

Dear CSA Members,

Corn has long been a summer favorite, and while it sometimes falls out of favor for being a carbohydrate, it offers real nutritional value. Think of corn as your starch when meal planning—if you're counting carbs or calories, reduce bread, rice, or potatoes when serving sweet corn. Naturally gluten-free, corn is a great option for those with celiac or gluten sensitivity. It's also packed with fiber, vitamin C, potassium, niacin, and folate; bi-color varieties even add vitamin A.

Labor Day marks the unofficial end of summer, often celebrated with picnics and barbecues. Can you imagine one without sweet corn? The good news is that sweet corn and other summer favorites will still be in your shares and available in our markets for a while longer. Here on the farm, we grow several types of corn: popcorn (featured earlier in the season), field corn (you'll see it in the corn maze), and sweet corn. Our new sweet corn varieties store well, and we pick fresh every morning to ensure the best flavor and texture. Stored properly, it keeps for several days without losing quality. This week, I tried a TikTok-inspired recipe: corn ribs. The original recipe keeps the corn on the cob, but I removed the kernels in chunks, seasoned them, and roasted them. Easier to eat—and just as tasty! Give it a try and decide for yourself.

*Jenn Boreale*

Culinary & Education Specialist



## Member Weekly Digest

Week 18: Aug 24 - Aug 30, 2025

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

### Swaps

- |                    |            |                      |
|--------------------|------------|----------------------|
| • Peaches          | • Tomatoes | • Husk Cherries      |
| • Italian Plums    | • Corn     | • Tomatillos         |
| • Pluots           | • Beans    | • Bell & Hot Peppers |
| • Sugarcube Melons | • Eggplant | • French Brkf Radish |
| • Watermelon       | • Onions   | • Chili Plants       |
| • Pears            | • Garlic   | • Cherry Tomatoes    |
|                    |            | • Kale/Collards      |
|                    |            | • Carrots            |
|                    |            | • Zucchini           |
|                    |            | • Cabbage            |

\*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)**

## Corn Ribs

*Recipe by Jenn Borealo, Culinary Specialist*

### Ingredients (per ear):

- 1 Tbsp. melted butter
- 1 Tbsp. olive oil
- Chopped parsley
- Grated Parmesan
- Salt & pepper



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storage tips



Preheat oven to 400°F. Brush corn with butter and oil, sprinkle with parsley (reserve some), Parmesan, and salt and pepper. Arrange on parchment-lined sheet, bake 20 minutes until edges are golden. Garnish with more parsley.

Alternate: Prefer off-the-cob? Use cooked or leftover corn. Cut kernels into chunks, season as above, and bake 15 minutes until golden. Gently transfer to plates.

**Farm Tip:** The hardest part is cutting the corn. Remove husk and silk, microwave cobs for 2 minutes. Trim ends for flat surfaces, cut ears in half, then carefully cut each half lengthwise. Lay flat and cut into thirds between rows of kernels. Repeat with remaining pieces.



## Watermelon Lime Spritzer

*Recipe by Jenn Borealo, Culinary Specialist*

### Ingredients:

- 2 cups seedless watermelon, cut into cubes
- 1/2 cup ice cubes
- 2 cups lemon-lime flavored soda, divided
- 1 lime, cut into wedges

### Instructions:

Place the watermelon and the ice cubes in a blender and blend until smooth. Add more ice cubes for a more slushy mixture. Slowly add 1/2 of the lemon-lime soda and blend until smooth. Pour into glasses, garnish with lime, and serve.

### Farm Tip:

For the best flavor, use ice-cold watermelon straight from the fridge or chill the cubes in the freezer for 15–20 minutes before blending. This reduces the need for extra ice and keeps your drink naturally sweet and refreshing.



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

*Hello Everyone,*

As an Assistant Farm Production Manager, one of my top priorities is ensuring that our CSA members receive the most accurate crop harvest updates from the fields. We personally scout crops right before customization opens, so you know exactly what’s harvest-ready for your shares, so you can plan meals with confidence.

Just last week, our personal-sized melons made their debut thanks to this process! Speaking of melons, this season we’re growing five types of watermelon: red-seeded, red seedless, yellow-seeded, orange seedless, and personal red/yellow. Yes, you read that right, orange seedless watermelons are new this year! They’re a fun surprise when you cut into them.



We’re also growing two kinds of muskmelons, large and sugar cube, and planting melons in three successions throughout the season for an extended harvest.

One common question we get is: What’s the difference between seeded and seedless watermelons—and are they GMO? The answer: No, they’re not GMO.

Seedless watermelons are created through traditional plant breeding. In simple terms, breeders cross different types of watermelon plants so the fruit develops without mature seeds. We plant seedless varieties alongside seeded pollinators so bees can do their job and ensure fruit sets properly.

That’s the science in a nutshell—and the result is delicious, sweet watermelons for you to enjoy all season long!

In honor of Karl heading off to college soon, we’re sharing this throwback of young Karl with Hector, our Assistant Farm Production Manager. Look at the size of that watermelon Karl helped grow! What a farm memory to cherish.

*Rebekah Alstede Modery*

