

Dear CSA Members,

Welcome to Week 17 of your Freshly Inspired CSA. Around the farm, this time of year is all about keeping pace with the harvest; fields are producing abundantly, crews are busy bringing in the crops, and the first signs of the seasons ahead are already taking shape. That rhythm is reflected in this week's CSA boxes, filled with freshly harvested sweet corn, tomatoes, sweet and hot peppers, eggplant, beans, and Swiss chard. You'll also find garlic, shallots, onions, leeks, tomatillos, husk cherries, carrots, kale, purslane, and more. And look for the first of our Zestar apples, offering a crisp little preview of what's to come as the farm season moves forward.

We hope you are enjoying eating in season along with us!

The Alstede Farms CSA Team



Member Weekly Digest

Week 17: August 17 - Aug 23, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|--|-----------------|---------------------|
| • Zestar Apples | • Kale | • Swiss Chard |
| • Eggplant | • Leeks | • Kohlrabi |
| • Sweet Peppers | • Beans | • Purslane |
| • Hot Peppers | • Garlic | • Cilantro |
| • Tomatoes (Large, Plum, Cherry, Heirloom) | • Shallots | <u>Swaps</u> |
| • Sweet Corn | • Onions | • Dry Beans |
| • Carrots | • Tomatillos | • Popping Corn |
| | • Husk Cherries | • Sparkling Cider |

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.



Scan the QR Code below for produce storage tips



If you need any assistance, please contact us:

phone: 908-879-7189

email: csa@alstedefarms.com

Eggplant Caprese Salad

Ingredients:

- 6 slices Alstede Fresh
 - eggplant
- 6 slices Alstede Fresh
 - tomatoes
- 6 slices fresh mozzarella
- 1½ cups mixed salad
 - greens, including lettuce and arugula
- Fresh basil
- Italian dressing or balsamic vinegar & olive oil
- Balsamic glaze
- Optional: olives, roasted peppers, artichoke hearts, or red onion



Instructions:

Grill, roast, or air-fry eggplant until tender; cool to room temperature. Toss salad greens with your choice of optional ingredients and dressing. Divide between 2 plates. Layer eggplant, tomato, basil, and mozzarella over the greens, repeating once. Drizzle with balsamic glaze and garnish with fresh basil.

Farm Kitchen Tip: Serve alongside grilled steak, chicken, or fish for a heartier meal. Double the recipe for a crowd.

Easy Roasted Beans

Ingredients: Farm-Fresh Beans (green, yellow wax, purple, or Italian), Olive Oil, Salt, and Pepper.

Directions: Preheat oven to 425°. Toss green beans with olive oil and season with salt and pepper. Spread beans into an even layer on a large baking sheet and roast in the oven or air fryer until golden and tender, 12 to 15 minutes.

Farm Fresh Tip: Make It a Full Meal!

Turn roasted green beans into a satisfying farm-fresh meal by pairing them with grilled chicken, steak, salmon, or your favorite plant-based protein. Add roasted potatoes, rice, or grains for a hearty side, or top the beans with crumbled feta, toasted almonds, fresh herbs, or a squeeze of lemon for extra flavor.

