

Hello Members,

As we pick up shares for the season's second week, many of us are planning something special for Mom. You may have already reserved brunch here at the farm, but if not, dads and little ones might enjoy some time together in the kitchen. Breakfast, brunch, or dinner can be made using recipes we've posted recently or from our website's recipe index. With asparagus in the share again this week, you might consider dishes like quiche, strata, or frittata—all of which can be prepped ahead so the family can enjoy more time together.

As a teen who loved to cook, I'd start prepping on Saturday while my dad took Mom out, then finish the meal early Sunday morning so everyone woke to the aroma of breakfast. It was always a festive time.

Growing up, flowers, herbs, and vegetables filled our garden beds and pots. Mother's Day was the perfect time to help plant them. Perhaps your family can do the same—your herb plants are ready for pots or garden beds.

Congrats to all the Golden Ticket winners! We had a very festive start to CSA opening week and can't wait to keep the excitement going.

Whatever your plans, all of us at Alstede Farms wish every mom in our extended family a very Happy Mother's Day! As always, we'd love for you to share your photos and ideas with us on Facebook.

Until next week, enjoy the freshness!

Jenn Boreale



Member Weekly Digest

Week 2: May 4, 2025 - May 10, 2025

- Asparagus
- Black Beans
- Kale
- Chives
- Cilantro
- Lettuces
- Parsnips
- Leeks
- Spinach

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



if you need any assistance, please contact us:
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Asparagus and Leek Strata

Recipe by Jenn Borealo

Ingredients:

- 1 Tbsp. butter
- 5 cups sliced asparagus (1-inch)
- 2 cups thinly sliced leeks
- ½ cup water
- 3 Tbsp. chopped parsley
- 2 tsp fresh (or ½ tsp dried) tarragon
- 1 tsp lemon zest
- ¼ tsp salt
- ¼ tsp black pepper, divided
- 12 slices firm white sandwich bread
- Non-stick cooking spray
- 1 cup shredded Fontina cheese
- 2½ cups milk
- 4 large eggs + 1 egg white
- 1½ cups fresh breadcrumbs



Instructions:

- Sauté asparagus and leeks in butter with water in a skillet. Cover, simmer 8–10 min until tender, stirring occasionally. Drain excess water. Stir in parsley, tarragon, lemon zest, salt, and ⅛ tsp pepper.
- Layer ½ the bread in a greased 9x13" baking dish. Top with ½ the veggie mix and ½ cup cheese. Repeat layers.
- Whisk milk, eggs, egg white, and ⅛ tsp pepper. Pour over strata. Cover and refrigerate overnight.
- Preheat oven to 400°F. Uncover, sprinkle with breadcrumbs, and bake 40 min or until set. Let rest 10 min before serving.

Asparagus Brunch Tart

Recipe by Jenn Borealo

- 1 Sheet of Frozen Puff Pastry defrosted
- 1/2 bunch asparagus, cut into 1" pieces
- 1/2 - 3/4 cup shredded Gruyere cheese
- 3-4 Alstede Farms eggs
- Prepared Hollandaise Sauce
- Chopped parsley leaves



1. Roll puff pastry to 10x10", fold edges, pierce with fork, freeze 1–2 hours.
2. Bake at 400°F (preheat to 425°F, then reduce) for 20 min until golden; cool, press down if puffed. Lower oven to 350°F.
3. Steam or blanch asparagus until crisp-tender, then sauté in olive oil.
4. Poach eggs and prepare hollandaise sauce.
5. Top pastry with Gruyere and asparagus; bake at 350°F for 8–10 min until cheese melts.
6. Add poached eggs, spoon over hollandaise, garnish with parsley, and serve.

Produce & Storage Tip for the Week

Store asparagus upright in water or wrapped in a damp towel in plastic. Rinse or soak to clean; blanch in salted water for 2–3 minutes, then ice bath to remove grit. Use in salads, roasted, or sautéed with olive oil and lemon.

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

scan here

