

Dear CSA Members,

Welcome to Week 16 of your Freshly Inspired CSA and this week's fresh picks!

We couldn't be more excited to welcome homegrown peaches to your CSA share for the first time this season! Juicy, sweet, and bursting with summer flavor, peaches are one of our favorite signs that August is here.

This week's customizable share is packed with even more of the season's best, including sweet corn, ripe tomatoes, crisp beans, peppers, eggplant, garlic, carrots, beets, and fresh herbs. From purple basil and dill to onions, shallots, kale, cabbage, and kohlrabi, there's plenty to inspire fresh summer meals.

With swap options including tomatillos, heirloom tomatoes, and green leaf lettuce, you can customize your share to suit your tastes. Whether you're making a fresh summer salad, homemade salsa, grilled vegetables, or simply enjoying peaches and corn straight from the farm, this week's share brings the best of August right to your kitchen.

We hope you enjoy every bite, and especially those first sweet peaches! Happy Eating!

The Alstede Farms CSA Team



Alstede's
Community
Supported
Agriculture

Member Weekly Digest

Week 16: August 10 - Aug 16, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|------------------|-------------------|---------------------|
| • Peaches | • Cherry Tomatoes | <u>Swaps</u> |
| • Sweet Corn | • Dill | • Tomatillos |
| • Large Tomatoes | • Kale | • Heirloom |
| • Garlic | • Cabbage | Tomatoes |
| • Carrots | • Kohlrabi | • Green Leaf |
| • Beans | • Sweet & Hot | Lettuce |
| • Eggplant | Peppers | • Dry Beans |
| • Onions | • Purple Basil | • Popping Corn |
| • Shallots | • Purslane | • Sparkling Cider |
| | • 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

Peach Melba Scones

Ingredients: 2 cups flour* • ½ cup sugar • 2 tsp baking powder • ½ tsp baking soda • ½ tsp salt • 10 Tbsp cold butter, cubed • ½ cup buttermilk • 1 egg • ¾ tsp vanilla • ¼ tsp almond extract • 1¼ cups diced peaches • Sliced almonds • Raspberry jam

Directions: Heat oven to 425°F; line baking sheet with parchment. Combine dry ingredients; cut in butter until crumbly. Stir in peaches. Whisk buttermilk, egg, and extracts; add to flour mixture and stir just until combined. Drop into scant ½-cup portions. Top with almonds and, if desired, a small spoonful of jam. Bake at 400°F for 10 min, then 375°F for 5 min until golden. Cool 5 min. Serve warm with jam, butter or cream.

GF: Use GF flour + ½ tsp xanthan gum.

Recipe by Jenn Borealo, Retired Culinary Specialist



Peach Tomato Bruschetta

Ingredients: 4 medium or 3 large tomatoes, chopped • ½ shallot, minced • 1 garlic clove, minced • Parsley, oregano & basil, chopped • 2 Tbsp grated Parmesan • Black pepper • Italian bread, toasted • Fresh mozzarella, sliced • 1–2 peaches, thinly sliced • Balsamic glaze • **Optional:** olive oil or pesto

Directions: Salt tomatoes and let drain; skip this step for heirlooms. Mix tomatoes with shallot, garlic, herbs, Parmesan and pepper. Toast the bread and top with the tomato mixture, mozzarella and peach slices. Drizzle with balsamic glaze and garnish with herbs. Serve immediately, with reserved tomato juice if desired.

Plum tomatoes work well, too. Brush bread with olive oil or pesto before toasting for extra flavor.

Recipe & photo credit:
Maxine Finney

