

CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights for Week 17

This week's share captures the rhythm of the farm as we move toward the next chapter of the growing season. Fields are still producing an abundance of summer favorites, while early fall crops are beginning to make their appearance. From juicy heirloom tomatoes and sweet corn to crisp carrots, leafy greens, tomatillos, husk cherries, and the first Zestar apples, there's plenty to discover in this week's harvest.

Farm Fresh Highlights

- **Zestar Apples:** One of the first apples of our harvest season, Zestar apples are crisp, juicy, and pleasantly sweet with a hint of tartness. Enjoy them fresh, sliced into salads, baked into a simple dessert, or paired with cheese.
- **Sweet Corn:** Jersey sweet corn is still a star of the harvest. Enjoy it simply steamed or grilled, or cut the kernels from the cob to add to salads, salsas, soups, and skillet meals.
- **Beans:** Fresh beans are wonderful roasted, sautéed, or simply steamed. For an easy side, toss them with olive oil, garlic, salt, and pepper and roast until tender and lightly browned.
- **Tomatillos:** Their bright, slightly tart flavor makes them perfect for salsa verde. Roast or grill them with peppers, onion, and garlic for a flavorful sauce.
- **Husk Cherries:** Peel back the papery husks to discover these small, golden fruits. Their sweet-tart flavor makes them a delicious snack and a fun addition to salads, salsas, jams, and desserts.



Meal Inspirations

Fresh Corn & Tomato Salad

Cut sweet corn straight from the cob and combine with cherry or heirloom tomatoes, sweet peppers, red onions, and cilantro. Dress simply with olive oil, lemon or lime juice, salt, and pepper.

Roasted Vegetable Pasta

Roast tomatoes, eggplant, sweet peppers, onions, and garlic until tender and caramelized. Toss with pasta and finish with fresh herbs, Parmesan, or a drizzle of olive oil.

Eggplant & Tomato Stacks

Grill or roast eggplant and layer with fresh tomatoes, mozzarella, and basil. Drizzle with balsamic glaze for a simple meal or side dish.

Breakfast Hash

Sauté potatoes with onions, peppers, and garlic, then add chopped kale or Swiss chard. Top with eggs and fresh cilantro or hot peppers for a hearty breakfast or brunch.

Apple & Kohlrabi Slaw

For something crisp and refreshing, shred kohlrabi and carrots and combine with thinly sliced Zestar apples. Toss with a light lemon or cider vinaigrette. Add cilantro or fresh herbs for an extra layer of flavor.

Preserving the Harvest

Turn Tomatoes Into Sauce

Plum and large tomatoes are perfect for cooking down into tomato sauce. Make a large batch and freeze in meal-sized portions for an easy taste of the harvest later.

Preserve Husk Cherries

Husk cherries are delicious made into a small-batch jam or preserve. Their naturally sweet-tart flavor also pairs beautifully with apples, peaches, and warm spices.

Save the Apples for Later

Zestar apples are wonderful fresh, but they can also be turned into applesauce, apple butter, baked goods, or freezer-friendly pie filling. For the best quality, use a tested preservation recipe when canning.

Hometown Farm & Global Roots Recipe

FIFA World Cup™ – Cantaloupe Agua Fresca

Our Hometown Farm, Global Roots series takes us to Mexico with a refreshing twist on a classic agua fresca. Popular throughout Mexico, these fruit-based drinks celebrate simple, seasonal ingredients, and this version puts ripe cantaloupe front and center.

Made with farm-fresh cantaloupe, orange juice, a touch of honey, and ice, it's an easy way to enjoy the sweet flavor of the harvest while exploring the global roots of the foods we grow and share. This recipe is adaptable to watermelon in season.

Find the link to the recipe on our website:

<https://www.alstedefarms.com/recipe/cantaloupe-smoothies/>



Hometown Farm, Global Roots