

Hello Members,

The fields and wagons have been full of school children in the morning, moms in the afternoon and of course families on the weekends. I hope that some of you will be able to join the festivities during this strawberry season. The field I was in this morning was full of large, beautiful berries. I am hoping that we will see you at the farm.

Basil, Basil, Basil! Yes, there are three varieties this year. You have already received the traditional basil. This week you will receive lemon and Thai basil. Thai basil tastes a little like licorice and Anise. So, with an unexpected plant we might make some changes. Where do you have room? Look at the [Herb Garden Plants](#) section on the produce tips page for planting suggestions.

Have you been pinching the herbs? Pinching is actually harvesting and is done to promote growth. The plants will branch out and become full and even healthier. Cut or pinch just above a set of leaves. Pinching will also keep the plants from flowering. Flowering and going to seed takes quite a bit of energy from the plant. It will stop producing leaves and in the case of basil as an annual it is a signal to die away.

It is warming up so crops from the fields are starting to mature and we of course will benefit from the harvest. It looks like broccoli is going to be one of the first. Of course, broccoli is a flower form of a vegetable, but the bonus is that there are also leaves on the plant that can be prepared as you would kale. With that being said, don't forget the stems. All three parts of the plant contribute to the vegetable being a superfood. Broccoli, like many superfoods, can fight disease, inflammation and of course it is good for your overall health.

It is a pleasure to say that there is another first in some of the shares, summer squash or zucchini is a favorite in season. This is coming to us from a farm that we are partnering with in South Jersey. Ours should be ready within a few weeks. It will be a little sandy, so be sure to wash well and even dry with a kitchen towel to be sure to remove all grit.

During the week I had a message from Arlene Stover. She wrote to tell me that she had tried the "Finish the CSA Share Soup." She made a couple of changes when she added some roasted chicken and instead of adding spinach leaves, she pulsed them in her food chopper so that every spoonful would have greens. The recipe is meant to be changed and as the season progresses, we should be able to call it summer...fall... soup. All a part of the fun and all a part of the journey this year.

Until next week, enjoy the freshness!

*Jenn Boreale*



## Member Weekly Digest

Week 6: June 2, - June 8, 2024

- Mint
- Broccoli
- Rhubarb
- Kale
- Kohlrabi
- Summer Squash
- Asparagus
- Strawberries
- Thai and Lemon Basil

**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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## Strawberry Crepes

### Strawberry Topping:

**1 quart of strawberries, sliced**    **1/4 c sugar**  
**1/4 c water**    **1 t lemon juice, or to taste**

- Heat the sugar and the water and add the strawberries. Simmer on low to medium heat allowing the strawberries to soften a bit.
- Remove the strawberries with a slotted spoon and continue to simmer the sauce to thicken, stirring to make sure that the mixture doesn't stick or burn.

For a slightly thicker sauce, prepare a slurry whisking together 2 T cold water and 2 t cornstarch.

### Crepe Batter:

**1 c flour**    **2 eggs**  
**1/4 t salt**    **1/2 c milk**  
**2 t sugar**    **1/3 c water**  
**Measure the dry ingredients**    **2 T melted butter**  
**and set aside**

- In a small bowl beat the eggs. Add the milk and the water, beat well
- Mix in melted butter and add the dry ingredients
- Mix until all ingredients are well blended.
- Pour batter through a strainer to remove all lumps. Allow the batter to sit at least 1/2 hour or until most of the bubbles are no longer visible.
- Heat a lightly buttered pan 6-7" coated pan until it sizzles. Be patient!
- Pour in a 1/4 c batter while swirling the pan. The crepe should cook and be lightly brown on one side quickly. Turn and allow to brown on the 2nd side.
- Fold into quarters and top with a spoonful of prepared strawberries.
- Garnish with sweetened whipped cream (optional) and a sprinkle of powdered sugar

Recipe can be prepared gluten free using 1 to 1 baking flour

*Recipe created by Culinary & Educational Specialist, Jenn Borealo*

### **Produce Tips:**

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

**scan here** .....→



## Asparagus Fries

**1 bunch of asparagus medium spears**  
**2 eggs**  
**1/2 c flour**  
**1 1/2 cup seasoned breadcrumbs**  
**1/2 c finely shredded parmesan cheese**  
**Olive oil**



### **Serve as a side or informal appetizer**

- Preheat the oven to 425
- Place the flour on a paper plate or sheet of wax paper on the counter. Mix the breadcrumbs with the Parmesan cheese and spread onto a second sheet of wax paper or a paper plate.
- Trim and clean the asparagus spears, completely dry. Dip spears into the egg, then flour and very lightly coat. Dip into egg again and then into the breadcrumbs.
- Place on a parchment lined baking pan, drizzled with olive oil.
- Bake 6-8 minutes in the center of the oven, turn the spears and bake for an additional 8 minutes or until golden brown on the outside and tender on the inside.
- Serve immediately.

Can be prepared with gluten free breadcrumbs and flour.

*Recipe created by Culinary & Educational Specialist, Jenn Borealo*

## Produce and Storage Tips for Week 6

**Broccoli:** should be stored in a plastic bag in your refrigerator for up to 4-5 days. To prolong storage time steam and store in the refrigerator so that it is ready for your recipes. Check the website for recipes including a recipe for stems and greens.

**Summer Squash:** can be kept in a plastic bag or container lined with a dry paper towel in the refrigerator for up to 1 week. Summer squash is not meant for long-term storage serve as quickly as possible after receiving shares. Find recipes on the website filed under squash or zucchini.