Dear CSA Members!

Week 17, 2025

There's much fruit in the shares this week! For smoothie or slushie lovers, try freezing peach slices or cubes of melon and watermelon—a refreshing after-work treat or snack for young CSA members returning to school soon. Cantaloupe and watermelon are rich in electrolytes, which help with hydration and provide a burst of energy. Recently, I enjoyed a green salad at the shore with cantaloupe, watermelon, and lemon dressing—different and delicious. Peaches can be frozen for smoothies, prepared and frozen as pie filling, grilled for dessert, or served with cheeses as an appetizer. Be creative and share your fruit-filled recipes!

Last week, I experimented with husk cherries. After husking about 3 cups, I made jam—though not as thick as planned, it will make a great glaze for chicken or grilled pork. With the ¾ cup remaining, I filled two custard cups, topped them with frozen crumb topping, and baked them at 350°F for 20 minutes. The fruit turned bubbly, the topping crisp, and with a scoop of vanilla ice cream, a new dessert was ready for the table!

Jenn Borealo

Culinary & Education Specialist

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Alstede's Community Supported Agriculture

Member Weekly Digest

Week 17: Aug 17 - Aug 23, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Peaches
- Italian Plums
- Pluots
- Sugarcube Lopes
- Watermelon
- Bartlett Pears

- Corn
- Beans
- Tomatoes
- OG Purslane
- Onions
- Shallots
- Garlic

Swaps

- Dill
- Husk Cherries
- Tomatillos
- Collards
- Cabbage
- Kale
- Cubanelle
- Hot Peppers
- Chili Plants
- Carrots

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.

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15 YEARS
COMMUNITY SUPPORTED AGRICULTURE
ALSTEDE FARMS

If you need any assistance, please contact us:
phone: 908-879-7189
email: csa@alstedefarms.com

Ground/Husk Cherry Jam

Recipe by Jenn Borealo, Culinary Specialist

Ingredients

- 2 cups husked ground cherries,
  - husked and washed
- 1 cup peeled and chopped peach
- 1 cup of sugar
- Two tablespoons of lemon juice (concentrate)*
- Mason jars 1/2 - 1 pint jars

Scan for produce storage tips

Instructions:

1. In a large saucepan over low heat,
2. cook ground cherries, peach, and lemon juice until cherries burst.
3. Add sugar; increase heat to medium. Stir continuously for about 15 minutes, or until thickened.
4. Pour hot jam into sterilized hot jars, leaving ¼" headspace. Seal with hot lids.

For short-term use (up to 1 month), refrigerate. For longer storage, process in a boiling water bath for 5 minutes, then cool on a towel until lids pop.

Yield: About 1 pint + 2 half-pints

*Use lemon juice concentrate for canning safety.

*High in natural pectin—no added pectin needed.

*Great as a spread or glaze for pork or chicken.

Watermelon & Tomato Salad

Recipe by CSA Member, Inga Maximoff

Ingredients:

- 3 cups Alstede Fresh watermelon, diced
- 1 ½ cups assorted cherry tomatoes, halved or quartered
- 3 cups arugula leaves, cleaned and torn
- 3 Tbsp chopped fresh mint
- ¼ cup thinly sliced red onion
- 2 Tbsp lime juice
- 3 Tbsp olive oil
- 2 tsp honey (adjust to taste)
- ¾ cup crumbled feta cheese
- ½ cup black olives (optional)
- Kosher salt, to taste

Instructions:

1. Place 1 ½ cups arugula in a medium bowl.
2. In a large bowl, combine watermelon, tomatoes, remaining arugula, mint, and onion.
3. In a small bowl, whisk lime juice, olive oil, and honey. Drizzle a couple of tablespoons over the medium bowl of arugula, season lightly with salt, and toss.
4. Arrange dressed arugula on a serving platter.
5. Pour remaining dressing over the watermelon mixture, toss to coat, and season with salt to taste.
6. Spoon watermelon mixture over the arugula-lined platter. Top with crumbled feta and olives (if using).

Farm Kitchen Tip:

This quick, no-cook salad is perfect for hot days when you don't want to heat the kitchen. The juicy watermelon helps keep you hydrated, and its sweetness pairs beautifully with tomatoes, peppery arugula, and tangy feta.