

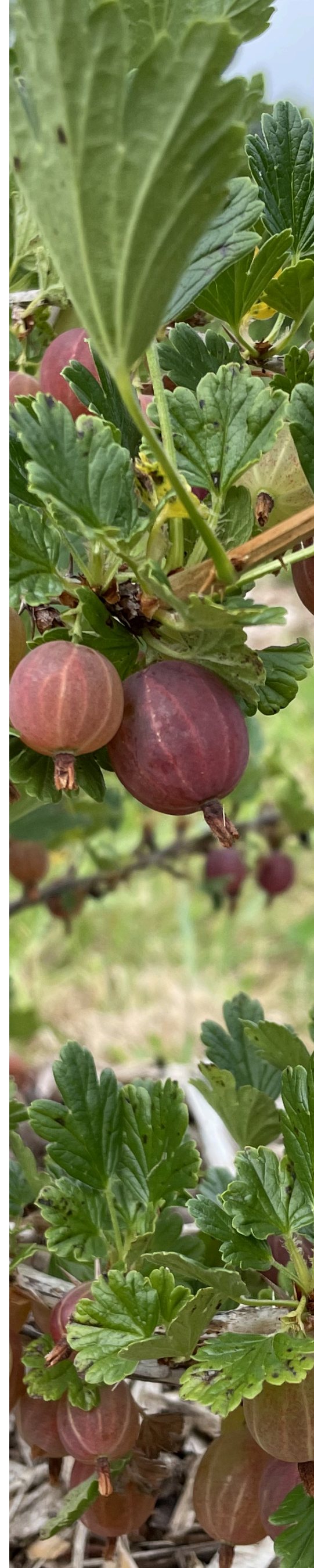
# CSA WEEKLY SHARE GUIDE

## *How to Use Your Share This Week*

### Farm Fresh Highlights for Week 9

Summer is arriving in full force, bringing an abundance of sweet berries, crisp vegetables, and fresh greens. This week's share features organic raspberries, strawberries, cucumbers, peas, and a colorful assortment of leafy greens, along with seasonal specialties like gooseberries, rhubarb, and kohlrabi.

- Organic Raspberries & Strawberries – Sweet summer berries perfect for snacking, desserts, and preserving.
- Gooseberries – Tart, flavorful berries ideal for jams, sauces, and baking.
- Cucumbers & Peas – Crisp, refreshing summer favorites for salads, snacks, and side dishes.
- Broccoli, Kale, Collards, Swiss Chard, Cabbage & Lettuces – A versatile mix of greens for salads, sautés, soups, and slaws.
- Mint & Oregano – Fresh herbs that add bright flavor to meals and beverages.
- Rhubarb & Kohlrabi – Seasonal favorites offering unique flavors and versatility in the kitchen.
- Popcorn & Dry Beans – Farm-grown pantry staples to enjoy now or save for later.



# CSA WEEKLY SHARE GUIDE

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## Keeping Your Share Fresh

Berries are best stored unwashed in a single layer on a paper towel in the refrigerator and enjoyed within a few days. Leafy greens should be stored in a breathable bag or container with a paper towel to absorb excess moisture. Herbs like mint and oregano stay freshest when wrapped in a damp paper towel or when stems are placed in a jar with a small amount of water. Cucumbers and broccoli should be kept cool and dry in the crisper drawer for the best texture and flavor. Always refrigerate items in your share asap.

## Produce Storage Tips

For more detailed storage guidance, visit our full produce storage and tips guide: <https://www.alstedefarms.com/.../produce-storage-and-tips/>

## Recipe Inspirations

Explore seasonal recipe ideas using this week's harvest: <https://www.alstedefarms.com/recipes/>



# Hometown Farm, Global Roots

As the world gathers for the FIFA World Cup™, we're celebrating the foods that unite families, communities, and cultures around the globe. This week's Hometown Roots Recipe Inspiration features Broccoli & Cauliflower Fritters, a versatile dish inspired by the vegetable fritters and savory pancakes enjoyed in many World Cup nations across Europe, South America, and beyond.

Made with fresh broccoli and cauliflower harvested from Alstede Farms, these crispy fritters showcase the simple ingredients and seasonal flavors that are found in home kitchens around the world. Whether served as a side dish, appetizer, or light meal, fritters are a delicious way to transform fresh vegetables into something both comforting and memorable.

This recipe celebrates the universal appeal of sharing good food made from local ingredients. As you follow the excitement of the World Cup, enjoy a dish that highlights the bounty of New Jersey's summer harvest while honoring the traditions that connect people across continents.

**[View the full recipe](https://www.alstedefarms.com/recipe/bills-broccoli-cauliflower-fritters/)**

**[here:https://www.alstedefarms.com/recipe/bills-broccoli-cauliflower-fritters/](https://www.alstedefarms.com/recipe/bills-broccoli-cauliflower-fritters/)**

*Rooted locally. Inspired globally.  
Many cultures. One New Jersey farm.*

**freshly**  
inspired

Alstede's  
Community  
Supported  
Agriculture

# Alstede Fresh Broccoli-Cauliflower Fritters

These crispy Broccoli-Cauliflower Fritters are a delicious way to transform fresh farm vegetables into a savory side dish, appetizer, or light meal. Made with homegrown broccoli and cauliflower, they are golden and crisp on the outside, tender on the inside, and packed with seasonal flavor. Serve them with sour cream, yogurt sauce, or your favorite dipping sauce for a simple and satisfying addition to any meal.

## What You'll Need

### From the Share:

- 1 head of cauliflower
- 1 head broccoli

### From Your Kitchen:

- 3 eggs, beaten
- 1½ cups flour (all-purpose or gluten-free)
- 1½ cups milk
- Salt, pepper, paprika, and garlic powder to taste
- Butter
- Cooking spray

## What You'll Do:

1. Process the broccoli and cauliflower in a food processor until finely chopped and well combined.
2. In a large bowl, mix the vegetables with the beaten eggs, milk, flour, and desired seasonings to form a thick batter.
3. Lightly coat a skillet with cooking spray and heat over medium heat. Add a few pats of butter and allow to melt.
4. Scoop patty-sized portions of batter into the pan and flatten slightly.
5. Cook until golden brown on one side, then flip and cook until golden brown on the other side and cooked through.
6. Serve warm and enjoy!