves/quarters
- 1½ tsp kosher salt
- 15–20 basil leaves, chopped
- Leaves from 4–5 oregano stems
- 6 garlic cloves, minced
- Grated Parmesan cheese
- Olive oil
- 1 single pie crust (8" round or 4x14" tart pan)
- ½–¾ cup shredded mozzarella cheese



Instructions:

1. Drain Tomatoes: Salt tomato slices and let drain in a colander for at least 1 hour.
2. Roast Tomatoes: Preheat oven to 400°F. In a greased baking dish, layer tomatoes with basil, oregano, garlic, Parmesan, and olive oil. Repeat layers 3 times. Bake for 1 hour until bubbling.
3. Prepare Crust: Line tart pan with parchment, fit in crust, and prick bottom with a fork. Chill for 1 hour. Bake at 400°F until lightly golden. Cool.
4. Assemble Tart: Sprinkle crust with mozzarella. Add roasted tomatoes and more cheese if desired. Bake at 400°F for 10–15 minutes until cheese melts.
5. Serve: Slice and serve warm or at room temperature. Best within a few hours.

“Next Gen View”

by Rebekah Alstede Modery

Hello Everyone,

As we reach the heart of our CSA season, and with our Jersey Essentials members starting this week, I wanted to share a few thoughts on the origin of the “CSA” model.

Community Supported Agriculture is not a recent discovery. It has been around for quite a while with a few values in mind

- Build a relationship between the local community and the farmer they have in their area
- Move produce grown from the farm into the community
- Support farmers financially in the winter when funds are low but expenses are high
- Cultivate a community around fresh produce



Many CSAs in our area still maintain these core values, but the physical way shares are distributed is very different. Purchasing a CSA share used to allow you, our customer, to purchase a yearly “share” of our farm production - if the crop was great that year, your home would be overflowing with squash or tomatoes; if the crop struggled, you would not have as many products that week. Unfortunately, due to the varying nature of agriculture, farmers could not guarantee any crops with absolute certainty season to season or even week to week. This made it very hard for meal planning or shopping. This old CSA practice worked well for a while, but recently we have seen demand for more customizability and more knowledge of what will be in the shares, as you all want to plan ahead.

Because of the changing demands our customers have, we have changed with the times, and our CSA program, we believe, fills the desire to customize and know what products you will be receiving each week! Our CSA program allows you to subscribe to our farm produce by getting a weekly box, where the contents are completely chosen by you! Every Wednesday, I walk through our fields, get an idea of what we will have to offer, and that is then translated into the lists you see when customizing your boxes.



We have truly enjoyed offering the customization option to help our members be able to fully utilize the contents they are ordering, and we put our heart and soul into producing!

While the CSA program certainly looks different than it used to, I believe that we are still following the core value of connecting our bountiful farm fields with our community of members who desire fresh, weekly produce from our family farm.

We hope you enjoy the customization options our CSA provides and appreciate the effort of our farm team and family, who dedicate themselves to delivering fresh, homegrown produce to fill your boxes every week. As always, any thoughts or suggestions, please reach out to our team!

Rebekah Alstede Modery