

Hello Members,

Welcome back to a new season of farm-fresh abundance! We're so excited to have you with us for another year of eating well, connecting to the land, and enjoying the very best of what each season has to offer.

Asparagus is always the first crop to greet us each spring — a long-awaited sign of renewal and growth here at the farm. For me, asparagus brings back fond memories of my grandmother. I remember her walking home from work, always with a loaf of Italian bread and, in the spring, a fresh bundle of asparagus from the market. She'd prepare it simply, the way many Italians do — with a bit of garlic — and if any was left over, it would make its way into eggs the next day. Eggs were often added to vegetables as they were an inexpensive source of protein. In Europe, eggs were a staple and were often served as a part of a lighter dinner when the main meal was served at "lunch time".

That memory still influences how I enjoy asparagus today. Leftovers are perfect topped with a poached egg — a simple yet satisfying dish that works beautifully for brunch or a quick dinner. If you're part of our egg share, it's a great way to celebrate the season's first harvest.

Here's to a season of nourishing food, meaningful moments, and memories made around the table. We're grateful to have you as part of our CSA family!

Until next time, enjoy the freshness!

Jenn Borealo



Member Weekly Digest

Week 1: April 27, 2025 - May 03, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Asparagus
- Chives
- Cilantro
- Kale
- Spinach
- Sage Plants
- Cilantro Plants
- Kidney Beans
- Popcorn

***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 CSAware profile, as well as changes in availability.**



if you need any assistance, please contact us:

phone: 908-879-7189

email: csa@alstedefarms.com

"15 Minute" Sautéed Asparagus

Recipe by Jenn Borealo , Culinary & Educational Specialist

Ingredients:

- 12 Asparagus spears, trimmed and cleaned
- 2 T olive oil
- 1 medium shallot, minced
- 3 slices of pancetta
- 2 T crumbled gorgonzola

Instructions:

Heat olive oil in a large sauté pan over medium heat. Add shallots and cook for 1 minute. Add asparagus and cook for 10–12 minutes, shaking the pan occasionally, until asparagus is fork-tender. Meanwhile, cook pancetta in a small pan over medium heat, about 5 minutes per side; drain on paper towels. Crumble pancetta over asparagus, top with gorgonzola, and broil for 1–2 minutes until cheese melts.



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

It's Opening Day for our 15th season of Community Supported Agriculture (CSA)! Just like in baseball, our new season begins with anticipation and excitement — and we're ready to celebrate fresh flavors, community, and connection starting April 29!

To kick things off, Miss Jenn is back with a brand-new recipe series: "15 in 15" — quick, delicious dishes you can whip up in 15 minutes or less, made to help you savor every bite of your CSA share. Whether you're a longtime member or have just joined for the first time, we can't wait to share another amazing season with you.

"15 Minute" Vegetable Frittata

Recipe by Jenn Borealo , Culinary & Educational Specialist

- Preheat broiler. In a bowl, beat 4 eggs with $\frac{1}{4}$ cup milk. Stir in 1 small cubed boiled potato, salt, garlic, parmesan, feta, and $\frac{3}{4}$ cup pre-cooked vegetables.
- Heat 2 Tbsp. olive oil in an 8" ovenproof pan. Pour in egg mixture and cook, tilting to set eggs. Flip or slide onto a plate, return to pan, and finish cooking.
- Broil 1–2 minutes until puffy and golden. Slice and serve.

Tip: Use non-dairy cheese for a vegan version or add bacon or sausage for extra protein.