

Hello Members,

What a treat! Strawberries, before the 15th of May are a pleasant surprise and record setting. This is the first-time homegrown strawberries have been in shares before Memorial Day. Many thanks to production for all of their hard work. Acres of strawberries are covered through the winter, then uncovered if it gets too warm. When we had freezing temperatures a couple of weeks ago, they had a double layer of row cover. There are over 25 acres of strawberries. The row cover comes in huge sheets. Imagine pulling a sheet over your entire yard without stepping on a plant and now a couple of days later pulling that sheet the other way and using the same care and caution. The job now is to be out there early every morning early to pick strawberries for each of the stands, markets, and of course for the shares.

With that being said, with quite a few strawberries in the shares this week, I know you might say I have plenty but, if you have some time, come out and pick strawberries in the fields one day. One of my favorite childhood memories is strawberry picking at a farm with my family many years ago. It could be a cherished memory for your family too. What to do with all those strawberries? They do freeze easily. Note the directions in the tips this week. Those strawberries will be there when you want a smoothie throughout the summer and fall.

I am sure that your menus have had quite a few salads. We are all going to be serving asparagus every day this week. Asparagus pairs well with eggs and cheese so there is a recipe for a frittata this week. Frittata is an Italian Omelet that is most often served as a light dinner, not breakfast. Salad could be the accompaniment.

There is an abundance of mint in the fields, so it has been finding its way to our shares. It is going to warm up next week so a pitcher of mint iced tea would be welcome. Chop mint into salads and even pasta dishes. Mint is a complimentary flavor to strawberries and most fruits. A refreshing Mojito might be on your list as you think about relaxing one evening. Adding mint to your diet is beneficial to your health. Mint is rich in antioxidants, iron and vitamins A, C, E, and D.

You will be back in the garden this week to add two perennial herbs, sage and oregano. They will come back year to year. Plant these herbs in pots or directly into the garden. If planting in pots, they would both be considered good companion plants for thyme.

Jenn Boreale



Member Weekly Digest

Week 4: May 19 - May 26, 2024

- Asparagus
- Mint
- Beets
- Radishes
- Oregano and Sage Plants
- Leeks
- Lettuce
- Strawberries
- Scallions

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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Asparagus Leek Frittata

6 eggs
1/3 c milk
1/3 cup ricotta or cottage cheese
A generous pinch of kosher or sea salt
1/3 c shredded parmesan cheese
1 large pre boiled or baked potato peeled and cubed
A generous pinch of kosher or sea salt
2 tsp minced garlic
1/2 c shredded parmesan cheese
1 c precooked asparagus pieces asparagus*
1 large pre boiled or baked potato peeled and cubed
2 - 3 T olive oil

- Clean asparagus spears and remove the ends.
- Cut the asparagus into bite size pieces.
- Steam until fork tender.
- Mince garlic
- Slice 1 leek
- Melt 1 T butter and add 1 T olive oil to a medium size coated frying pan. Add the leek and sauté until almost tender. Add the garlic cook a minute or two, do not brown. Remove the pan from the heat. Using a slotted spoon remove the leek and garlic.
- Preheat the oven to 350 degrees.
- Beat the eggs in a medium bowl, add the milk and blend well.
- Mix in the salt and cheeses.
- Stir in the asparagus, potato, leek, and garlic mixture.
- Reheat the frying pan and add 1 T olive oil.
- Pour the beaten egg mixture into a heated frying pan.
- Cooking over medium heat, allow eggs to set around the edges.
- Tilt the pan and allow uncooked egg to go under cooked egg. When eggs are almost completely cooked, flip the frittata into a second heated and oiled pan or slip the frittata onto a plate, cover it with the pan and flip it to cook the second side. Eggs may finish cooking in the oven.
- Serve on a warm platter cut into wedges. Accompany with a tossed salad.

*As the season goes on this recipe can change to many of our farm fresh vegetables. steamed broccoli florets, cooked spinach, sautéed zucchini

Recipe created by Culinary & Educational Specialist, Jenn Borealo

Strawberry Crumble Cake

1 2/3 c flour
1/3 c sugar
1 T baking powder
Pinch of salt
Zest of 1 lemon (avoid the pith)
3/4 c cold butter cut into cubes
1 lb. fresh strawberries
2 T sugar or more to taste
1 c ricotta placed into a colander lined with paper towel

- Line the bottom and about 1" up the sides of a 9.5" springform pan with buttered parchment.
- In a large bowl add the flour, sugar, baking powder, and salt. Cut in the butter with a pastry blender or 2 knives. Alternate method would be to use the bowl of a food processor and pulse until you have large crumbs. Add the lemon zest and toss with a fork. Add the egg and continue to toss or pulse, maintaining the crumb consistency. Chill this mixture while preparing the filling.
- Cut the strawberries into quarters. Larger strawberries will be cut into more pieces as you are trying to be uniform. Sprinkle with 2 T sugar.
- Spread 2/3 of the crumble over bottom and about 1/2" up the sides of the parchment lined pan pressing and making sure that there are no empty spaces. Gently mix 1/2 of the strawberries with the drained ricotta.
- Spread the strawberry mixture over the crust, top with remaining strawberries and then sprinkle over the remaining crumble.
- Bake in the preheated oven for 35-40 minutes. Allow to cool, dust with confectioners' sugar. Cake served within a few hours will be crispy, cake served later in the day, or the following day will be more moist and softer.

Adapted from Italianrecipebook.com

Produce Tips:

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

scan here

