

From the Kitchen with Miss Jenn:

There's something refreshing about the first CSA shares of the season—so light and vibrant with leafy greens, herbs, and herb plants. After a winter of hearty meals, these greens are a welcome change.

Spinach, in particular, is a quick-cooking favorite that works perfectly with our “15-minute” recipes this year. It's been rinsed before bunching, but you can choose to wash and store it ahead or prep it as needed.

Spinach is versatile—sauté it with olive oil and garlic, stir it into soups or sauces, use it as a bed under chicken or fish, or mix it with cheeses for pastas and classic dishes like spanakopita. Even the steakhouse favorite, creamed spinach, has its place!

Visit our website for easy and delicious spinach and leafy green recipes to help you make the most of your first shares.

Until next time, enjoy the freshness!

*Jenn Boreale*



## Member Weekly Digest

Week 4: May 18 - May 24, 2025

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

- Asparagus
- Leeks
- Spinach
- Beets
- Radishes
- Mint
- Parsnips
- Chives
- Dried Beans
- Lemon Balm
- Strawberries!

\*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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## "15 Minute" Spinach Quesadilla

*Recipe by Jenn Borealo , Culinary & Educational Specialist*

Serves 1 – Easily adjustable for more

### Ingredients:

- 1 (8–10") tortilla
- 1/4–1/2 cup shredded cheddar
- 1/2–3/4 cup torn Alstede Fresh spinach
- 5–6 thin slices roasted chicken
- 2 tbsp. olive oil

### Instructions:

Layer half the tortilla with half the cheese, spinach, chicken, and remaining cheese. Fold over to form a half-moon.

Heat olive oil in a skillet over medium heat. Cook quesadilla 2–3 minutes per side until golden, cheese is melted, and spinach is wilted.

Cut into wedges. Serve with salsa, salad, or add rice and beans for dinner.

**Tips:** Swap in gluten-free tortillas, sliced turkey, ham, or different cheeses as desired.



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

## Garlic Spinach Mashed Potatoes

*Recipe by Jenn Borealo , Culinary & Educational Specialist*

### Ingredients:

- 2–3 medium Yukon
- Gold potatoes, peeled and chopped
- 1/2 bunch Alstede Fresh spinach, cleaned and torn
- 3 tbsp. olive oil
- 3–4 garlic cloves, minced



### Instructions:

Boil potatoes in salted water until nearly tender. Add spinach to the pot and cook until wilted.

Meanwhile, sauté garlic in olive oil until golden, then remove from heat.

Drain the potatoes and spinach, transfer to a plate, and mash with a fork. Drizzle with garlic oil and mix until smooth.

### Tips:

For a richer mash, add butter or sour cream.

### Leftover Idea:

Form mash into patties, pan-fry until golden, and top with a poached egg and hollandaise for a tasty brunch or light dinner.