

Dear CSA Members!

First, a warm welcome to those joining us for the “Heart of the Harvest.” We’re glad to have you along for part of the journey this year! You’re arriving just as the weather begins to feel more seasonable—hopefully the forecast is right, and the daily rain takes a break. What a welcome change that would be! I’ve spent much of spring in the gardens and giving farm tours to schoolchildren—needless to say, it’s been a full season so far. Inspired by a post from Mary Alice Levy Landau, I recently decided to cook some beans and try something new. I grew up eating beans with pasta—sometimes loving them, sometimes leaving a pile on the plate. But now, I truly enjoy them. I’m sharing a salad recipe this week featuring navy beans, garden herbs, snow peas, scapes, and cherry tomatoes. It can evolve with the season—this week’s broccoli, for example, would be a perfect addition.

We have a bumper crop of scapes this year—one of my favorites! Great for pesto, soups, salads, stir-fries, or even pickling. Ashley Rivera shared a clever tip on Facebook: chop and freeze scapes in ice cube trays to keep their flavor handy well past the season. A great idea worth trying!

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 9: June 22 - June 28, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|---------------|-----------------|-------------------------|
| • Beets | • Garlic Scapes | Swaps |
| • Broccoli | • Lettuces | • Dill |
| • Swiss Chard | • Peas | • Dry Beans |
| • Collards | • Radishes | • Cilantro |
| • Kale | | • Arugula |
| | | • Squash |
| | | • Assorted Potted Herbs |

***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

Spring Navy Bean Salad

Recipe by Jenn Borealo , Culinary & Educational Specialist

Herb Base:

- 3 garlic scapes
- 10–12 basil leaves
- Finely chop scapes and basil in a food processor.

Salad:

- 1½ cups cooked navy beans
- ⅓ cup chopped tomato
- ⅓ cup chopped red or green pepper
- ⅓ cup sliced snow, snap, or peas
- ¼ cup chopped cucumber or zucchini
- 3 Tbsp. minced red onion
- 2 tsp chopped oregano



Combine beans and chopped veggies in a medium bowl.

Dressing:

- 1–2 Tbsp. lemon juice
- 3 Tbsp. olive oil
- Salt & pepper to taste

Whisk dressing ingredients and drizzle over salad. Toss to coat. Chill for at least 1 hour. Serve over tender greens.

Bean Prep Tips:

Dry beans (pinto, navy, black) should be stored in an airtight container. Soak overnight, or simmer in water/broth with herbs, garlic, and onion for 40–60 minutes. Cooked beans can be frozen in portions for later use.

Canning instructions: pickyourown.org/canning_fresh_beans.php

Hot & Spicy Broccoli

Recipe by Jenn Borealo , Culinary & Educational Specialist

Ingredients:

- 3 Tbsp olive oil
- 2–3 garlic cloves, minced
- 1–2 Tbsp. sriracha
- ½ Tbsp. honey
- Juice of ½ lime
- 1 large head of broccoli, cut into 1" pieces
- Salt & pepper to taste
- 2–3 scallions, thinly sliced (reserve half for garnish)



Instructions:

1. Preheat oven to 425°F.
2. In a skillet, heat 1–2 Tbsp. olive oil. Sauté garlic for 1–2 minutes (don't brown), then add half the scallions and cook another minute.
3. In a small bowl, mix sriracha, honey, and lime juice.
4. Add a bit more oil to the skillet and sauté broccoli for 2–3 minutes. Stir in sauce, garlic, and scallions to coat well.
5. Transfer broccoli to a parchment-lined baking pan. Cover loosely with foil and roast for 8–10 minutes. Remove foil and roast another 8 minutes until broccoli is crisp-tender and slightly charred.
6. Season with salt and pepper, garnish with remaining scallions. Serve warm or at room temperature.

“Next Gen View”

by Rebekah Alstede Modery

Hello Everyone,

This week’s production update is an exciting one—our fields are beginning to burst with fresh fruits and vegetables!

We're nearing the end of garlic scape season, so be sure to stock up while you can. Dill, Swiss chard, and broccoli are coming in strong and will be featured in your shares. Jersey blueberries return this week, bringing a vibrant pop of blue to your box. And we’re happy to report that zucchini and summer squash are beginning to bloom—look for our homegrown squash in your shares this week! Squash is one of those crops that takes off once it starts, so expect plenty in the weeks ahead, and feel free to stock up.



You’ll also find arugula in your box this week. As part of our sustainable and regenerative farming practices, we grow in harmony with nature, which sometimes means our greens come with a few natural imperfections. While they may not look picture-perfect, they’re full of flavor, freshness, and nutrients. We’re offering this arugula at a discount to reduce food waste and celebrate the beauty of real food—we hope you enjoy it as much as we do.

With the rain finally letting up, our production team is gearing up for a big planting week. We’ll be planting more strawberries, peppers, eggplant, tomatoes, and finishing off our pumpkins. Believe it or not, most of our planting wraps up by mid-July—except for a few crops like corn, beans, lettuce, and broccoli.

We're looking forward to filling the last few fields with produce that will carry us well past Christmas!

Out in the fields, the potatoes are flowering, which means tiny potatoes are forming underground as we speak. We're also spotting baby tomatoes on our cherry and red tomato plants, and our garlic heads are swelling by the day. It's an exciting time on the farm, and we can't wait to continue sharing the bounty of the season with you.



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

