

Dear CSA Members,
Welcome to Week 9 of the CSA season! As summer officially arrives, the harvest continues to expand with an exciting mix of familiar favorites and seasonal specialties. This week's share highlights the abundance of early summer, featuring fresh-picked strawberries, organic raspberries, peas, cucumbers, broccoli, lettuces, cabbage, kale, collards, Swiss chard, kohlrabi, gooseberries, rhubarb, and more. One of the highlights this week is the arrival of gooseberries and organic raspberries. Raspberries are perfect for snacking, baking, or adding to breakfast dishes, while gooseberries offer a unique sweet-tart flavor that shines in jams, pies, sauces, and fresh summer desserts. You'll also find crisp cucumbers making their seasonal debut, bringing refreshing crunch to salads, sandwiches, and summertime meals.

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

We hope you enjoy exploring the flavors of the season and discovering new ways to enjoy this week's harvest.

Warmly,
Alstede Farms CSA Team



Alstede's
Community
Supported
Agriculture

Member Weekly Digest

Week 9: June 21 - June 27, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|---------------|-----------------------|---------------------|
| • Broccoli | • Kohlrabi | <u>Swaps</u> |
| • Swiss Chard | • Organic Raspberries | • Gooseberries |
| • Lettuces | • Strawberries | • Cucumbers |
| • Cabbage | • Mint | • Popcorn, |
| • Collards | • Oregano | • Dry Beans |
| • Kale | | • Rhubarb |
| • Peas | | |

*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.

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storage tips



If you need any assistance, please contact us:
phone: 908-879-7189
email: csa@alstedefarms.com

Creamy Spinach & Herb Dip

Ingredients

- 4 cups Alstede Farms spinach,
 - washed, dried & chopped
- 1 tbsp olive oil
- 1 garlic scape, minced
- 1 cup whipped cream cheese
 - or Greek yogurt
- ¼ cup grated Parmesan cheese
- 2 tbsp fresh chives, chopped
- 1 tbsp fresh parsley, chopped
- 1 tsp lemon zest
- 1 tbsp lemon juice
- ½ tsp salt
- Fresh cracked black pepper, to taste



Instructions

1. Heat olive oil in a skillet over medium heat. Sauté garlic scapes for 30 seconds, then add spinach and cook until just wilted, 2–3 minutes. Cool slightly.
2. Combine spinach with cream cheese or yogurt, Parmesan, chives, parsley, lemon zest, lemon juice, salt, and pepper.
3. Chill for 15 minutes before serving. Enjoy with fresh vegetables, crackers, or pita chips.

Mediterranean Broccoli Salad

Ingredients

- 1 head broccoli, cut into florets
 - (or use ½ broccoli and ½ cauliflower)
- 1 cup steamed peas, snow peas,
 - or sugar snap peas (optional)
- ¼–½ red onion, thinly sliced
- ½ cup sliced black and green olives
- 1 jar marinated artichoke hearts, drained and sliced
- Roasted red peppers, thinly sliced



Dressing

- 1½ tsp red wine vinegar, 2 tsp lemon juice, ¼ cup olive oil
- ½ tsp Dijon mustard, 1–2 cloves garlic, minced, Salt and pepper, to taste

Instructions

1. Steam broccoli florets for 4–5 minutes until crisp-tender. If using cauliflower, steam separately until just tender. Allow vegetables to cool to room temperature.
2. In a large bowl, combine broccoli, cauliflower (if using), peas, red onion, olives, artichoke hearts, and roasted peppers.
3. In a small bowl, whisk together the vinegar, lemon juice, olive oil, Dijon mustard, garlic, salt, and pepper. Alternatively, blend in a small food processor.
4. Toss the salad with the dressing just before serving.

Serving Tip: Enjoy immediately at room temperature, or chill the salad and dress it just before serving for a refreshing summer side dish.