

Hello Members,

Tea anyone? The herbs in the shares this week will be lemon balm and chamomile. Both herbs can be used to prepare tea. If you are planting in pots, start a pot with lemon balm where you may add sage and oregano. Lemon balm is a member of the mint family and can become a bit invasive. It is a perennial that you can plant directly into the garden. Lemon balm needs soil that does not quite dry out. Since I am planting in pots, I am going to place the lemon balm in its own pot so that it will not interfere with other plants.

Chamomile can be planted with thyme and sage in a pot that already has chives. The tiny daisy like flowers will be used in tea as the season progresses. We think of herbal tea as being beneficial to our health. Lemon balm and chamomile have often been considered soothing and calming. Stress is not good for any of us so either of these herbs in some simmering water is something we can all use from time to time.

Those of you who have been here for previous years might be noticing the chives are budding and getting ready to bloom. Chive flowers are great in salad, and can even be battered and fried. The chive flowers will add color and flavor to any dish. Chives are often paired with potatoes and the blossoms are no exception. Chive blossoms can be used to flavor vinegar and can also be added to compound butter or whipped herbed cream cheese. Herb butter or cheese can be used as spreads for some canapes.

Over the weekend I read an amusing article from Epicurious, "How to Use Up Every Single Molecule of Your CSA." I was looking for ways to use up what is left from the share at the end of the week. It has often been a pan of roasted vegetables and from time to time a vegetable stew. However, Christina Perillo's email inspired me to look further and there are many different examples of what is called "Anything but the Kitchen Sink Soup!" The best part of the soup is that it can follow us through the season and change as our shares change. Every one of us will be writing our own recipes with the ingredients that we have left from the share.

With black beans in the shares for a couple of weeks, I am going to enjoy southwestern cuisine. I have frozen portions of the cooked beans and they're ready to go. Black beans can be the start of some simple meals.

Last but not at all least, this week we will have the first fruit of the season. We are harvesting our own strawberries from the fields and they'll be in this week's shares.

Jenn Boreale



Member Weekly Digest

Week 3 - May 12, 2024

- Asparagus
- Mint
- Beets
- Carrots
- Chamomile & Lemon Balm Plants
- Leeks
- Lettuce
- Strawberries
- Black Beans

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

***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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Southwestern Bowl

Using items prepared in advance that you may have in your refrigerator, compose the ingredients of your choosing for a beautiful southwestern bowl:

- Yellow rice, or rice, prepared according to package directions. Grits may also work as your base.
- Prepared black beans (see week 1 recipe)
- Grilled or roasted Chicken, sliced steak
- Cooked corn (optional, seasonal)
- Chopped tomato, Salsa, or Pico de Gallo *
- Avocado slices or Prepared Guacamole*
- A spoonful of sour cream
- Lime wedges/juice
- Chopped cilantro

Spoon the yellow rice into the bowl. Add a spoonful of Black beans. Slice the chicken and place next to the beans, add the corn & avocado slices. Top with chopped tomato or homemade salsa. Drizzle with a wedge of lime and sprinkle with chopped cilantro. *Available in the farm store/market

This Week's Storage Tips & Tricks

Strawberry Care:

1. Remove the strawberries from the farm container. Do not wash the berries before storing in the fridge!
2. Line a flat plastic or glass container with a paper towel.
3. Place a single layer of fresh strawberries into the container. Cover with paper towel and seal with the lid or plastic wrap.

Strawberries will last up to 4 days or longer depending on your refrigerator. Wash or clean them when you are ready to serve. Strawberries should be cleaned and hulled before freezing. I like to just wipe them with a soft moist cloth and then let them dry on paper towel. Place strawberries on a tray to freeze and then move them into a zip lock freezer bag or an air-tight container and be sure to get most of the air out of the bag and they should be good for up to six months!

Cleaning berries grown in sandier soil might take an extra step: Prepare a bowl with 3 parts cold water and one equal part white vinegar. Submerge strawberries -5-10 minutes. Drain and rinse. Lay out on a towel to dry.

Springtime Finish the CSA Share Soup



- 1 - 2 T Olive oil**
- 1 sliced leek**
- 1 clove of garlic chopped**
- 2 carrots sliced or chopped**
- 1 - 2 stalks of celery chopped**
- 6 cups of home-made vegetable stock, more as needed**
- Kosher salt and fresh ground pepper to taste**
- 1 parsnip**
- 1 medium potato**
- 1 cups of asparagus pieces**
- Leafy greens torn into small pieces, spinach, or kale**

- Heat the oil in a stockpot over medium heat.
- Add the first 4 chopped vegetables. Sauté just until they begin to soften but not brown.
- Add the vegetable stock, seasonings, and the chopped parsnip and potato. Simmer until vegetables become tender.
- Add the asparagus and continue to cook until the pieces are fork tender.
- Add the greens and allow to cook just until wilted.
- Taste for seasoning, Serve.

recipe created by Culinary & Educational Specialist, Jenn Borealo

Other Produce Tips:

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

scan here.....→

