

Dear CSA Members,

Just when you think you know what's happening in the fields, there's an update! Last week's shares included garlic scapes—one of my all-time favorites, which I missed listing originally. As a garlic lover, I think of scapes as the “prequel” crop; once they're cut, the garlic needs about another month to mature before harvest. Scapes are a versatile spring ingredient and will be in shares again this week—check our website for recipe ideas!

Each year, as the CSA season begins, we all readjust to seasonality. When you shop at a market in the winter, most fruits and vegetables are available to us. Unlike where everything is available, spring brings the joy of fresh beginnings. This week's list shows how quickly things shift—our asparagus is done for the season and will now grow into tall, feathery ferns, resting until next year. Strawberries are winding down, and blueberries are getting ready to take their place. The key is to savor each crop while it's here—come pick, and consider preserving a bit for later!

Before I close, I want to mention a heartfelt Facebook post by Frances Massa from May 22. She reflects on how she and her husband Ed have grown with the farm over the years—it's a beautiful read and a reminder of how special this place is.

Jenn Boreale

Culinary & Education Specialist



scan here

Please visit our website to find information on how to store & prepare your weekly share contents.



Member Weekly Digest

Week 8: June 15 - June 21, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Spinach
- Peas
- Rhubarb
- Lettuces
- Kale
- South Jersey Blueberries
- Broccoli
- Chives
- Cilantro
- Cherry Tomatoes
- Collards
- Dry Beans
- Lemon Balm
- Oregano
- Thai Basil Plant
- Basil Plant

*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.



If you need any assistance, please contact us:

phone: 908-879-7189

email: csa@alstedefarms.com

Garlic Scape Chimichurri Sauce

Recipe by Jenn Borealo , Culinary & Educational Specialist

Let this flavorful sauce sit for at least 2 hours to allow the flavors to blend.

Ingredients:

- 1/4 cup olive oil
- 1 tbsp. red wine vinegar
- 1/3 cup finely chopped cilantro
- 2 garlic cloves, minced
- 4 garlic scapes, finely chopped
- 6 long chives, minced
- 2 tbsp. fresh oregano, finely chopped
- 1/4–1/2 tsp red pepper flakes (to taste)
- Kosher salt and black pepper, to taste



Instructions:

1. In a medium bowl, combine olive oil and red wine vinegar.
2. In a food processor, pulse garlic, garlic scapes, and chives until finely minced.
3. Add the minced mixture to the oil and vinegar, then stir in the chopped herbs, red pepper flakes, salt, and pepper.
4. Let it sit for at least 2 hours at room temperature before serving.

Farm Fresh Tip: Delicious with grilled meats, poultry, or fish.

Feel free to adjust the herbs to your taste—parsley is a classic substitute for cilantro. Once garlic scapes are out of season, swap in an extra clove or two of garlic.

Garlic Scape Hummus

Recipe by Jenn Borealo , Culinary & Educational Specialist

Ingredients:

- 1 - 15 oz. can of chickpeas
- 1-2 T lemon juice
- 3 T olive oil
- 6 garlic scapes cut into 1/2" pieces
- 4-5 springs of parsley
- a sprinkle of dry pepper flakes (optional)
- Kosher salt to taste

Instructions:

In the bowl of a food processor, add drained and rinsed chick peas, lemon juice and olive oil.

Pulse a few times. Add the next 5 ingredients and process until smooth. Taste, and add pepper flakes if using and salt as needed.



“Next Gen View”
by Rebekah Alstede Modery

Hello Everyone,

It's been a busy and exciting week here at the farm! We've been hard at work planting in the fields. Most of our crops go in the ground about six weeks before harvest, and we plant in four successions to ensure a steady supply of key summer favorites. Each crop requires a different planting approach—pumpkins, corn, potatoes, beans, and sunflowers are planted mechanically using a planter driven by Gaspar, while peppers, tomatoes, and eggplants are hand-planted using a tractor-drawn planter that seats four crew members who carefully plant each seedling by hand.

Believe it or not, we've already planted half of our pumpkins for the year—yes, in June! It may seem early, but as farmers, we're always planning seasons ahead. This week, we also planted our second succession of lettuce, peppers, tomatoes, eggplant, watermelon, and cantaloupe. There's a lot to look forward to this summer!



As for what we're harvesting now:

One of my favorite jobs is planning each week's CSA share based on field progress and crop availability. I love this time of year because there's so much variety—and even more to come!

Garlic scapes are in abundance this week! These are the tender flower stems garlic produces before the bulbs mature, and they're packed with flavor. We're excited for you to try them, but grab them while you can, because they go fast! Radishes, kale, and collards are also looking beautiful, and we're thrilled to include them in your shares. Broccoli and cauliflower are just beginning to form their heads, and raspberries and tart cherries are not far behind. Your shares are about to get even more colorful!

Sadly, we've reached the end of strawberry season. It's always bittersweet for me—they're one of my favorite crops to grow, and I know many of you will miss them too. But with every goodbye comes a warm welcome: blueberry season is here! New Jersey is the fifth-largest producer of blueberries in the U.S., with over 50 million pounds grown each year—and trust me, you can taste the difference. Most Tuesdays and Thursdays, you'll find me and our CSA packing crew sneaking a few as we work! If you're not quite ready to say goodbye, we still have many strawberry items available in our market, so you can let the flavor of strawberries linger a little longer.



We truly hope you enjoy this week's CSA contents. Whether we're planting fields, harvesting produce, or putting together your weekly box, we always have you in mind. It's a joy to grow for you and your families. Thank you for choosing our family farm to feed yours.

Enjoy every bite!

Rebekah Alstede Modery

