

CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights for Week 8

As we move from spring into early summer, the harvest continues to grow more abundant each week. This week's share features a wonderful mix of seasonal favorites and early summer arrivals, including snow peas, garlic scapes, cherry tomatoes, cucumbers, strawberries, and tart cherries.

Farm Fresh Highlights

Snow Peas – Sweet and crisp, perfect for snacking, salads, and stir-fries.

Garlic Scapes – A short-season favorite with mild garlic flavor, great for pesto, grilling, or sautéing.

Cherry Tomatoes – Our first tomatoes of the season are here, bursting with sweet summer flavor.

Tart Cherries – Bright and tangy, ideal for baking, sauces, and fresh snacking.

Simple Seasonal Ideas

- Toss snow peas, cucumbers, radishes, and lettuce into a refreshing salad.
- Blend garlic scapes into pesto for pasta or sandwiches.
- Pair strawberries and tart cherries in a crisp, compote, or smoothie.
- Enjoy cherry tomatoes fresh as a snack or in summer salads.

Produce Storage Tips

Keep your farm-fresh fruits and vegetables at their best with our handy storage guide. Learn how to maximize freshness, reduce waste, and enjoy your harvest longer.

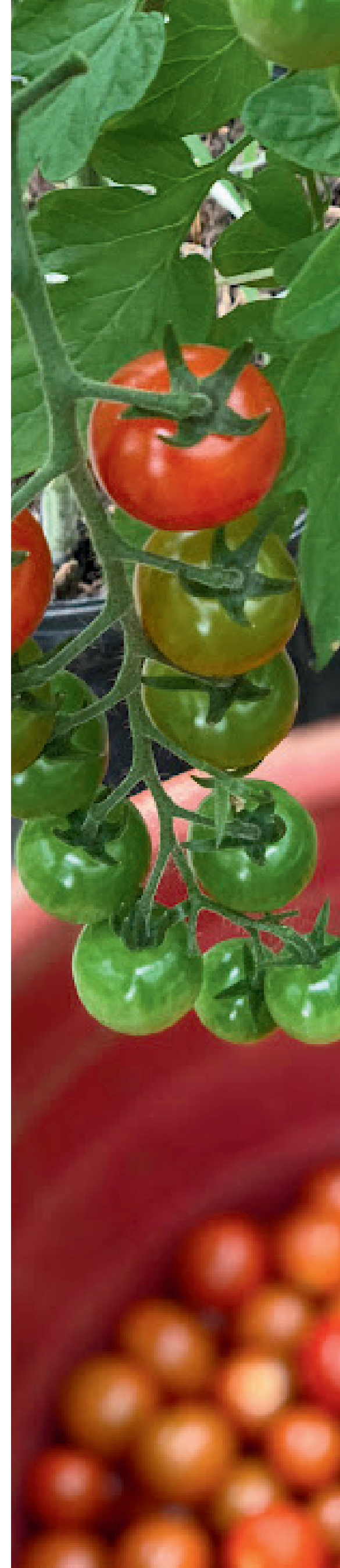
<https://www.alstedefarms.com/.../produce-storage-and-tips/>

Recipe Inspirations

Looking for new ways to use what's in your share? Explore our collection of seasonal recipes featuring farm-fresh ingredients straight from the harvest.

<https://www.alstedefarms.com/recipes/>

Thank you for supporting local agriculture and sharing in the flavors of the season. Enjoy your Week 8 harvest!



Hometown Farm, Global Roots

FIFA World Cup™ Hometown Roots Recipe Inspiration: Caldo Verde

As the world comes together for the FIFA World Cup™, we're celebrating the flavors and traditions that connect communities across continents. This week's Hometown Roots Recipe Inspiration is Caldo Verde, a beloved Portuguese soup known for its simple ingredients, comforting flavors, and deep cultural roots.

While traditionally made with potatoes and kale, our farm-fresh interpretation highlights the seasonal harvest from Alstede Farms. Homegrown escarole, white beans, and garlic scapes bring a local twist to this classic dish, showcasing the abundance of New Jersey fields while honoring the culinary traditions of World Cup nations, including Portugal, Panama, Brazil, Paraguay, and Colombia.

Rich in wholesome greens and hearty beans, this rustic soup celebrates the universal language of food, bringing people together around the table just as the beautiful game brings nations together on the field. Enjoy this nourishing seasonal favorite as you cheer on teams from around the globe and savor the flavors of your CSA share.

View the full recipe here: [Caldo Verde](#)

*Rooted locally. Inspired globally.
Many cultures. One New Jersey farm.*

freshly
inspired  Alstede's
Community
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Agriculture

Alstede Fresh Caldo Verde

This hearty farm-fresh soup celebrates some of the season's best harvests. Tender escarole, creamy Alstede Fresh white beans, and flavorful garlic scapes come together in a comforting dish that's perfect for showcasing the abundance of your CSA share.

Ingredients:

- 2 cups cooked Alstede Fresh White Beans
- 4–6 cups vegetable broth
- 2 bay leaves
- ¼ cup extra-virgin olive oil
- 6–7 cups coarsely chopped escarole
 - (or a mix of escarole and kale)
- 1 medium onion, diced
- 4 garlic scapes, thinly sliced
- ½ tsp crushed red pepper flakes, or to taste
- Salt and black pepper, to taste



Alstede Farms **Hometown Farm, Global Roots**

Directions:

1. In a large pot, combine the white beans, 4 cups of vegetable broth, and bay leaf. Bring to a gentle simmer and cook for 10 minutes.
2. Stir in the escarole and continue simmering for 10–15 minutes, until the greens are tender.
3. Meanwhile, heat the olive oil in a skillet over medium heat. Add the onion and garlic scapes and sauté until softened and lightly golden, about 5–7 minutes.
4. Ladle one cup of the hot soup into the skillet. Add the red pepper flakes and stir to combine. Pour the seasoned mixture back into the soup pot.
5. Season with salt and pepper to taste. Add additional broth if desired and let the soup rest, covered, for 10 minutes before serving. Remove bay leaves before serving.

Serving Suggestion:

Serve with crusty bread and a sprinkle of grated Parmesan cheese. For a heartier meal, add sliced cooked sausage and simmer for an additional 10 minutes to blend the flavors.