

## Welcome members to Week 3 of your CSA!

Spring flavors are in full swing, and your share is packed with seasonal goodness. If you have not already done so, remember to update your preferences in CSAware to enjoy a customized experience. Reach out to us for assistance or check out the infographics and instructions on your Freshly Inspired Private Facebook Group.

This week, enjoy tender asparagus, crisp lettuces, hearty kidney beans, fresh chives, sweet parsnips, fragrant mint and basil, and flavorful leeks — perfect for bright, fresh meals at home.

You'll also find fun potted herbs in your share these early-season weeks! These are safe to plant outdoors or grow on a sunny windowsill, giving you fresh herbs all season long to flavor your meals and add color and zest to your favorite dishes.

Keep reading for recipe inspiration and the latest farm updates!

Until next time, enjoy the freshness!

*Your CSA Team*



## Member Weekly Digest

Week 3: May 11, 2025 - May 17, 2025

### YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Asparagus
- Kidney Beans
- Lettuces
- Chives
- Mint
- Leeks
- Basil
- Parsnips
- Parsley
- Popcorn
- Lemon Balm
- Oregano

\*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](mailto:csa@alstedefarms.com)

## Healthy Green Smoothie

*Recipe by Jenn Borealo , Culinary & Educational Specialist*

Green smoothies are a great way to fuel your morning or power up your afternoon, offering long-lasting energy, balanced natural sugars, and a boost of vitamins and minerals.

### Ingredients:

- 1–2 cups seasonal fruit (ie: apples, strawberries, peaches)
- ½ banana and ½ avocado (or just one of each)
- 2 handfuls fresh greens (spinach, kale, etc.)
- 1 cup apple cider or orange juice (optional)
- 1–2 cups ice (optional)
- Water, more juice, or chilled green tea as needed for blending

### Instructions:

Blend all ingredients until smooth. Add liquid as needed to help blend. Enjoy fresh, refrigerate for up to 1 day, or freeze into popsicles for a fun treat! Garnish with a slice of apple or orange.



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

## Hearty Kale, Parsnip, & Bean Soup



### Ingredients:

- 1 tbsp. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 cups parsnips, peeled and chopped (can use carrots, or one cup carrots and one cup parsnips)
- 4 cups chopped Alstede Fresh kale or spinach
- 2 cups cooked Alstede Fresh beans
- 4 cups vegetable broth
- Salt and pepper, to taste
- Optional: fresh thyme from your potted herb for flavor

### Instructions:

- In a large pot, heat olive oil over medium heat.
- Add chopped onion and garlic; sauté until fragrant and translucent.
- Stir in parsnips and cook for 5–7 minutes, until just tender.
- Add kale, spinach and beans, stirring to combine.
- Pour in vegetable broth and season with salt, pepper, and herbs if using.
- Bring to a boil, then reduce heat and simmer for 15–20 minutes.
- Adjust seasoning as needed. Serve hot and enjoy!