

Dear CSA Members,

This week marks the beginning of our Heart of the Harvest shares, and we're thrilled to welcome new members joining us.

As we move closer to summer, the fields are bursting with abundance. One of the joys of eating seasonally is experiencing the transition from spring into summer, as familiar favorites are joined by exciting new harvests. Each week brings fresh flavors and a deeper connection to the growing season.

This week's harvest includes one of the season's most anticipated specialties, garlic scapes.

If you're new to garlic scapes, you're in for a treat. These tender flowering stems of garlic plants offer a mild garlic flavor with hints of green onion. Try them in pesto, stir-fries, pasta dishes, salads, or simply sautéed as a seasonal side.

We're also excited to see snow peas in the shares this week. Their sweet flavor and crisp texture make them perfect for snacking, tossing into salads, adding to stir-fries, or lightly sautéing alongside other fresh vegetables.

Remember that every CSA share is unique. One of the benefits of our Freshly Inspired CSA program is the ability to customize your share, allowing you to select items that best fit your family's tastes and meal plans.

Warmly,

Alstede Farms CSA Team



Alstede's
Community
Supported
Agriculture

Member Weekly Digest

Week 8: June 14 - June 20, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|-------------------|-------------------|-----------------|
| • Asparagus | • Snow Peas | Swaps |
| • Spinach | • Garlic Scapes | • Herbs |
| • Lettuces | • Strawberries | • Cucumbers |
| • Rhubarb | • Kale | • Popcorn, Dry |
| • Broccoli | • Radishes | Beans |
| • Cherry Tomatoes | • Endive/Escarole | • Tuscan Kale |
| | • Swiss Chard | • Tart Cherries |

*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.

Scan the QR Code
below for produce
storage tips



If you need any assistance, please contact us:

phone: 908-879-7189

email: csa@alstedefarms.com

Garlic Scape Chimichurri Sauce

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.

Recipe by Jenn Borealo , Culinary & Educational Specialist

Alstede Fresh Snow Pea & Strawberry Farm Salad

Ingredients:

For the Salad

- 2 cups Alstede Fresh snow peas, trimmed
- 4 cups mixed Alstede Fresh lettuces, torn
- 1 cup Alstede Fresh strawberries, sliced
- 2 radishes, thinly sliced
- 2 Tbsp fresh mint, chopped
- 2 Tbsp fresh cilantro, chopped
- 1/4 cup crumbled goat cheese (optional)

For the Honey-Lemon Vinaigrette

- 3 Tbsp olive oil
- 1 Tbsp Alstede Farms honey
- Juice of 1 lemon
- Salt and pepper to taste



Instructions:

1. Bring a small pot of water to a boil. Blanch the snow peas for 30 seconds, then transfer immediately to ice water. Drain well.
2. In a large bowl, combine lettuces, snow peas, strawberries, radishes, mint, and cilantro.
3. Whisk together olive oil, honey, lemon juice, salt, and pepper.
4. Drizzle dressing over the salad and toss gently.
5. Top with goat cheese if desired and serve immediately.