

CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights for Week 10

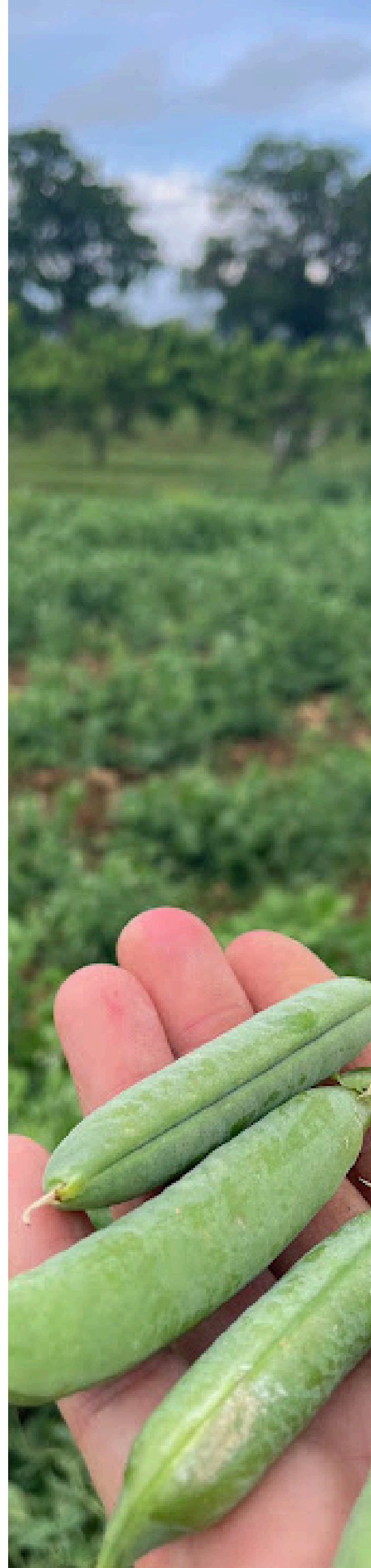
Summer abundance is here! This week's share features sweet blueberries, raspberries, and currants, along with the tart cherries. You'll also enjoy the season's first green beans and summer squash, plus farm favorites like broccoli, cauliflower, peas, and crisp greens.

Storage Tips

- Berries & Tart Cherries: Refrigerate unwashed and rinse just before eating. Freeze extras for smoothies, baking, or sauces.
- Green Beans & Peas: Store in the refrigerator in a produce bag and enjoy within a week for the best flavor and texture.
- Summer Squash: Refrigerate unwashed and use within 5–7 days.
- Garlic Scapes: Keep refrigerated in a plastic bag or container for up to two weeks.
- Kohlrabi: Remove the leaves, refrigerate the bulb, and enjoy within 2–3 weeks.

How to Use

Snack on fresh berries, add currants to salads or baked goods, roast broccoli and cauliflower, sauté green beans and summer squash, blend garlic scapes into pesto or hummus, and slice kohlrabi into salads, slaws, or veggie sticks for a crisp, mildly sweet crunch.



Hometown Farm, Global Roots

America 250 Meets the FIFA World Cup™

This year brings two remarkable celebrations: America's upcoming 250th anniversary and the FIFA World Cup™, reminding us that while nations compete on the field, food has a unique way of bringing people together.

Through our Hometown Farm & Global Roots series, we've explored how fresh, seasonal ingredients connect cultures across continents. This week's recipe proudly represents Team USA with an Alstede Fresh Team USA Blueberry Stars & Stripes Tart, showcasing one of New Jersey's signature summer harvests, fresh blueberries.

Made with sweet Alstede Fresh blueberries, flaky puff pastry, and finished with fresh raspberries and whipped cream, this festive dessert celebrates the flavors of an American summer. Whether shared at a backyard gathering, enjoyed after a day at the farm, or served while cheering on Team USA, it's a delicious reminder that local ingredients and homemade recipes create lasting memories.

Just as the World Cup unites nations through sport, agriculture connects us at the table. Every harvest tells a story of the land, the people who grow our food, and the traditions we share with family and friends.

View the full recipe here:

<https://www.alstedefarms.com/recipe/team-usa-blueberry-stars-stripes-tart/>



Team USA Blueberry Stars & Stripes Tart

A festive summer dessert featuring peak-season blueberries.

Ingredients:

- 1½ pints Alstede Fresh blueberries
- Fresh raspberries for garnish
- 2 tablespoons fresh lemon juice
- From Your Kitchen:
- 1 sheet frozen puff pastry
- ⅓–½ cup sugar
- 1 tablespoon cornstarch
- Powdered sugar, for dusting
- Sweetened whipped cream



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Directions:

Preheat the oven to 425°F.

Line a baking sheet with parchment paper. Unfold the puff pastry and cut out star shapes from one section of the dough. Arrange stars alongside the remaining pastry on the baking sheet. Chill for 10–15 minutes before baking to ensure the pastry puffs properly.

Bake the star pieces for about 10 minutes, and the larger pastry for 15 minutes, or until golden brown and crisp. Reduce the heat to 375°F if browning too quickly. Allow to cool, then dust lightly with powdered sugar.

Meanwhile, prepare the blueberry filling. In a medium saucepan, whisk together sugar and cornstarch. Add blueberries and lemon juice. Cook over medium-low heat for 15–20 minutes, stirring occasionally, until berries release their juices and the mixture thickens into a glossy sauce. Let cool slightly.

To assemble, spoon blueberry filling onto serving plates or onto the baked pastry base. Layer with pastry pieces and star cutouts, allowing the filling to remain visible. Finish with whipped cream, raspberries, and fresh blueberries for a red, white, and blue presentation.