

CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights for Week 13

Summer is in full swing, and this week's share is overflowing with the flavors that make New Jersey harvest season so special. Sweet corn is plentiful, juicy cherry tomatoes are ripening in abundance, and colorful summer squash continues to produce daily. Fresh herbs like basil and cilantro add bright flavor to every meal, while Shiro plums offer a sweet taste of midsummer.

Don't overlook some of this week's hidden gems. Purslane is a crisp, lemony green that shines in salads and grain bowls, while Mini Gem lettuce makes the perfect base for fresh summer lunches. With blueberries still at their peak, now is the perfect time to enjoy them fresh, bake with them, or freeze a few pints to enjoy long after summer has passed.

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!



Meal Inspirations

Let this week's harvest inspire simple, fresh meals straight from the farm.

- Grill sweet corn and serve alongside herb-marinated summer squash and fresh green beans.
- Toss cherry tomatoes, cucumbers, basil, onion bunches, and Mini Gem lettuce into a colorful garden salad.
- Make a quick cucumber and tomato salad with cilantro and a light vinaigrette.
- Roast beets with onion bunches and finish with fresh basil.
- Stuff ancho or banana peppers with seasoned vegetables, rice, or your favorite protein.
- Stir-fry summer squash, beans, onions, and peppers for an easy weeknight dinner.
- Blend blueberries and Shiro plums into smoothies or serve over yogurt with local honey.
- Add fresh purslane to salads, sandwiches, tacos, or grain bowls for a refreshing citrus-like crunch.

Storage Tips

Keep your farm-fresh produce tasting its best with proper storage.

- Sweet Corn: Refrigerate immediately with husks on. Enjoy within 2–3 days for maximum sweetness.
- Blueberries: Refrigerate unwashed and rinse just before eating.
- Cherry Tomatoes: Store at room temperature until fully ripe for the best flavor.
- Summer Squash & Cucumbers: Refrigerate in the crisper drawer and use within one week.
- Fresh Herbs: Place basil in a glass of water on the counter. Store cilantro in the refrigerator with stems in water and loosely covered.
- Mini Gem Lettuce & Kale: Refrigerate in a produce bag or container lined with a paper towel.
- Beans: Store refrigerated in a breathable bag and use within several days.
- Shiro Plums: Ripen on the counter, then refrigerate once soft.

Hometown Farm & Global Roots Recipe

FIFA World Cup™-Vegetable Machboos

Inspired by the flavors of Qatar, Saudi Arabia & Iran

Take your tastebuds on a World Cup journey with this fragrant one-pot rice dish featuring warm spices and seasonal farm-fresh vegetables.

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 4 garlic cloves, minced
- 2 carrots, sliced
- 1 zucchini or summer squash,
 - chopped
- 1 red bell pepper, chopped
- 2 tomatoes, diced
- 1½ cups basmati rice
- 3 cups vegetable broth
- 1 tsp each turmeric, cumin &
 - coriander
- ½ tsp cinnamon
- ¼ tsp cardamom
- Salt & pepper
- Fresh parsley or cilantro



Hometown Farm, Global Roots

Directions

Sauté onion in olive oil until tender. Add garlic and vegetables; cook 5–7 minutes. Stir in spices, then rice. Add broth, cover, and simmer for 18–20 minutes, until the rice is tender. Fluff with a fork and garnish with fresh herbs and a squeeze of lemon, if desired.

Featuring seasonal vegetables harvested fresh from the farm, this comforting one-pot meal brings global flavor to the local table.