

Hello Members,

We have been eating what is in season for a while now. It is starting to feel like summer, but it is still spring. It is the time of the year when we look for meals that are a lot lighter than in winter. Lots of leafy greens, lettuce, stems to include asparagus and kohlrabi, the stems of broccoli and rhubarb. Broccoli is also a vegetable that is considered a flower, high in water and low in calories, like the others. Of course, we had carrots and beets, root vegetables that help us to make the seasonal transition. Most of the vegetables of the spring are light and high in water content. It is a change from some of the roots and tubers like turnips and potatoes that we were eating to keep our bodies warm all winter. This week peas, a seed form of vegetable and a sure sign of spring will be in the shares as well. A little higher in starch for the energy that we need to get through the day.

Almost everything in the share is picked right here at the farm. When produce doesn't have to travel the taste is fresher and better than if it has to be in storage for a long period of time or it has to travel a long distance. Sometimes all the way across the country. Once a plant is harvested it starts to lose its nutritional value. Having fruits and vegetables that are harvested closer to delivery brings them to you higher in nutrients. Some of the produce that you receive will actually be picked on the morning of your pickup day. As we go through the seasons, we are changing the fruits and vegetables as they come into season giving you a variety of different foods that are providing many different vitamins and minerals. By having a diverse range of vitamins and minerals you have a better chance of fighting off diseases like cancer, diabetes, and heart disease. All you need to add is a low fat or plant-based protein.

I noticed a post by Amanda Bulkeley on Facebook. (It would be great to see more recipes.) Amanda's recipe is much like that I have shared in the past that my mother always prepared. Amanda starts with olive oil adding bacon bits that could be eliminated for the vegetarian and vegan diets. Zucchini is coming into season and of course Swiss chard is a tender leafy green that can be replaced by spinach if that is what is in the share. Chickpeas are a great plant-based protein if you are looking to cut some meat out of your diet.

I noticed that a few of you found a little something extra in your broccoli. It will happen from time to time. **If you have any questions or concerns, please write to CSA@alstedefarms.com or call 908-879-7189, a member of the team will be able to assist you.**

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 8: June 16, - June 22, 2024

- Blueberries
- Spinach
- Squash
- Lettuce
- Kale
- Cabbage
- Broccoli
- Garlic Scapes
- Peas
- Cauliflower
- Collards
- Swiss Chard

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:
phone: 908-879-7189
email: csa@alstedefarms.com**

Scape and Herb Potatoes

Serves 2

3 small red jacket potatoes

3 garlic scapes

3-4 springs parsley, minced

6-8 leaves fresh basil, minced

1/2 T butter (optional)

- Boil the red potatoes until tender. Drain and cool. Peel potatoes and cut into cubes.
- Rinse and dry the pan and add 1 T olive oil
- Cut the scapes into 1" pieces and pulse in a food processor
- Heat the olive oil and add the scapes and sauté a minute or two
- Add the minced herbs and the butter if using.
- Stir in the potatoes. Stir to coat the potatoes with the scape herb mixture, serve immediately.

Recipe by Jenn Borealo

Produce and Storage Tips for Week 8

Peas: Peas, store in a plastic bag. Use within a day or two before the sugar turns to starch

English Peas: add to rice or risotto or pasta. Add raw peas to your favorite potato salad

English Shelling Peas: have a waxy shell, and they are the largest of the 3 varieties. Pull the stem end along the seam and the pod will open. You can also push along that edge to create an opening. All of the peas should have the strings removed before preparation and serving. Save the pods for stock.

For More Produce Tips:

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

scan here



Pasta Carbonara w/ Peas

1-pound dry linguini or spaghetti

3/4 - 1c fresh shelled peas

2 tablespoons extra-virgin olive oil

4 ounces pancetta or slab bacon, cubed or sliced into small strips

2-3 garlic cloves, finely chopped

2-3 scapes cut into bite size pieces

2 large eggs

1 cup freshly grated Parmigiano-Reggiano, plus more for serving

Freshly ground black pepper - kosher salt

1 handful fresh flat-leaf parsley, chopped



- Prepare the sauce while the pasta is cooking. Spaghetti must be hot for this recipe so that the heat of the egg will help to cook the egg.
- Bring a large pot of well salted water to a boil, add the pasta and follow the package directions. About 2-3 minutes before draining the pasta, add the shelled peas. Reserve about 1/2 c of the pasta water. Drain the pasta well.
- Beat the eggs and the parmesan cheese together in a bowl.
- Meanwhile, heat the olive oil in a deep skillet over medium flame. Add the pancetta and sauté for about 3 minutes or so. Bacon should be crisp and should have rendered fat. Remove the bacon from the fat and toss the garlic and scapes into the fat and sauté for less than 1 minute to soften.
- Add the hot, drained spaghetti to the pan and toss for 2 minutes to coat the strands in the bacon fat. Remove the pan from the heat and pour the egg/cheese mixture into the pasta, whisking quickly until the eggs thicken, but do not scramble (this is done off the heat to ensure this does not happen.) Thin out the sauce with a bit of the reserved pasta water, until it reaches desired consistency. Add the bacon back into the pan and toss once again. Add salt and freshly ground pepper to taste. Mound the spaghetti carbonara into warm serving bowls and garnish with chopped parsley. Serve with cheese to pass at the table.

Recipe adapted from foodnetwork.com