

Dear CSA Members!

Just when you think that you know what is going to be in the share, something new comes out fresh from the field. Cucumbers were a welcome addition during the week, and they will be included in all the shares when we pick up in the next few days.

They are a refreshing addition to salads, and the crisp texture is a great contrast to most softer ingredients. Their timing is perfect; with higher temperatures, cucumbers can be a source of much-needed hydration. Cucumbers are high in water content and low in calories, so enjoy!

Garlic is planted every year in October, and every year I wait impatiently for the arrival of the fresh harvest. You remember the scapes from the spring. After they were cut from the plant, the garlic was left to continue to grow. In the last week or so, the production team felt that the bulbs of garlic had increased enough in size and that they were fully developed and ready for harvest. Many hands were on duty to dig up this fabulous crop that is left in the field for a few days to start drying, it is a gorgeous sight! Loaded carefully onto wagons, it is then left to dry a little further. It is making its first appearance in our shares this week.

Fresh garlic is ready to flavor all of your favorite recipes. Garlic will be in shares from time to time; however, remember it is available to purchase as well.

Jenn Boreale

Culinary & Education Specialist



Member Weekly Digest

Week 14: July 27 - Aug 2, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

Swaps

- | | | |
|------------|---------------|--------------|
| • Corn | • Cucumbers | • Onions |
| • Beans | • Garlic | • Beets |
| • Peppers | • Squash | • Cabbage |
| • Eggplant | • Peaches | • Cherry |
| • Lettuce | • Shiro Plums | • Tomatoes |
| | | • Collards |
| | | • Kale |
| | | • 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

"15-minute" Summer Fruit Quinoa Salad

Recipe by Jenn Borealo, Culinary Specialist

This is a recipe that can be followed throughout the season, working with the available fruits.

Ingredients:

- 1 cup prepared Quinoa
- 1 diced peach
- 1/2 cup blueberries
- 1/3 cup chopped seeded cucumber
- 1/2 cup mint leaves, finely chopped
- pinch of kosher salt (optional)
- 1 T lime juice
- 2 T honey
- 1/4 c toasted pumpkin seeds



Directions:

- Prepare quinoa according to package directions.
- While waiting, prepare the remaining ingredients. When quinoa has cooled to room temperature, add the fruit, cucumber, and mint leaves.
- Drizzle with lime juice and honey to taste and stir to combine. Sprinkle in salt to taste.
- Allow to chill for an hour before serving.
- Serve cold or at room temperature. Sprinkle with toasted seeds.

Farm Kitchen Tip: Best if served on the day prepared.



[scan here](#)

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

Alstede Fresh Corn Salsa Salad

Recipe by Jenn Borealo, Culinary Specialist

Ingredients:

- 8 ears of fresh Alstede Farms sweet corn
- 1 -15 oz. can black beans, drained and rinsed
- 1/2 red or green bell pepper, small dice
- 2 hot peppers, jalapeno, ancho, or serrano
- 1/2 small red onion, minced
- 1 bunch of scallions, sliced
- 1 medium tomato, chopped
- half bunch fresh cilantro
- Juice from 2 limes
- Kosher salt to taste



Instructions:

Roast, Grill, or use leftover prepared corn. Place one end of the corn cob into a large bowl and remove the corn from the husk with a sharp knife, cutting behind the kernels. Add the remaining ingredients and stir to combine. Allow the salad/salsa to chill for at least an hour or longer so that the flavors blend. Taste and season again before serving. Serve as an appetizer with chips or as a side dish with steak, chicken, or fish.

Farm Kitchen Tip—this is an easy no no-cook recipe ideal for those hot days of summer that evokes all of the fresh tastes of the season. A great make-ahead dish!