

CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights for Week 12

This week's share is bursting with fresh-picked, summer flavors. From sweet berries and crisp cucumbers to colorful peppers, leafy greens, and fragrant basil, you'll have everything you need for simple, seasonal meals all week long.

This Week's Highlights

Fresh Berries

Blueberries, raspberries, gooseberries, and tart cherries are at their peak. Enjoy them fresh, add them to yogurt or salads, bake them into desserts, or freeze extras to enjoy later.

Summer Vegetables

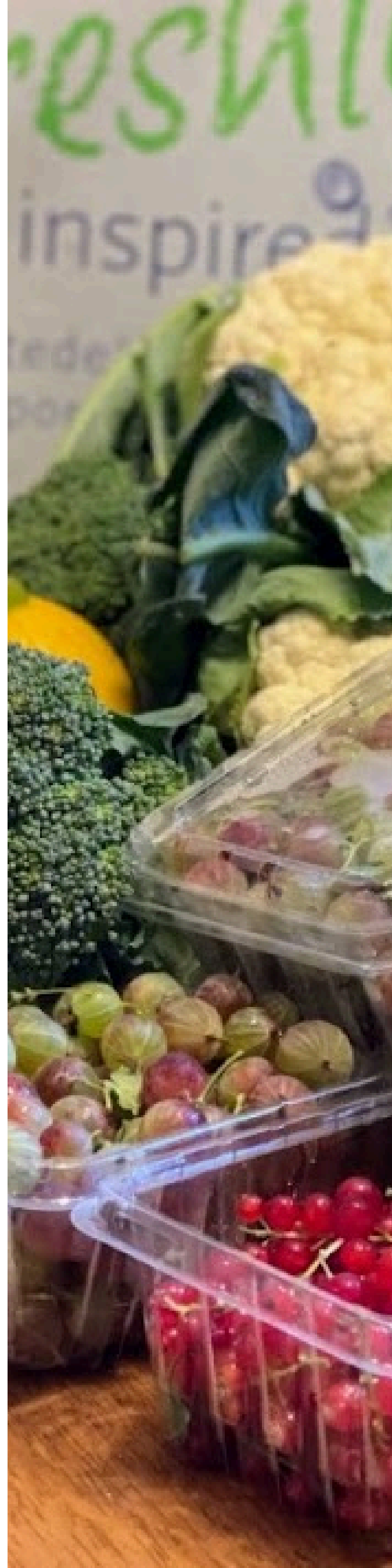
Cucumbers, summer squash, peppers, beans, basil, and garlic scapes are perfect for grilling, roasting, pasta dishes, or fresh summer salads.

Leafy Greens

Lettuce, kale, collards, escarole, and endive make great salads, sautés, soups, and smoothies.

Garden Staples

Beets, cabbage, kohlrabi, and fresh red onions add color and flavor to slaws, grain bowls, roasted vegetable platters, and side dishes.



Share Guide continued

Meal Inspirations

- Grilled summer vegetables tossed with basil and served over pasta or grains.
- Fresh garden salads with lettuce, cucumbers, peppers, berries, and your favorite cheese.
- Crisp cabbage and kohlrabi slaw for sandwiches, burgers, or tacos.
- Sautéed greens with garlic scapes and onions as an easy side dish.
- Roasted beets paired with fresh herbs and goat cheese.
- Mixed berry crisp or smoothies featuring blueberries, raspberries, and tart cherries.

Storage Tips

- Refrigerate berries unwashed and rinse just before eating.
- Store leafy greens in the refrigerator with a paper towel to absorb moisture.
- Keep basil at room temperature with stems in water.
- Refrigerate cucumbers, squash, peppers, beans, and garlic scapes for maximum freshness.

Farm Fresh Tip

- Preserve the flavors of summer by freezing berries, making basil pesto, or pickling cucumbers. A little time now means enjoying your farm's harvest well into the colder months.
- Thank you for supporting local agriculture. We hope this week's harvest brings plenty of fresh inspiration to your table!

Hometown Farm & Global Roots

FIFA World Cup™-Inspired Moroccan Carrot & Blueberry Salad

As part of our Hometown Farm & Global Roots series celebrating the countries of the FIFA World Cup™, this Moroccan-inspired salad combines warm spices, citrus, fresh herbs, and sweet Alstede Fresh carrots and blueberries for a refreshing taste of New Jersey's summer harvest with global flavor.

From Your CSA Share

- 1¼ lbs carrots, shaved or grated
- 2 scallions, sliced
- ½ cup blueberries
- ½ c chopped parsley, ¼ c chopped mint
- Optional: baby arugula or spinach

From Your Kitchen

- ¼ cup chopped Medjool dates
- ¼ cup toasted pistachios
- Zest & juice of 1 orange

Dressing

- 2 Tbsp olive oil
- 2 Tbsp apple cider vinegar
- 2 Tbsp orange juice, 1 tsp orange zest
- 2 tsp honey
- 1 tsp cumin
- ½ tsp coriander
- Pinch cinnamon, Pinch cayenne (optional)
- 1 grated garlic clove
- ½ tsp sea salt & black pepper

Directions

Whisk together the dressing ingredients. Combine the carrots, scallions, parsley, mint, blueberries, dates, and pistachios in a large bowl. Toss with the dressing and let stand for 10–15 minutes before serving. Garnish with extra herbs, orange zest, or pistachios if desired.

Farm Fresh Twist

Add grilled peaches, roasted beets, goat cheese, grilled chicken, or serve over quinoa or farro for a complete meal.

Farm Fresh Tip: Chill for 30 minutes before serving for even brighter flavor—perfect for picnics, cookouts, and summer gatherings.



Alstede farms **Hometown Farm, Global Roots**