

Dear Members,

Welcome to week 21! Time is flying here on the farm, and we couldn't be more grateful to share this season with you. We are proud to be your farmer who grows your food, and we are excited to highlight this week's harvest for you!

This week brings 32 different items for you to enjoy, including swaps, truly capturing the bounty of the season. The hard work we put in during late spring is now paying off, and it's a joy to harvest such a wide variety of fruits and vegetables for your table. From A to Z, there really is something for everyone in this week's share!

You'll find everything from onions, peaches, sweet corn, peppers, pluots, radishes, beets, spinach, arugula, broccoli, carrots, cucumbers, garlic, beans, potatoes, summer squash, mint, husk cherries, apples, Swiss chard, scallions, Bok choy, tomatoes, and so much more. We encourage you to enjoy the freshness now and also preserve some of these flavors for later in the year.

Your share is always available to customize through CSAware, allowing you to select the items that best suit your household.

Thank you for being such an important part of our farm family. We love bringing the harvest from our fields to your table and hope you enjoy this week's bounty.

Warmly,

*Your CSA team*



## Member Weekly Digest

**Week 21: Sept 14 - Sept 20, 2025**

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

- Peaches
- Pluots
- Gala Apples
- Org Raspberries
- Sweet Corn
- Arugula
- Yukon Potatoes
- Kale/Collards
- Watermelon
- Radishes
- Plum
- Tomatoes
- Tomatillos
- Husk Cherries
- Sweet Peppers
- Scallions
- Eggplant
- Broccoli
- Cucumbers
- Summer Squash
- Beans
- Spinach
- Onions
- Garlic

\*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)**

## Summer Zucchini and Potato Bake

*Recipe by Jenn Borealo, Culinary Specialist*

### Ingredients:

- 2 medium potatoes, peeled and chopped
- 1½ medium zucchini, quartered and chopped
- ½ red or orange bell pepper, chopped
- ½ onion, chopped
- 3 cloves garlic, minced
- ⅓ cup dry (or gluten-free) breadcrumbs
- 3 Tbsp. olive oil
- Salt & pepper to taste



### Instructions:

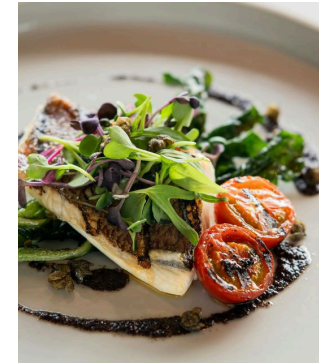
Preheat oven to 425°F. In a large bowl, toss all veggies, garlic, salt, and pepper with olive oil. Add breadcrumbs and toss to coat. Spread on a parchment-lined tray. Lower the oven temperature to 400°F and roast for 45–60 minutes, stirring once, until the potatoes are tender and golden.

## Baked Haddock with Swiss Chard & Tomatoes

*Recipe by wholehealthmd.com*

### Ingredients:

- 1 pound Swiss chard
- ¼ cup chicken broth, canned or homemade
- 1-1¼ pounds haddock fillets, cut into 2-inch chunks
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon olive oil
- 2 tomatoes, seeded, cubed, and drained
- 1 large onion, cut into narrow wedges
- ½ cup minced parsley
- 2 tablespoons sliced garlic
- 1 teaspoon tarragon



### Instructions:

Preheat oven to 450°F. Separate stems from Swiss chard leaves. Slice stems crosswise and set aside. Shred leaves and place in shallow 2-quart baking dish. Sprinkle broth on top.

Place fish on top of chard and sprinkle with ¼ teaspoon of the salt and the pepper.

In a large nonstick skillet, heat oil over medium-high heat. Add the chard stems, tomatoes, onion, parsley, garlic, tarragon, and remaining ¼ teaspoon salt. Cook until onion is crisp-tender, about four minutes. Spoon sautéed vegetables over fish, cover dish and bake 10 to 15 minutes, or until fish just flakes when tested with a fork. Enjoy!

**We want to hear from you!**

**Share your recipe inspirations on the Freshly Inspired private group on Facebook!**



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