

Dear CSA Members!

Green beans have officially arrived in our shares—just one more sign that summer is in full swing. As the season progresses, we know that some of our favorite crops will come and go. But green beans are usually the exception.

Planted directly into the field in early spring, green beans are a steady presence. Looking back at last season, they may have been the vegetable of the year—we hardly missed a week of including them in shares! With a reliable vegetable like this, you might find yourself in search of new ways to prepare them. Be sure to visit our website for a variety of recipe ideas we've shared in the past to help add fresh inspiration to your summer menus. As for fruit, the warmer weather is helping everything ripen beautifully. Blueberries continue to be part of our shares, and we're also starting to see tart cherries. Tart cherries are typically cooked to bring out their natural sweetness. A simple tart cherry lemonade or a cherry sauce drizzled over ice cream can be a refreshing treat. If you're in the mood to bake, try tart cherry muffins—or mix in a few blueberries for a twist on flavor and a festive, patriotic look. As always, you'll find these recipes and more on our website.

*Jenn Boreale*

Culinary & Education Specialist



## Member Weekly Digest

Week 11: July 6 - July 12, 2025

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

- |               |               | <i>Swaps</i> |
|---------------|---------------|--------------|
| • Beans       | • Spinach     | • Cabbage    |
| • Broccoli    | • Kale        | • Dill       |
| • Onions      | • Squash      | • Kohlrabi   |
| • Lettuce     | • Radishes    | • Collards   |
| • Cauliflower | • Blueberries | • Cilantro   |
|               |               | • Lemon Balm |

**\*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)**

## Blistered Green Bean Salad

### Ingredients:

- 1/2–3/4 lb. green beans, trimmed, washed and dried
- 2–3 Tbsp. olive oil
- Salt and pepper, to taste
- Sliced olives, red onion, and chopped tomato
- Splash of balsamic vinegar
- Juice from a lemon wedge

### Instructions:

1. Heat oil in a cast-iron or heavy skillet over medium-high heat.
2. Add green beans in a single layer (in batches if needed).  
Cook for 1–2 minutes without stirring, until blistered, then turn and cook the other side until blistered. Remove to a bowl.
3. Add olives, onion, and tomato. Drizzle with balsamic vinegar and lemon juice: season and toss.
4. Serve warm, room temperature, or chilled.

**Optional Add-Ins:** Pesto, cucumber, garlic, hot peppers, breadcrumbs, Parmesan, or feta.



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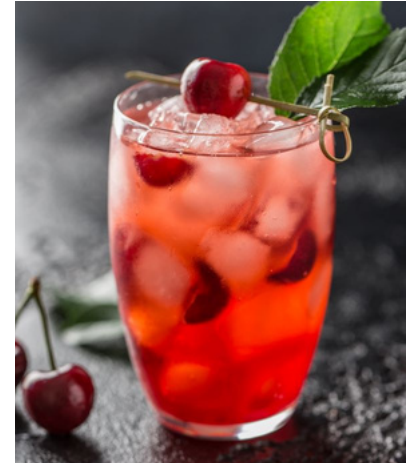
Please visit our website to find information on how to store & prepare your weekly share contents.

## Tart Cherry Lemonade

*Recipe by Jenn Borealo , Culinary & Educational Specialist*

### Tart cherry syrup:

- a cup of pitted tart cherries
  - 1/2 cup of sugar
  - 1/2 cup water
  - 1 tsp lemon juice
- Lemonade:
- 16 oz. club soda
  - 1/2 cup of water
  - 1/2 cup sugar
  - juice of 2 lemons
  - a few pitted cherries for garnish



### Quick directions:

**Syrup:** -In a small pot, combine the tart cherries, sugar, water, and lemon juice and simmer on low heat for about 30 minutes until a syrup consistency.

**Lemonade:** -Dissolve the sugar in water in a small pot, then combine with the club soda, tart cherry syrup, and the lemon juice. Serve on the rocks and top with some fresh pitted cherries! Add a touch of homegrown mint from your CSA herb garden for the ultimate final touch!