

Dear CSA Members,

Welcome to this week's Freshly Inspired CSA Member Weekly Digest for week 11!

With summer harvest gaining momentum, this week's share is filled with an exciting variety of fresh-picked fruits and vegetables. Enjoy the sweet flavors of blueberries, raspberries, currants, gooseberries, and tart cherries alongside homegrown favorites like broccoli, green beans, summer squash, peppers, cucumbers, leafy greens, and more.

Inside, you'll find helpful storage tips and recipe inspiration to help you make the most of your share. Looking for even more ideas? Visit our recipe collection on our website, browse previous editions of this newsletter, or join the conversation in our private Freshly Inspired Facebook group, where members share recipes, cooking tips, and creative ways to enjoy the season's harvest.

Thank you for supporting local agriculture. We hope you enjoy another delicious week of farm-fresh goodness!

Warmly,

Alstede Farms CSA Team



Alstede's
Community
Supported
Agriculture

Member Weekly Digest

Week 11: July 6 - July 12, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|-----------------|--------------------|---------------------|
| • Blueberries | • Regular Kale | <u>Swaps</u> |
| • Gooseberries | • Tuscan Kale | • Dry Beans |
| • Tart Cherries | • Lettuce | • Popping Corn |
| • Raspberries | • Peas | • Sparkling Cider |
| • Currants | • Green Beans | |
| • Cabbage | • Summer Squash | |
| • Collards | • White Onion | |
| • Broccoli | Bunches | |
| • Cauliflower | • Assorted Peppers | |
| | • Cucumbers | |

*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

Healthy Green Smoothie

Green smoothies are a delicious way to start your day or recharge with a nutritious snack. By combining seasonal fruits with leafy greens and healthy fats, this smoothie delivers lasting energy, along with a variety of vitamins, minerals, and fiber to help keep you feeling satisfied.

Ingredients:

- 1-2 cups seasonal fruit
 - (such as blueberries, raspberries, peaches, or other ripe fruit)
- 1/2 banana
- 1/2 avocado
- 2 handfuls of leafy greens
 - (spinach, kale, collards, or any greens)
- 1 cup apple cider
- 1-2 cups ice (optional)
- Water or additional apple cider, as needed, to reach your desired consistency



Feel free to substitute ingredients based on what's fresh and in season from your CSA share.

Directions:

Place all ingredients in a blender and blend until smooth. If needed, add a little water or extra apple cider to help the mixture blend and achieve your preferred consistency. Pour into glasses and enjoy immediately for the freshest flavor and best nutritional value. Leftover smoothie can be refrigerated for up to one day or poured into popsicle molds for a refreshing frozen treat. Garnish with a lemon slice.

Grilled Summer Squash Ribbon Skewers with Garlic Scape Pesto

Ingredients

Pesto

- 2-3 garlic scapes
 - (or garlic cloves)
- 3/4 cup basil leaves
- 1 Tbsp fresh oregano
- 2-3 Tbsp olive oil

Skewers

- 1 green zucchini
- 1 yellow squash
- Small mushrooms
- Bell pepper, cut into chunks
- Cherry tomatoes
- Red onion wedges
- Olive oil and balsamic vinegar



Directions

Blend the pesto ingredients until smooth; set aside.

Trim the squash and use a vegetable peeler or mandoline to slice it into thin ribbons. Fold each ribbon accordion-style and thread onto 4 metal skewers, alternating with mushrooms, peppers, tomatoes, and onion.

Brush with olive oil and balsamic vinegar. Grill over medium-high heat for a few minutes per side until lightly charred and tender.

Remove from the grill, brush with the garlic scape pesto, and serve warm or at room temperature. Makes 4 skewers.