

Dear Valued Freshly Inspired Member,

I am hoping that all of you enjoyed unpacking that first share of the season. It is always a special day to see everyone arriving with smiles and anticipation knowing that the box will hold the fresh bounty of the farm. In years past everyone would pick up here at the main farm store, now with chapters we don't get to see all of you every week. I hope that during the season that you will come out to the farm to see us and to experience the fields growing and alive.

I have been told that from today forward we will all be receiving home grown asparagus. The production crew has been out every day cutting spears in the field. Asparagus is picked and placed in crates and then bundled and cut so that the bundle can stand in water in lined crates. Now that we are receiving our own asparagus it is time to start thinking about what you might want to save for the months when it is not available. We have known from the past that some of our members will just finish the home grown produce that they preserved as we start the new season. They are committed to preserving a portion of the share during every week of the previous year. Directions for freezing asparagus can be found in the tips this week.

Get out into the garden again this week. In my garden, I planted my parsley in a large fourteen inch pot. I am going to start a new larger sixteen inch pot, with the chives in the middle and thyme as one of the herbs at the perimeter. I am going to wait to add oregano and sage to the same pot. Both parsley plants are mature and ready to use. The flat leaf parsley came to us with long stems. Start to pinch back so that it will become a fuller plant.

A couple of the vegetables that are in the share this week have been what is called overwintered. The parsnips, carrots, and leeks were planted in the fall and then covered during the winter. The cold will bring out the sweetness of the root vegetables and they will be crisp and sweet as they are harvested now, in the spring. Parsnips should come to you without the green tops. **Parsnip tops can be toxic so they should not be saved or served, discard them.**

As we look forward to the end of this week, we realize that it is time to honor Mom. Maybe you have reservations for Mother's Day Brunch here at the farm or maybe some of the dads are planning to save some asparagus to prepare breakfast, brunch, or even dinner at home for the family. Look at the website for some original recipe ideas. Whatever your plan is for mom we, all of us here at the farm, send wishes for a very happy and relaxing day to all!

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 2 - May 5, 2024

- lettuce
- cilantro
- popcorn
- spinach
- asparagus
- leeks
- carrots
- parsnips
- black beans
- mint
- plants - chives and thyme

*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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Pan Roasted Asparagus

12-14 spears of asparagus, tough ends removed

1 T olive oil

- Kosher salt and fresh ground pepper to taste
- Place a large pan over medium heat and drizzle with olive oil.
- Add the asparagus and placing it in a single layer across the pan.
- Allow to cook for a few minutes, turning each spear at least once.
- Place the lid over the pan and allow the asparagus to cook for 2-3 minutes.
- Asparagus should be bright green and tender. Cover for an addition minute or two for desired texture. Sprinkle with salt and fresh ground pepper to taste
- Drizzle with a little lemon when ready to serve.

This Week's Storage Tips & Tricks

How to Freeze Asparagus:

Prepare the following items:

- Bring 1 gallon of water per pound of asparagus to a boil.
- An ice bath: ice and ice water.
- Freezer containers / zip lock bags
- Clean the asparagus to remove any grit, soil, and snap or cut off the woody ends
- Bring the water to a boil, keep the heat on high and immerse the asparagus, water should come back to a boil in one minute. Boil 1 ½ minutes for thin stems, 2 minutes for medium and 3 for fatter stems.
- Immediately remove and submerge into the ice bath. This will stop the cooking process. When cold, drain, allow to dry on paper towels. Pack in airtight containers or bags
- If using bags, close the bag almost to the end. Stick a straw into the bag and draw out as much air as possible from inside the bag. Press down on the straw as you continue to close the bag and pull the straw out. Label and date bags or containers.

Other Produce Tips:

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



scan here→

Roasted Root Vegetables



3 - 6 Tbsp. olive oil
salt and pepper

1 beet, peeled, sliced

2 carrots, peeled and cut into chunks

2 parsnips peeled and cut into chunks

1 bunch radishes, halved

2 potatoes or sweet potato, cubed

1 onion, yellow or red cut into chunks or sliced leek (white bottom)

fresh thyme leaves

Use the root veggies that you have on hand. Change the ingredients as the season progresses.

- Preheat the oven to 425
- Pieces of vegetables should all be about an inch or so with similar thickness.
- Place all vegetables into a large bowl toss with oil and salt and pepper
- Line a baking sheet with parchment and spread vegetables in a single layer.
- Roast for 20-25 minutes. Sprinkle with thyme leaves, toss, stir, roast an additional 15-20 minutes. Vegetables should be tender, with lightly browned edges.
- Serve hot or serve leftovers tossed with arugula and a vinaigrette or use leftovers in soup

Notes:

1. Although not a root vegetable, winter squash can be added to the mixture.
2. We have also added chunks of apples to the sheet pan for a different touch.
3. Slice a leek instead of onion

recipe created by Culinary & Educational Specialist, Jenn Borealo