

CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights for Week 16

Peak summer is here! This week's customizable share is overflowing with the season's flavors and colors. Enjoy the first of our homegrown peaches, along with sweet corn, juicy tomatoes, crisp beans, colorful peppers, eggplant, carrots, and fresh herbs. Don't overlook unique additions like purple basil, purslane, kohlrabi, and beets—they're delicious ways to add variety, color, and nutrition to your summer meals.

Farm Fresh Storage Tips

Keep your share fresh all week! Store peaches at room temperature until ripe, then refrigerate to extend their freshness. Keep tomatoes at room temperature for the best flavor, while corn is best refrigerated in its husk and enjoyed within a few days. Refrigerate beans, carrots, kale, cabbage, peppers, and beets in the crisper drawer. Store fresh dill and basil in a glass of water like a bouquet, and keep onions and garlic in a cool, dry, well-ventilated spot.



Meal Inspirations

- Bring the farm to your table with easy summer meals. Grill sweet corn, peppers, eggplant, and onions, or combine tomatoes, tomatillos, peppers, garlic, and onions for fresh salsa or pico de gallo. Toss kale, cabbage, or purslane into salads and grain bowls, and sauté beans with garlic and herbs for a simple side. Enjoy peaches fresh, sliced over yogurt, tossed into salads, or baked into a summer dessert.



Preserving the Harvest

- Make the most of summer's bounty!
- Freeze sliced peaches for smoothies
- and desserts, blanch and freeze corn
- for future meals, or make tomato sauce,
- salsa, or pico de gallo to enjoy later.
- Beans and peppers can be quick-pickled,
- while dill and purple basil can be dried,
- frozen, or turned into pesto. A little
- preserving now means you can enjoy
- the taste of your farm-fresh share long
- after summer ends.



Hometown Farm & Global Roots Recipe

FIFA World Cup™ – Summer Squash & Tomato Bake

As part of our Hometown Farm, Global Roots theme, this week's recipe celebrates peak-summer Alstede Fresh produce. Homegrown squash, tomatoes, onions, and fresh herbs come together in a simple, flavorful dish that brings the farm straight to your table.

Summer Squash & Tomato Bake

Prep: 20 min. Bake: 55–60 min. Serves: 6

Ingredients:

2 zucchini, 2 yellow squash, 2 tomatoes, and 1 bunch of onions, all thinly sliced; 2 Tbsp. each fresh basil and parsley; 1½ cups marinara; 1½ cups mozzarella; ½ cup Parmesan; ½ cup panko; 3 Tbsp. olive oil; 2 garlic cloves, minced; 1 tsp. Italian seasoning; 1 tsp. salt; ½ tsp. pepper.



Alstede Farms **Hometown Farm, Global Roots**

Directions:

Preheat oven to 375°F. Salt squash and let stand 10 minutes; pat dry. Combine panko, ¼ cup Parmesan, herbs, garlic, seasoning, and 2 Tbsp. oil. Layer marinara, vegetables, mozzarella, and remaining Parmesan in a greased 9x13-inch dish. Top with breadcrumb mixture and drizzle with remaining oil. Bake 55–60 minutes, until golden and bubbling.

Find the link to the recipe on our website:

<https://www.alstedefarms.com/recipe/summer-squash-parmesan-bake/>