

Dear CSA Members,

Summer is reaching its peak, and the harvest just keeps getting better! This week's customizable share features some of the season's most anticipated favorites, including the first sweet peppers of the year, vine-ripened large tomatoes, sweet corn picked at its peak, and beautiful eggplant fresh from the field. Whether you're planning colorful salads, grilling farm-fresh vegetables, or creating a delicious summer skillet, there's no shortage of fresh inspiration waiting in your share.

With the abundance of summer harvest arriving, this is also the perfect time to preserve the season's flavors for later. Freeze sweet corn to enjoy in soups and casseroles, turn extra tomatoes into fresh marinara or salsa, pickle cucumbers and radishes for a crisp summer condiment, or freeze peppers, onions, and herbs to add farm-fresh flavor to meals throughout the year. A little preparation now means you can enjoy the taste of the farm long after the fields transition into fall.

As always, customize your box with the produce you love and enjoy the best flavors our farm has to offer this week!

Warmly,

The Alstede Farms CSA Team



Member Weekly Digest

Week 14: July 27 - Aug 2, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|-------------------|--------------------------|---------------------|
| • Shiro Plums | • Cucumbers | <u>Swaps</u> |
| • Sweet Corn | • Org. Mini Gem Lettuces | • Dry Beans |
| • Large Tomatoes | • Basil | • Popping Corn |
| • Garlic | • Sweet Peppers | • Sparkling Cider |
| • Summer Squash | • Kale & Collards | |
| • Beans | • Scallions | |
| • Eggplant | • Red Cabbage | |
| • Onions | • Radishes | |
| • Cherry Tomatoes | • Beets | |

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

Alstede Fresh Green Bean Salad

Ingredients:

- 1 lb. green beans, trimmed
 - and cleaned
- 1 cup canned black beans,
 - rinsed. Or use Alstede
 - Fresh dried beans,
 - prepare according to our
 - bean preparation
 - instructions.
- 1 Tbs. Fresh chopped herbs
- 1 cup chopped hot and
 - sweet peppers
- 2 cloves of garlic, minced
- 1 small onion, thinly sliced
- Chopped tomato and/or cucumber



Dressing:

- 2 T lime juice, 2 T apple cider vinegar, 1 T honey or more to taste, ½ c olive oil, Salt and pepper

Instructions:

- Steam the green beans until fork-tender. Cool.
- Add the following to a bowl, bean, black beans, cilantro, peppers, garlic, and onion. Season w/ salt & pepper.
- In a separate bowl, whisk together lime juice, honey, apple cider vinegar, and olive oil.
- Drizzle the beans with the dressing. Toss to coat.
- Chill the salad for an hour or so before serving.

Fresh Ideas for Summer Favorites

Jersey Tomatoes: Summer's Crown Jewel

- Enjoy fresh in tomato sandwiches, Caprese salads, salsa, bruschetta, salads, burgers, and grilled vegetables.
- Preserve the harvest by freezing whole tomatoes, roasting with garlic and herbs for sauces, canning marinara, or drying for sun-dried tomatoes.
- Soft, ripe tomatoes are perfect for homemade sauces, an easy way to reduce food waste while enjoying every bite!
- Prepare a quick homemade marinara sauce with this easy recipe from our website.

Sweet Corn: Sunshine in Every Bite

- Fresh-picked corn is sweetest right after harvest; enjoy it while it's at its peak!
- Grill with butter and herbs, toss kernels into salads and salsas, or add to tacos, grain bowls, and succotash.
- Turn extra ears into a creamy summer corn chowder or freeze kernels to enjoy later.

