

Dear CSA Members!

Week 16 2025

As I write to you, I realize that by the time you read this, we will be in the middle of August. Years ago, it would have mattered to me because I was a teacher, and I would soon see that my summer break or time at the beach would quickly come to an end. Working at the farm and loving all the summer produce, I start to realize that at some point, the production of all of our favorites will not be available in abundance. The days are already shorter. Eventually, fewer hours of sun will make a difference in some of our crop favorites.

It isn't time to panic, but it is time to think about putting some of the summer bounty away for the winter. Freezing some vegetables and maybe even canning might be your plan. It is that time of year when the farm is receiving phone calls for plum tomatoes in large quantities. You might be planning, like many do, to get together with family to can tomatoes. I always remember that it was a popular thing to do on Labor Day weekend. Be sure to make the call so that you will be able to get what you need.

Some of you may be thinking about something a little different. Freezing corn or beans? Last year I remember a post with peach pies ready to go into the freezer. I bet that your herb plants are looking lush. It might be time to dry or freeze some herbs for the winter. Directions are on the website.

*Jenn Boreale*

Culinary & Education Specialist



## Member Weekly Digest

Week 16: Aug 10 - Aug 16, 2025

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

### Swaps

- |                     |                 |                 |
|---------------------|-----------------|-----------------|
| • Cubanelle Peppers | • Squash        | • Husk Cherries |
| • Large Tomatoes    | • Beans         | • Tomatillos    |
| • Eggplant          | • Shallots      | • Kale          |
| • Carrots           | • Garlic        | • Collards      |
| • Corn              | • Peaches       | • Cabbage       |
| • Cherry Tomatoes   | • Pluots        | • Basil         |
|                     | • Italian Plums | • Cilantro      |
|                     |                 | • Swiss Chard   |
|                     |                 | • Hot Peppers   |

\*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)**

## Peach Melba Scones

*Recipe by Jenn Borealo, Culinary Specialist*

### Ingredients

- 2 cups all-purpose flour\*
- ½ cup sugar
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 10 Tbsp cold unsalted butter, cubed
- ½ cup buttermilk
- 1 large egg
- ¾ tsp vanilla extract
- ¼ tsp almond extract
- 1¼ cups fresh peaches, diced
- Sliced almonds (topping)
- Raspberry jam, clotted cream or whipped cream (serving)

\*For gluten-free, use GF flour + ½ tsp xanthan gum.

### Instructions

1. Preheat oven to 425°F; line a baking sheet with parchment.
2. In a large bowl, whisk flour, sugar, baking powder, baking soda, and salt.
3. Cut in butter until mixture resembles coarse crumbs. Stir in peaches.
4. In a small bowl, whisk egg, buttermilk, vanilla, and almond extract. Add to dry ingredients; stir just until combined.
5. Drop dough in scant ½-cup portions onto sheet. Optional: make an indentation and add ½ Tbsp raspberry jam. Sprinkle with almonds.
6. Bake at 400°F for 10 min, then reduce to 375°F and bake 5 more min until golden.
7. Cool 5 min before serving. Serve warm with butter, clotted cream, or whipped cream and extra jam. Best enjoyed same day

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## Plum Kuchen/German Plum Cake

*Recipe by CSA Member, Inga Maximoff*

### Ingredients

- 1½ cups flour
- ⅓ cup sugar
- 1 stick butter, room temp
- 1 egg
- ⅓–½ cup plain breadcrumbs
- 8–10 European (Italian Prune) Plums, pitted & quartered
- Topping: 2 eggs, 3 Tbsp sugar, 1 cup half & half or cream
- Chopped almonds or cinnamon-sugar

### Instructions:

1. Preheat oven to 325°F. Grease a cookie sheet, 9" springform, or pie plate.
2. Mix butter and sugar, beat in egg, then stir in flour. Rest dough 20 min.
3. Press dough into pan; sprinkle with breadcrumbs.
4. Arrange plums evenly over dough.
5. For topping, beat eggs with sugar, whisk in cream, and pour over plums. Sprinkle with almonds or cinnamon-sugar (or skip topping and just sprinkle).
6. Bake 30–45 min until edges are golden. Baking time varies by pan type.





## ***"Next Gen View"***

*by Rebekah Alstede Modery*

*Hello Everyone,*

We have come to another week of our summer season! This week, I wanted to talk about our carrot harvest process. We grow over 2 acres of carrots throughout our growing season. Our first carrots were planted into the soil on April 25th, and we have planted carrots every 2 weeks since then. The April 25th carrots are the ones you are seeing in your boxes now! We will plant our last field of carrots in a week or so here with hopes that we can have some late carrots for the December shares, and potentially overwinter some for our early April shares next season.



Carrots like a lot of water, in a dry summer like this one, we are running irrigation over the plants to ensure the carrots' size. You will find nice, thick carrots in your shares this week because of the care we have put into watering this season. Once carrots are ready, we will irrigate the soil a bit so it is wet, then we proceed to harvest. We attach what looks like a giant plow base to our tractor and dig under the carrots. This tractor implement lets us get the carrots out from underground and up to where our guys can pick them more easily! On a very wet day, we could pull carrots by hand, but the tractor helps us be much more efficient with our harvesting.



Once the tractor pulls the carrots out of the ground, our guys go behind and put carrots into nice bunches that are then picked up and put into the back of a pickup truck. We have two trucks that are best for carrot harvesting, and I attached some photos below! Believe it or not, a full pickup truck of carrots will supply our CSA members, Farmers markets, and retail farm stores for about a week. Our pickup trucks are then driven back to our home farm, where they can be properly washed, cleaned, and bunched so they are ready to sell.



Carrots take a lot of time with harvesting, cleaning, and bunching, but the flavor and color that they bring to our farm shares is unbeatable. This week, you may see some colored carrots mixed into your bunches! We grow orange, white, yellow, and purple carrots. They all taste fairly similar, but the purple, yellow, and orange have unique nutrients too. My favorites are the purple carrots!

We really hope you enjoy your carrots this week, along with everything else we have lovingly harvested and put into your boxes. As always, if there are any questions, please reach out to our farm team at [csa@alstedefarms.com](mailto:csa@alstedefarms.com)

Until next week,

*Rebekah Alstede Modery*