

Dear CSA Members,

Summer is here, and the harvest keeps growing! We're excited to share another beautiful week of fresh-picked fruits and vegetables as the farm transitions into one of the most abundant seasons of the year.

Blueberry season is in full swing, and pick-your-own blueberries, raspberries, gooseberries, and currants are now underway. Don't forget your membership provides free access to Pick Your Own, pay only for what you pick!

In the coming weeks, look for even more summer favorites, including cucumbers and sweet corn, to begin filling your shares.

As we celebrate America's 250th anniversary and continue cheering on the FIFA World Cup, this week's Hometown Farm & Global Roots recipe, [Team USA Blueberry Stars & Stripes Tart](#), highlights how fresh, seasonal food brings people together across cultures. Look for this recipe later this week in your share guide! We hope you enjoy this week's member weekly digest featuring recipes for easy kale chips and garlic scape hummus.

Thank you for supporting local agriculture and helping preserve our farmland for future generations. We wish you and your family a safe, happy, and delicious Fourth of July, and we look forward to seeing you on the farm!

Warmly,
Alstede Farms CSA Team



Alstede's
Community
Supported
Agriculture

Member Weekly Digest

Week 10: June 29 - July 5, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|-----------------|-----------------|---------------------|
| • Blueberries | • Kale | <u>Swaps</u> |
| • Tart Cherries | • Kohlrabi | • Assorted Herbs |
| • Raspberries | • Lettuce | • Assorted Plants |
| • Currants | • Peas | |
| • Spinach | • Green Beans | |
| • Garlic Scapes | • Summer Squash | |
| • Broccoli | • White Onion | |
| • Cauliflower | Bunches | |

*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

Easy Kale Chips

Ingredients

- 1 bunch kale
- 1–2 tablespoons olive oil
 - (or cooking spray)
- Kosher salt, Parmesan cheese,
 - or nutritional yeast to taste



Directions

1. Preheat oven to 350°F.
2. Wash and thoroughly dry the kale. Remove the stems and tear the leaves into bite-sized pieces.
3. Toss kale with olive oil and your choice of seasoning.
4. Spread in a single layer on a parchment-lined baking sheet.
5. Bake for 8–10 minutes, watching closely, until crisp but not browned.
6. Cool completely before serving. Store in an airtight container for up to one week.

Farm Kitchen Tip: Enjoy kale chips as a healthy snack or sprinkle them over salads, grain bowls, soups, or pasta for extra crunch and flavor. Experiment with your favorite herbs and seasonings to create a new variety every time!

Garlic Scape Hummus

Ingredients:

- 1 – 15 oz. can of chickpeas
- 1-2 T lemon juice
- 3 T olive oil
- 6 garlic scapes cut into half-inch pieces
- 4-5 springs of fresh parsley
- a sprinkle of dry pepper flakes (optional)
- Kosher salt to taste



Instructions:

In the bowl of a food processor, add the drained and rinsed chickpeas, lemon juice, and olive oil. Pulse a few times. Add the next 5 ingredients and process until smooth. Taste, and add pepper flakes if using and salt as needed.

Farm Kitchen Tip: Serve with steamed green beans, raw snap peas, or grilled slices of summer squash from your CSA share. It's also delicious spread on sandwiches, wraps, or topped with a drizzle of olive oil and fresh herbs.

Recipe by Jenn Borealo, Culinary & Educational Specialist