

CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights for Week 11

Summer is in full swing, and this week's share is bursting with fresh-picked flavor. Enjoy sweet blueberries, raspberries, tart cherries, currants, and gooseberries along with broccoli, cauliflower, cabbage, cucumbers, green beans, summer squash, peppers, peas, leafy greens, and fresh white onions.

Storage Tips

- Berries & Cherries: Refrigerate unwashed; rinse just before eating.
- Leafy Greens: Wrap in a paper towel and refrigerate in a bag or container.
- Broccoli & Cauliflower: Store refrigerated and use within 5–7 days.
- Green Beans, Peas, Cucumbers, Squash & Peppers: Refrigerate in the crisper drawer.
- White Onion Bunches: Separate the green tops from the bulbs for longer storage. Wrap the bulbs in a paper towel and refrigerate in a loosely closed bag for up to 2 weeks. Use the green tops within a few days.

Fresh Ideas

- Add berries to yogurt, smoothies, salads, or desserts.
- Roast broccoli, cauliflower, peppers, onions, and squash with olive oil and herbs.
- Toss lettuce, cucumbers, peas, green beans, and tart cherries into a fresh summer salad.
- Sauté kale or collards with garlic, or stir into soups, pasta, or grain bowls.

Thank you for supporting local agriculture. Enjoy the fresh flavors of Week 11!



Hometown Farm, Global Roots

America 250 Meets the FIFA World Cup™

This year celebrates two extraordinary milestones: America's upcoming 250th anniversary and the FIFA World Cup™. Two events that remind us how communities come together through shared traditions, whether cheering for a favorite team or gathering around the table.

As part of our Hometown Farm & Global Roots series, this week's recipe highlights Team USA with a fresh, colorful Jersey Sweet Corn Fiesta Salad, celebrating one of New Jersey's most beloved summer crops. Featuring sweet Alstede Fresh corn, crisp peppers, cucumbers, onions, and other seasonal vegetables, this vibrant salad captures the flavors of a local summer harvest with a festive twist.

Perfect for picnics, cookouts, and family meals, this easy-to-make salad showcases how fresh farm ingredients can bring people together. While the World Cup™ celebrates cultures from around the globe, America's farms provide the seasonal bounty that inspires memorable meals right here at home.

View the full recipe here:

<https://www.alstedefarms.com/recipe/jersey-sweet-corn-fiesta-salad/>

Rooted locally. Inspired globally.

Many cultures. One New Jersey farm.



Jersey Sweet Corn Fiesta Salad

Serves 6–8

Fresh from Your Alstede Fresh Share



- 2 hearts romaine lettuce, chopped
- 2 cups fresh sweet corn kernels
- ½ cup shredded cabbage
- ½ cup chopped cilantro
- 3 green onions, sliced
- 1 lime (zest & juice)



Alstede Farms Hometown Farm, Global Roots

Pantry & Market Ingredients

- 1½ cups cooked Alstede Fresh dried black beans*
- ½ cup crumbled cotija or feta
- ½ cup roasted pepitas
- 1 cup lightly crushed tortilla chips
- ⅓ cup sour cream
- ¼ cup mayonnaise
- 1 tsp chili powder or Tajín
- 1 garlic clove or grated garlic scapes (optional)
- ½ tsp salt
- ¼ tsp pepper

Directions

1. Cook the corn: Sauté corn in a lightly oiled skillet over medium-high heat for 5–7 minutes until lightly charred. Cool.
2. Make the dressing: Whisk together sour cream, mayonnaise, lime juice and zest, chili powder (or Tajín), garlic, salt, and pepper.
3. Assemble: Combine romaine, charred corn, cooked beans, cabbage, cilantro, green onions, cheese, and pepitas. Toss with dressing.
4. Finish: Fold in tortilla chips just before serving. Garnish with extra cheese, cilantro, and Tajín if desired.

Alstede Fresh Tip

Top with grilled chicken, shrimp, or steak for a complete meal. Add diced tomatoes, sweet peppers, or avocado for even more fresh summer flavor.

*To prepare dried beans: Soak using your preferred method, then simmer until tender (about 45–90 minutes). Cook extra to use in salads, soups, tacos, and grain bowls throughout the week.