

Dear CSA Members,

Summer has truly settled in at Alstede Farms, and the fields are producing some of the season's most anticipated flavors. This week's CSA share is a vibrant reflection of the abundance growing across our farm, with sweet homegrown blueberries and raspberries leading the way alongside crisp cucumbers, tender green beans, colorful peppers, fresh summer squash, leafy greens, and fragrant basil.

As you unpack your share, you're experiencing the rewards of months of careful planting, tending, and harvesting by our farming team. Every basket celebrates the diversity of our fields and the peak freshness that comes from food harvested at just the right time.

Whether you're building colorful salads, firing up the grill, blending fresh herbs into pesto, or enjoying handfuls of berries straight from the container, Week 12 is filled with the flavors that make summer on the farm so memorable. Thank you for supporting local agriculture and sharing in the harvest with us!

Warmly,
Alstede Farms CSA Team



Member Weekly Digest

Week 12: July 13 - July 19, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|-----------------|---------------------|---------------------|
| • Blueberries | • Basil | <u>Swaps</u> |
| • Gooseberries | • Kale | • Dry Beans |
| • Tart Cherries | • Lettuce | • Popping Corn |
| • Raspberries | • Cucumbers | • Sparkling Cider |
| • Kohlrabi | • Beans | |
| • Cabbage | • Summer Squash | |
| • Collards | • Red Onion | |
| • Beets | Bunches | |
| • Garlic Scapes | • Assorted Peppers | |
| | • Escarole & Endive | |

*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.

Scan the QR Code
below for produce
storage tips



If you need any assistance, please contact us:

phone: 908-879-7189

email: csa@alstedefarms.com

Blueberry Tarts

Ingredients

- 1 sheet frozen puff pastry
- 1½ pints blueberries
- ½ cup sugar
- 1 Tbsp cornstarch
- 2 Tbsp lemon juice
- Powdered sugar
- Whipped cream

Directions

1. Preheat oven to 425°F.
 - Line a baking sheet with parchment paper.
2. Unfold the puff pastry and cut into 6 rectangles. Score a ½-inch border around each piece without cutting through, then prick the centers with a fork.
3. Bake 15–18 minutes, until puffed and golden (reduce oven to 375°F if browning too quickly).
4. Meanwhile, combine sugar and cornstarch in a saucepan. Stir in blueberries and lemon juice. Cook over medium heat for 15–20 minutes, stirring occasionally, until thickened.
5. Split each pastry, spoon in the warm blueberry filling, and top with whipped cream. Dust with powdered sugar before serving.



Simple Pickled Cucumbers

Ingredients (Makes 6 quart jars)

- 2 lbs. Kirby cucumbers, sliced
- 2 garlic bulbs, cloves peeled
- 6 shallots, peeled
- 6 jalapeno peppers, quartered
- 2 cups white vinegar
- 2 cups water
- 2 Tbsp pickling salt
- 2 Tbsp sugar
- 4 Tbsp pickling spices
- 6 sterilized quart jars with lids



Directions

1. Sterilize jars and lids.
2. Bring vinegar, water, salt, sugar, and pickling spices to a boil.
3. Pack cucumbers, garlic, shallots, and peppers tightly into jars.
4. Pour hot brine over vegetables, leaving ½-inch headspace.
5. Process jars in a simmering water bath for 5 minutes.
6. Remove, tighten lids, and cool completely until sealed.

Farm Kitchen Tip: Let pickles cure for 1 week before enjoying. Refrigerate any jars that don't seal and use within a couple of weeks. Properly sealed jars can be stored in a cool, dark place for up to 6 months.