

Dear CSA Members,

Welcome to Week 7 of the CSA season! One of the joys of eating seasonally is experiencing the ever-changing harvest as each week brings something new from the fields. This week's share highlights the transition from late spring into early summer, featuring favorites like strawberries, asparagus, spinach, kale, escarole, rhubarb, and fresh herbs, along with cherry tomatoes making their seasonal debut.

We are grateful for the opportunity to be your farm and grow food for your family. Every item in your share represents the care and dedication of our farmers, field crews, and market staff who work hard each day to bring the freshest harvest from our fields to your table. Thank you for supporting local agriculture and sharing in the season with us. Share Tip: When you get home, take a few minutes to wash, prep, and store your vegetables for the week ahead. Having your greens cleaned and your root vegetables ready to use makes it easier to enjoy more fresh produce in everyday meals and helps reduce food waste. Happy eating!

Warmly,
Alstede Farms CSA Team

Scan the QR Code
below for produce
storage tips



Alstede's
Community
Supported
Agriculture

Member Weekly Digest

Week 7: June 7 - June 13, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

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

Ingredients

- 4 cups Alstede Farms strawberries,
 - washed and sliced
- 1 Tbsp lemon juice
- 2 Tbsp Alstede Farms honey
- 1 Tbsp water
- 1 loaf Alstede Farms sourdough, sliced
- Lancaster Dairy Farm Strawberry Cream Cheese Spread or Honey Goat Cheese
- Additional Alstede Farms honey for drizzling
- Fresh mint, basil, or thyme (optional)



Directions

1. Combine strawberries, lemon juice, honey, and water in a saucepan. Simmer 8–10 minutes, stirring occasionally, until softened and slightly thickened. Cool slightly.
2. Toast or grill sourdough slices until golden.
3. Spread with strawberry cream cheese or honey goat cheese.
4. Top with strawberry compote and drizzle with honey.
5. Garnish with fresh herbs if desired.

Farm Tip: Make the compote ahead and refrigerate for up to 5 days. It's also delicious on pancakes, waffles, yogurt, oatmeal, or ice cream. Serves: 6–8

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.