

Dear Valued Freshly Inspired Member,

In some ways it seems that we have been waiting for this day for a long time and in some other ways the time passed very quickly this winter. As always, all of us here extend a warm welcome to our new and renewing CSA members. Our production team has been working long hours behind the scenes all winter preparing for this day. As many of you know, there is much planning and preparation that starts long before the previous season ends, and it continues through the first months of the year. Tomatoes are the first crop to be planted in the greenhouse and they are transferred into large greenhouse pots so that we will have tomatoes earlier than those that would come from the field. Onions, all varieties, are planted next, and have been transferred to the fields in the last few weeks. Peppers and tomatoes are growing in the greenhouse waiting to be transferred to the field and corn has been planted a couple of times already.

With all of that being said this year, like many others, has come with its challenges. We have had some beautiful days, at times we have had too much rain, and if you were paying attention to the nighttime temperatures in the past week you know that we were experiencing dangerous cold. The farmers/weathermen are hoping that all the extra care to bring some heat into the orchards will prove to have been worth the effort.

We have quite a few items in the shares this week that are from our own farm. The high tunnels are full of leafy greens and some root vegetables. Asparagus does come back every year and a few spears have been poking through the ground in the last week, but we will ask our partners in south Jersey to help with the first shares of the season. Due to their sandy soil, cleaning the asparagus will require a little extra time.

It is springtime, our bodies are ready for lighter foods. Nature brings us many leafy greens to start the season. All shares will include spinach, lettuce, and kale. Spring is the time many of us like to get out and start growing ourselves. The production team started growing seeds for herbs for our gardens as well. They have transplanted the plugs into 4" pots and you will receive one or two herbs in your shares for the next six weeks or so. Now is the time to plant your kitchen garden. These plants can live in the small pots for a while, but they will need to be transferred into the garden or large pots in order to reach their full potential. Planting directions will be included in the tips each week. This week, and from time to time throughout the season you will receive a bunch of cut herbs. Check out the tips for storage or preserving on our website.

As always, we are here to support you through the season. The best way to reach us is by phone, 908-879-7189 or csa@alstedefarms.com. Until next week, enjoy the freshness.

Jenn Boreale



Member Weekly Digest

Week 1 - April 28, 2024

- chives
- cilantro
- spinach
- basil
- asparagus
- dried black beans
- popping corn
- lettuces
- kale
- carrots
- parsley plant - flat & curly

*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 Harvie profile, as well as changes in availability.



if you need any assistance, please contact us:

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Black Beans

The beans in the share have been stored over the winter. Beans have been sorted but it is always a good practice to start here:

- Wash the beans in a colander with cool running water.
- Soak the beans in a pot covered with 2" of water. Add 1-2 T salt and cover and leave overnight. Rinse the beans in a colander again before cooking.
- Add the beans back into the pot and cover with two inches of water. Add onion, garlic, bay leaf, and a little olive oil. Red pepper flakes are optional.
- Cook over medium heat to start, lower the heat after 10 minutes and cook for up to an hour stirring occasionally. Check for doneness after 40 minutes

Black Beans and Rice

- Heat a little oil in skillet over medium heat.
- Sauté a medium chopped onion and a couple of chopped jalapeno peppers. As the pepper and onion begin to soften add 2-3 cloves of minced garlic. Sauté a minute or two more.
- Add 2- 3 cups of cooked black beans. Season with a little cumin and hot pepper. Add salt to taste. Drizzle with lime.
- Garnish with some chopped cilantro, chopped green onion, & sour cream
- Serve with prepared rice

This Week's Storage Tips & Tricks

Asparagus:

- To store, place the ends in a container of water. If storing for a couple of days leave room for possible growth and check the water level each day or wrap in a damp paper towel and store in plastic. Cleaning asparagus. Run under cold water gently rubbing the stalk and the tip. You may also soak in cold water. To ensure grit is removed, bring a pan of water to a boil, add a little salt. Add asparagus for 2-3 minutes to release any sandy soil remove and drop into an ice bath to stop the cooking. Store asparagus for later use.

Other Produce:

- Please visit our website to find more information on how to store and prepare your weekly share contents.

scan here→



Kale and Quinoa Patties



- 1 cup quinoa**
- 5-6 large kale leaves**
- 4 large eggs, beaten**
- 1/2 cup fat-free grated parmesan cheese**
- Small white onion (or about 3 spring onions for milder taste), diced**
- 3 cloves garlic**
- 1 tsp salt**
- 1 tsp cumin**
- 1/4 cup chopped cilantro or parsley (plus more for serving)**
- 1/2 lemon (both the zest and juice)**
- 1 cup panko breadcrumbs**
- 6 T safflower or vegetable oil (divided, plus more for serving)**
- Avocado, cilantro, parsley, lemon wedges, (optional)**

- Rinse quinoa and then combine it in a medium saucepan with two cups water. Let it soak for about 15 minutes, bring it to a boil then reduce to a simmer and put the top on the pan. Simmer for 20 minutes, remove the lid, fluff with a fork and let come to room temp.
- Steam kale leaves for about 30 seconds, just to soften a little then chop into small pieces.
- In a large bowl beat the eggs, add the parmesan cheese, onion, garlic, salt, cumin, cilantro or parsley, the zest from 1/2 a lemon and the panko. Stir in the kale and quinoa. Use your hands to combine well.
- Heat 3 tbsp of the oil over medium heat in a high sided skillet. Form your patties, use an ice cream scoop for uniformity to make exactly 12 patties. Heat the oven to 200. Cook six patties at a time, so as not to crowd the pan. Cook on each side for about 5 minutes until golden brown and then put those six in the oven on a cooling rack placed on a baking sheet to keep hot while you make the next six patties.
- Remove oil from the first batch and freshen, re-heat 3 more tbsp before making the second batch. Serve the patties topped with avocado slices, sea salt, cilantro or parsley leaves, a squeeze of lemon juice and a drizzle of olive oil.

recipe created by Culinary & Educational Specialist, Jenn Borealo