

Dear CSA Members,

As we welcome the final days of August, the farm is in that wonderful in-between season when summer is still giving us plenty of produce while fall is beginning to make its appearance. At this time of year, our farmers are busy harvesting the abundance of late-summer crops, preparing fields for fall plantings, and keeping a close eye on the changing weather and shorter days ahead. This week's harvest reflects that seasonal transition, with Zestar apples and Italian plums joining sweet corn, tomatoes, carrots, lettuce, peppers, beans, and fresh herbs.

We'd also like to send a special thank you to all of our CSA members who joined us on Sunday, August 23, for our annual CSA Member Day! It was wonderful to see so many of you out on the farm enjoying the day, exploring, picking, and celebrating the season with us. Fun was had by all, and we're so grateful to have such a wonderful CSA community!

As we head into September, we hope you enjoy this week's harvest and all the fresh inspiration it brings to your kitchen.

The Alstede Farms CSA Team



Member Weekly Digest

Week 19: August 31 - Sept 6, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|--|-----------------|---------------------|
| • Zestar Apples | • Kale | <u>Swaps</u> |
| • Corn | • Collards | • Dry Beans |
| • Carrots | • Beans | • Popping Corn |
| • Cilantro & Dill | • Radishes | • Sparkling Cider |
| • Tomatoes (Large, Plum, Cherry, Heirloom) | • Italian Plums | • Ancho Peppers |
| • Scallions | • Lettuce | • Chili Plants |
| • Bell Peppers | • Garlic | • Husk Cherries |
| • Shishito Peppers | • Onions | |
| | • Shallots | |
| | • 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.



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

Quick-Pickled Cherry Tomatoes

Makes: About 1 quart. Prep: 10 minutes | Pickling time: 24hrs

Ingredients

- 2 cups Alstede Fresh cherry tomatoes, halved or left whole and pierced once
- 1 cup Alstede Fresh jalapeño and/or cherry bomb peppers, sliced
- 4–6 Alstede Fresh garlic cloves, peeled and lightly crushed
- 1 cup white vinegar or apple cider vinegar
- 1 cup water
- 1 tbsp kosher salt
- 1 tbsp sugar
- ½ tsp black peppercorns
- ½ tsp mustard seeds, optional
- 1 small sprig fresh dill, optional



Directions

1. Prepare the vegetables: Wash and dry the tomatoes, peppers, and garlic. If using whole cherry tomatoes, pierce each one once with a toothpick to help the brine penetrate.
2. Pack the jar: Place tomatoes, peppers, and garlic in a clean 1-quart jar. Add peppercorns, mustard seeds, and dill if using.
3. Make the brine: Combine vinegar, water, salt, and sugar in a small saucepan. Bring just to a simmer, stirring until the salt and sugar dissolve.
4. Pour: Carefully pour the hot brine over the vegetables, making sure they are fully submerged. Let cool to room temperature.
5. Refrigerate: Cover and refrigerate for at least 24 hours. The flavor will continue to develop over the next several days.

Corn & Poblano Chili Tamales

Makes: 12–14 tamales | Prep: 45 min + soaking | Cook: 60–75 min

Ingredients

Filling: 3 ears sweet corn, kernels removed • 2 poblano peppers, roasted, peeled & diced • 1 jalapeño or spicy pepper, minced • ½ onion, diced • 2 garlic cloves, minced • 1 tbsp olive oil • ½ tsp cumin • ½ tsp salt • ¼ cup cilantro (optional)

Masa: 2 cups masa harina • 1½ cups warm water or broth • ½ cup softened butter or lard • 1 tsp baking powder • ¾ tsp salt • 12–14 dried corn husks, soaked 30 minutes

For Serving: Pico de Gallo • Guacamole • Lime wedges

Directions

1. Make the filling: Sauté onion in olive oil for 3–4 minutes. Add garlic, poblanos, spicy pepper, and corn; cook 5–7 minutes. Stir in cumin, salt, and cilantro. Cool.
2. Make the masa: Mix masa harina, baking powder, and salt. Beat butter until fluffy, then gradually mix in masa and warm water or broth until soft and spreadable.
3. Assemble: Pat husks dry. Spread about 2 tbsp masa onto each husk, leaving edges clear. Add 1 tbsp filling down the center. Fold sides inward, then fold up the bottom.
4. Steam: Place upright in a steamer, open end up. Cover and steam 60–75 minutes, adding water as needed. Tamales are done when the masa pulls cleanly from the husk. Serve: Rest 5–10 minutes. Serve with Pico de Gallo, Guac & lime.

