

CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights for Week 19

September has arrived at the farm, bringing that wonderful transition from summer into fall. The fields are still producing an abundance of summer favorites, while the first signs of autumn are making their way into your CSA share.

This week brings a colorful mix of Zestar apples, Italian plums, sweet corn, tomatoes, peppers, carrots, garlic, onions, scallions, radishes, and fresh kale and collards. With so much variety in the share, you can enjoy the harvest fresh, roasted, grilled, or preserved for later.

It's also an exciting time on the Farm. Apple picking is underway, and our Corn Maze is open, as we begin one of the busiest and most beautiful seasons on the farm. The changing landscape is a reminder that while summer is winding down, the fall harvest is just getting started.



Meal Inspirations

Zestar Apples

One of the first apples of the season, Zestar is crisp, juicy, and wonderfully sweet-tart. Enjoy them fresh, slice them into salads, or use them in your favorite fall recipes.

Italian Plums

These naturally sweet, flavorful plums are delicious fresh and especially wonderful baked or roasted. They're also a great choice for making jam, compote, or a simple fruit crisp.

Peppers & Tomatoes

Ancho, bell, shishito, cherry, and plum tomatoes offer plenty of inspiration for late-summer cooking. Roast, grill, sauté, or combine them into a fresh salsa or sauce.

Meal Inspirations

- *Roasted Vegetable Medley: Roast carrots, peppers, onions, garlic, and tomatoes together for an easy side dish.*
- *Fresh Farm Salad: Combine lettuce, radishes, carrots, scallions, and beets with your favorite dressing.*
- *Late-Summer Salsa: Dice tomatoes, bell or ancho peppers, scallions, and cilantro for a fresh salsa.*
- *Grilled Shishito Peppers: Quickly blister shishitos in a hot skillet or on the grill and finish with a sprinkle of salt.*
- *Apple & Plum Crisp: Combine sliced Zestar apples and Italian plums with a simple oat-and-cinnamon topping for an easy fall dessert.*

Preserving the Harvest

Storage & Preservation Tips: Keep apples refrigerated for crispness, ripen firm Italian plums at room temperature before refrigerating, and store radishes and peppers in the refrigerator. Enjoy sweet corn within a few days, or blanch and freeze the kernels for later. Store ripe tomatoes at room temperature to preserve their best flavor.

Hometown Farm & Global Roots Recipe

FIFA World Cup™ - A Taste of Home: Creamed Corn

This week, our Hometown Farm, Global Roots journey brings us back home to the United States with a classic comfort food favorite. Inspired by the culinary traditions of the Southern and Midwestern U.S., our Alstede Fresh Creamed Corn celebrates the sweetness of freshly harvested Jersey corn. By using both the kernels and the naturally sweet “corn milk” from the cob, this simple dish captures the rich, comforting flavors of American summer.

Find the link to the recipe on our website:

<https://www.alstedefarms.com/recipe/creamed-corn/>



Hometown Farm, Global Roots