

Dear CSA Members,

It was quite the festive time last Sunday at the CSA gathering. I am so sorry that I couldn't be there this year to join all of you. I love the posts with the sunflowers and all of the goodies that you took home. Congratulations to all of the winners. Great prizes, including a Christmas tree - something to look forward to, for sure. I love to cook, so I would really enjoy spending some time with all the great cookbooks. Bonus this week: The recipes for the dishes prepared by our chefs were also posted on Facebook. It appears that Bolognese Sauce is trending on Facebook this week. Usually made with meat, Amanda Farb posted a recipe prepared with eggplant. Perfect for vegetarian and vegan members. Donna Buechel also posted her version. Both look delicious. Amanda Bulkeley posted a picture of her son as he completed the summer challenge. I taught culinary arts to high school students for 25 years. 49 vegetables for a pre-teen is a remarkable achievement; great job!

Stuffed peppers have always been a favorite of mine. I just think that eating the whole bell pepper is a bit too much. In the past, I have used cheese peppers, but you never know if you'll get enough of them in the right size to prepare for all your guests. The recipe for stuffed pepper rings was trending this year before the season really started. The peppers I prepared were made with the green peppers from last week's share. This week, or in the coming weeks, we may have some colored peppers that will add a touch of sweetness and visual appeal to the recipe.

*Jenn Boreale*

Culinary & Education Specialist



## Member Weekly Digest

Week 19: Aug 31 - Sept 6, 2025

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

- |                 |                 |                          |
|-----------------|-----------------|--------------------------|
| • Peaches       | • Beans         | • Eggplant               |
| • Pluots        | • Swiss Chard   | • Bell & Hot Peppers     |
| • Zestar Apples | • Red Potatoes  | • Scallions              |
| • Musk Melons   | • Onions        | • Collards               |
| • Pears         | • Garlic        | • Kale                   |
| • Corn          | • Tomatillos    | • Plum and Reg. Tomatoes |
| • Beets         | • Husk Cherries | • Leeks                  |
|                 | • Dill          | • Chili Plants           |
|                 | • Parsley       | • Cherry Tomatoes        |

\*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)

## Stuffed Pepper Rings

*Recipe by Jenn Borealo, Culinary Specialist*

### Ingredients:

- 1–1½ bell peppers (cut into 4–5 rings, 1–1¼" thick)
- 1 lb ground beef or beef/pork mix
- ⅓ cup chopped onion
- Pepper scraps (from slicing)
- 2 Tbsp olive oil
- 4–5 cloves garlic, minced
- ¾ cup cooked, cooled rice
- ¼ cup parsley, minced
- ¼ cup grated Parmesan
- 1 egg
- Salt & pepper
- 3 cups tomato sauce or crushed tomatoes
- 8–10 basil leaves, chopped
- Shredded mozzarella (optional)



### Instructions:

1. **Make Sauce:** In an ovenproof skillet, sauté pepper scraps & onion in olive oil 5 min. Add 1–2 tsp. garlic, cook 1 min. Stir in tomato sauce & basil; simmer on low.
2. **Prep Peppers:** Parboil rings in salted simmering water 2–3 min until just tender. Drain.
3. **Make Filling:** Combine meat, rice, parsley, Parmesan, egg, remaining garlic, salt & pepper. Mix gently. Shape into 4–5 portions; press into pepper rings.
4. **Brown Rings:** Heat oil in skillet; sear stuffed rings until browned (not cooked through).
5. **Cook:** Transfer to sauce, cover, simmer 10 min. Then bake at 350°F for 35–40 min until cooked through.
6. **Finish:** Top with sauce & mozzarella; return to oven to melt. Serve with extra sauce & rice. Makes 4-5 servings.

## Waldorf Salad

*Recipe by Chef Dennis Iavarone, Food & Bev Mgr.*

### Ingredients:

- 8 oz. cooked chicken breast, diced into 1" cubes
- 1 fresh apple, cored and sliced thin
- 2 oz. red seedless grapes, cut in half
- 2 oz. honey roasted cashews
- 1 oz. dried cranberries
- 1 celery stalk, small dice
- 2 oz. mayonnaise
- 1 oz. fresh whipped cream
- 2 oz. Pomegranate seeds
- Salt and pepper to taste

### For the Whipped Cream

- 8 oz. heavy whipping cream
- 1 tsp. vanilla extract
- 2 oz. confectioners' sugar



### Instructions for Whipped Cream:

Whip all ingredients until soft peaks form.

**Instructions for salad:** Combine all prepped ingredients. Gently fold in the mayonnaise and whipped cream. Season to taste with salt and pepper.

**Farm Tip** - Serve on a bed of lettuce.



Scan for  
produce  
storage tips

***“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.

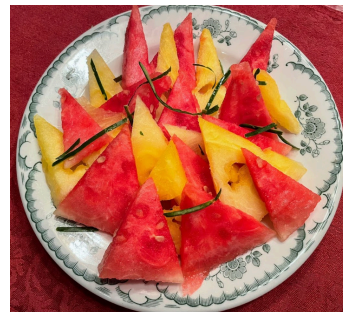
One common question we get is: What’s the difference between seeded and seedless watermelons—and are they GMO? The answer: No, they’re not GMO.

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*





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*