

Dear CSA Members,

Welcome to Week 15 of your Freshly Inspired CSA!

This week brings another exciting selection of summer's finest harvest, with plenty of fresh, seasonal favorites ready to enjoy.

Your customization options are filled with the flavors of late summer, including sweet corn, juicy watermelon, large tomatoes, Italian plums, sweet peppers, beans, carrots, garlic, eggplant, and more. Don't forget to explore this week's swap options, including tomatillos and heirloom tomatoes, to personalize your share and choose the items your family will enjoy most.

We're also excited to introduce the start of our Jersey Harvest Essentials Share this week! This new share option highlights the best of New Jersey's summer harvest, bringing together essential seasonal produce grown right here on our farm. It's a wonderful way to experience the flavors of the Garden State while supporting local agriculture.

As the season continues, we encourage you to make the most of your CSA experience by trying new varieties, exploring fresh recipes, and enjoying the connection between your table and the farm where your food is grown. Happy Eating!

The Alstede Farms CSA Team



Member Weekly Digest

Week 15: August 3 - Aug 9, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|------------------|-------------------|---------------------|
| • Italian Plums | • Cherry Tomatoes | <u>Swaps</u> |
| • Sweet Corn | • Cilantro | • Tomatillos |
| • Large Tomatoes | • Kale & Collards | • Heirloom |
| • Garlic | • Sweet Peppers | Tomatoes |
| • Carrots | • Watermelon | • Dry Beans |
| • Beans | • Red Cabbage | • Popping Corn |
| • Eggplant | • Radishes | • Sparkling Cider |
| • Onions | • 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.



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produce storage tips



If you need any assistance, please contact us:

phone: 908-879-7189

email: csa@alstedefarms.com

Watermelon & Tomato Salad

Ingredients:

- 3 cups Alstede Fresh watermelon, diced
- 1½ cups cherry tomatoes, halved or quartered
- 3 cups arugula, cleaned and torn
- 3 Tbsp fresh mint, chopped
- ¼ cup red onion, thinly sliced
- ¾ cup crumbled feta cheese
- ½ cup black olives (optional)
- Dressing:
 - 2 Tbsp lime juice
 - 3 Tbsp olive oil
 - 2 tsp honey (adjust to taste)
 - Kosher salt, to taste



Instructions

- Whisk together lime juice, olive oil, honey, and salt to make the dressing. Toss a portion of the dressing with the arugula and arrange greens on a serving platter.
- In a large bowl, combine watermelon, tomatoes, mint, and red onion. Drizzle with remaining dressing and gently toss. Spoon over the arugula, then top with feta cheese and olives.

Plum Kuchen

Ingredients

- 1½ cups flour
- ⅓ cup sugar
- 1 stick butter, softened
- 1 farm-fresh egg
- ⅓–½ cup plain
 - breadcrumbs
- 8–10 Alstede Fresh
 - European plums, quartered



Topping:

- 2 eggs
- 3 Tbsp sugar
- 1 cup half & half or cream
- Chopped almonds or cinnamon sugar (optional)

Instructions:

Mix butter and sugar, then add egg and flour to form dough. Let rest 20 minutes. Press dough into a greased 9-inch pan or cookie sheet and sprinkle w/ breadcrumbs. Arrange plums over the dough. Whisk eggs, sugar, and cream together and pour over plums. Top with almonds or cinnamon sugar, if desired.

Bake at 325°F for 30–45 minutes, until edges are golden brown.