

CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights for Week 15

Summer is reaching its peak, and this week's share is packed with colorful, flavor-filled favorites! Sink your teeth into juicy Italian plums, perfect for snacking, baking, or adding to fruit salads.

Sweet corn continues to shine alongside vine-ripened large and heirloom tomatoes, bursting with summer flavor. Fresh eggplant, sweet peppers, green beans, and carrots offer endless possibilities for grilling, roasting, and quick weeknight meals, while refreshing watermelon makes the perfect summertime treat. Don't forget the fresh cilantro, garlic, and onions to bring every dish together with garden-fresh flavor.

Farm Fresh Storage Tips

- Italian Plums: Leave at room temperature until ripe, then refrigerate for up to 5 days.
- Sweet Corn: Refrigerate immediately with husks on and enjoy within 2-3 days for the sweetest flavor.
- Large & Heirloom Tomatoes: Store on the counter, stem-side down. Avoid refrigeration unless fully ripe and very soft.
- Beans: Keep unwashed in a perforated bag in the refrigerator and use within 5-7 days.
- Carrots: Remove tops if attached and store in the refrigerator in a sealed bag or container.
- Eggplant: Store in a cool spot or refrigerate if using within a few days. Avoid temperatures that are too cold for extended periods.
- Watermelon: Whole melons can stay on the counter; once cut, refrigerate tightly covered.
- Cilantro: Trim the stems, place in a jar with an inch of water, loosely cover with a plastic bag, and refrigerate for the longest freshness.



Meal Inspirations

Summer Street Corn Salad: Combine grilled sweet corn, cherry tomatoes, cilantro, peppers, and a squeeze of fresh lime for a vibrant side dish.

Roasted Eggplant & Tomato Pasta: Roast eggplant, garlic, onions, and tomatoes with olive oil, then toss with your favorite pasta and fresh herbs.

Fresh Salsa Verde: Blend tomatillos, cilantro, garlic, onion, and jalapeño for a bright salsa that's perfect with grilled meats, tacos, or chips.

Stuffed Sweet Peppers: Fill peppers with rice, beans, tomatoes, and herbs, then bake until tender.

Rainbow Roasted Vegetables: Roast carrots, beets, onions, peppers, and radishes with olive oil and fresh garlic for an easy seasonal side.

Tomato & Watermelon Salad: Pair juicy tomatoes and watermelon with fresh herbs, crumbled feta, olive oil, and balsamic glaze for a refreshing summer salad.

Italian Plum Crisp: Bake sliced Italian plums with a buttery oat topping for a simple dessert that celebrates the season.

Enjoy another week of farm-fresh goodness, and don't forget to customize your share with your family's favorite fruits and vegetables before your pickup or delivery!

Preserving the Harvest

Make the most of this week's summer bounty by freezing sweet corn off the cob for soups, chowders, and casseroles all winter long. You can also roast and freeze tomatoes or eggplant, and pickle beets, radishes, or carrots to enjoy the flavors of the season long after harvest has ended.

Reduce Waste, Eat Well

Discover how to transform every part of your fresh sweet corn into delicious corn milk and flavorful homemade corn broth. These simple recipes help you make the most of your harvest while reducing food waste.

Farm Fresh Corn Broth

Makes: About 6 cups

Ingredients:

- Cobs from 6–8 ears of sweet corn
- 8 cups water
- Optional: bunching onion, herb stems, bay leaf, peppercorns, salt

Directions:

Simmer corn cobs and seasonings in water for 45–60 minutes. Strain and cool. Refrigerate up to 5 days or freeze up to 6 months.

Use for: Soups, chowders, risotto, rice, stews, or cooking vegetables.



Fresh Corn Milk

Makes: About 1 cup

Ingredients:

- Cobs from 4–6 ears of sweet corn

Directions:

After removing kernels, scrape cobs with the back of a knife to collect the creamy liquid and pulp. Use immediately or refrigerate up to 2 days.

Use for: Chowders, sauces, mashed potatoes, risotto, cornbread, frittatas, and creamy vegetable dishes.

Farm Fresh Tip:

Save the cobs and corn milk before composting the ear to enjoy every bit of your CSA sweet corn harvest, long after the season ends!

Link to Recipe: <https://www.alstedefarms.com/recipe/corn-broth/>