

Dear CSA Members,

Summer is in full swing at Alstede Farms, and our fields are overflowing with some of the season's most anticipated flavors. This week's share captures the best of late July in Morris County, featuring sweet homegrown blueberries, the first harvest of juicy Shiro plums, and our much-awaited sweet corn, alongside sun-ripened cherry tomatoes, crisp cucumbers, green beans, colorful peppers, summer squash, and fragrant herbs. You'll also enjoy farm favorites like Mini Gem lettuce, kale, cabbage, beets, cilantro, purple and green basil, fresh bunching onions, and purslane, a nutritious heirloom green with a refreshing lemony flavor that's delicious in salads or lightly sautéed.

Whether you're grilling sweet corn, preserving cucumbers, tossing together vibrant salads, or enjoying blueberries straight from the container, we hope this week's share inspires you to savor the best of New Jersey's summer harvest.

Thank you for supporting local agriculture and being part of our farm family. We hope you enjoy every bite!

Warmly,

The Alstede Farms CSA Team

freshly
inspired

Alstede's
Community
Supported
Agriculture

Member Weekly Digest

Week 13: July 20 - July 26, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|----------------------------|-------------------|---------------------|
| • Blueberries | • Cilantro | <u>Swaps</u> |
| • Shiro Plums | • Org. Purslane | • Dry Beans |
| • Sweet Corn | • Pickling | • Popping Corn |
| • Purple & Green Cucumbers | • Sparkling Cider | |
| • Basil | • Beets | |
| • Org. Mini Gem Lettuce | • Cucumbers | |
| • Kale | • Beans | |
| • Cherry Tomatoes | • Summer Squash | |
| • Cabbage | • Onion Bunches | |
| | • Banana Peppers | |
| | • Ancho Peppers | |



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If you need any assistance, please contact us:

phone: 908-879-7189

email: csa@alstedefarms.com

Alstede Fresh Purslane & Sweet Corn Salad

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.



Freezing Fresh Corn

For the best flavor, start with the freshest corn possible. If you can't freeze it right away, store it in the refrigerator; corn's natural sugars begin turning to starch quickly at room temperature.

1. Blanch the Corn

Bring a large pot of water to a rolling boil and prepare an ice-water bath. Husk the corn and remove all silk. Blanch ears for 4–6 minutes, then immediately transfer them to the ice bath to stop cooking.

2. Remove the Kernels

Once cooled, cut the kernels from the cob using a sharp knife. Hold the cob upright in a bowl and slice just beneath the kernels. Break apart any strips and portion into freezer bags.

3. Freeze & Enjoy

Remove as much air as possible from the bags to prevent freezer burn. When ready to enjoy, warm the corn in the microwave or gently heat — no additional cooking needed. While freezing corn on the cob is an option, freezing kernels off the cob offers the best texture, flavor, and convenience for enjoying summer's sweetest harvest year-round.