

CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights for Week 14

Summer's harvest is hitting its stride, and this week's share is packed with colorful, flavorful ingredients grown right here on the farm. Enjoy the sweetness of Shiro Plums, the crisp crunch of cucumbers, and the first bites of juicy summer tomatoes, perfect for fresh summer meals.

Make the most of sweet corn, cherry tomatoes, and basil by combining them into simple seasonal dishes that celebrate the peak of summer. Fresh eggplant, summer squash, and sweet peppers are ready for grilling, roasting, or adding to your favorite weeknight recipes. Don't overlook the versatile greens in your share! Kale and collards are delicious sautéed, blended into pestos, or added to hearty summer salads. Pair them with garlic, onions, and scallions for layers of farm-fresh flavor.

Farm Fresh Storage Tips

Keep your summer harvest fresh by storing produce properly. Refrigerate cucumbers, lettuces, greens, beans, and peppers in breathable bags or containers to help maintain crispness. Store tomatoes, basil, and Shiro plums at room temperature until fully ripe, then enjoy or refrigerate to extend freshness. For longer-lasting flavor, remove excess moisture from greens and herbs before storing and use delicate items first.



Meal Inspirations

Summer Corn & Tomato Salad

Combine fresh sweet corn, cherry tomatoes, basil, scallions, and sweet peppers with a simple dressing of olive oil, lemon juice, and a sprinkle of salt for a refreshing farm-fresh side.

Grilled Summer Vegetable Medley

Toss eggplant, summer squash, peppers, and onions with garlic and herbs before grilling for an easy seasonal dinner. Serve alongside your favorite protein or over pasta or grains.

Fresh Tomato & Basil Pasta

Let ripe tomatoes shine in a quick no-cook sauce with basil, garlic, olive oil, and a touch of seasoning. A simple recipe that captures the taste of summer.

Kale & Collard Green Sauté

Sauté hearty greens with garlic and onions for a nutritious side dish, or add them to eggs, grain bowls, or soups.

Cucumber & Mini Gem Lettuce Salad

Create a crisp summer salad with cucumbers, OG Mini Gem Lettuces, radishes, and your favorite fresh herbs.

Preserving the Harvest

Summer's abundance won't last forever; now is the perfect time to preserve your favorite farm flavors for the months ahead.

- Sweet Corn: Cut kernels from the cob and freeze them to enjoy in soups, chowders, casseroles, and summer-inspired dishes all winter long.
- Summer Squash: Shred and freeze zucchini or summer squash for easy additions to muffins, breads, soups, and sauces.
- Tomatoes: Preserve the season's tomatoes by making fresh marinara, roasting and freezing them, or canning your favorite sauce.
- Herbs: Extend the life of fresh basil by turning it into pesto or freezing chopped herbs with olive oil in ice cube trays.
- Peppers: Roast, pickle, or freeze peppers to add a burst of summer flavor to meals throughout the year.

Hometown Farm & Global Roots Recipe

FIFA World Cup™- Mediterranean Eggplant

Take your taste buds on a journey across the Mediterranean with this week's featured recipe, inspired by the vibrant flavors of Croatia, Serbia, Albania, and Italy. Roasted farm-fresh eggplant, juicy tomatoes, garlic, herbs, olives, and feta come together in a simple yet flavorful dish that celebrates the ingredients these neighboring countries have shared for generations.

With eggplant arriving in this week's CSA share, there's no better time to bring a taste of the Mediterranean to your table.

From our hometown farm to kitchens around the world, discover how fresh, seasonal vegetables connect cultures, one delicious meal at a time.

Ingredients:

- 1 medium eggplant
- 1 large tomato
- 2 cloves of garlic, minced
- ¼ c Olive oil
- 3-4 sliced scallions, white and light green
- 8 Black and 8 Green olives
- Basil, 1 T Capers (optional), Crumbled Feta

Instructions:

Peel and slice the eggplant into rounds or lengthwise. Brush with olive oil. Roast in a single layer in a preheated 450-degree oven until browned and tender, or grill until lightly charred. Set aside. Chop the tomato and mix with the garlic and scallion. Spread onto a parchment-lined baking sheet and drizzle with 2 T olive oil.

Roast in a 450-degree oven until tomatoes start to char.

Meanwhile, slice the olives and chop the basil. Cut the eggplant into bite-sized pieces, add the olives, basil, and capers to the tomatoes.

Spoon the mixture over the eggplant. Top with a sprinkle of feta cheese. Serve warm or at room temperature.



Alstede Farms Hometown Farm, Global Roots