

Dear CSA Members,

Welcome to Week 6 of the CSA season!

The farm is filled with activity as we move into early summer. Strawberry harvest is in full swing, and our crew is busy picking sweet, sun-ripened berries fresh from the fields. We're also planting broccoli, lettuce, and sweet potatoes for future harvesting.

One of the highlights this week is the watermelon planting season. Every year, all of our melons are seeded and planted by hand, a labor of love that helps ensure healthy plants and a delicious harvest later this summer.

We enjoyed welcoming school children to the farm this past week for field trips. Students had the opportunity to pick strawberries and learn firsthand about how food is grown. It's always rewarding to share the farm experience with the next generation of farmers and healthy eaters.

This week's share features beautiful farm-fresh lettuces and escarole. Enjoy lettuce in simple salads, sandwiches, and wraps. Escarole is delicious sautéed with garlic and olive oil, added to soups, or mixed into salads for a slightly bitter, refreshing flavor.

We hope you enjoy another week of fresh harvests from the farm!

Warmly,

Alstede Farms CSA Team

Scan the QR Code
below for produce
storage tips



freshly
inspired

Alstede's
Community
Supported
Agriculture

Member Weekly Digest

Week 6: June 1 - June 6, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|-------------|----------------|--------------------------------|
| • Asparagus | • Kale | <u>Swaps</u> |
| • Carrots | • Strawberries | • Dry Beans |
| • Beets | • Lettuces | • Popcorn |
| • Radishes | • Escarole | • Mint, Oregano,
Lemon Balm |
| • Leeks | • Rhubarb | • Cherry Tomatoes |
| • Spinach | • Basil Plants | • Sparkling Cider |

***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

Strawberry Salad with Honey–Apple Cider Vinaigrette

Ingredients: Salad

- 8 cups Alstede Farms
 - Boston lettuce, washed,
 - dried, and torn
- 2 cups Alstede Farms
 - strawberries, cleaned & sliced
- ½ cup red onion, thinly sliced
- ½ cup Springhouse Creamery
 - cheese curds, halved
- ½ cup toasted pecans or walnuts
- Optional: avocado slices



Honey–Apple Cider Vinaigrette

- ¼ cup Alstede Farms apple cider
- 2 tbsp. Alstede Farms honey
- 2 tbsp. apple cider vinegar
- ⅓ cup olive oil (or walnut oil)
- ½ tsp Alstede Farms honey mustard
- Salt and pepper to taste

Directions

Whisk together apple cider, honey, vinegar, mustard, salt, and pepper. Slowly whisk in olive oil until emulsified (or blend).

In a large bowl, combine lettuce, strawberries, onion, cheese, and nuts. Drizzle with vinaigrette just before serving and toss gently.

Potted Herb of the Week: *Basil*

This week's share includes a fragrant and versatile Basil plant to enjoy at home! Basil is easy to grow in containers, raised beds, or garden spaces and will continue producing throughout the season with regular harvesting.

Basil thrives in full sun and well-drained soil. Water regularly, keeping the soil consistently moist but not waterlogged. To encourage a fuller, more productive plant, pinch off the growing tips and remove any flower buds that begin to form.

One of summer's most beloved herbs, basil adds fresh flavor to countless dishes. Use it in salads, sandwiches, pasta dishes, homemade pesto, pizzas, marinades, dressings, and infused beverages. Fresh basil also pairs beautifully with tomatoes, strawberries, and mozzarella cheese.

For best results, harvest basil regularly by snipping stems just above a set of leaves. Frequent harvesting encourages new growth and provides an abundant supply of fresh herbs all season long. If you find yourself with more basil than you can use, store freshly cut stems in a jar of water on the countertop like a bouquet of flowers, or blend the leaves into pesto and freeze for later use.