

From the Kitchen with Miss Jenn:

What a sweet surprise—strawberries in the shares, just in time for the holiday weekend!

It doesn't matter if you've been a CSA member for years or are part of our farm team—the first fruit of the season always brings a smile. Everyone has their favorite way to enjoy this beloved berry: maybe it's a classic shortcake, a homemade pie, a refreshing smoothie, or even our featured recipe for a strawberry crisp.

Of course, sometimes the best way to enjoy them is just as they are—fresh, sweet, and juicy. Pretty much irresistible! However you choose to enjoy them, we hope they bring a little extra joy to your weekend.

As we celebrate five weeks of CSA shares, it's a good time to think about seasonality. Asparagus, one of our early spring staples, has been with us from the beginning, but won't be around much longer. It's a true spring vegetable here in New Jersey, and its season is short.

If you'd like to enjoy it later in the year, now is a great time to set some aside. You'll find freezing instructions in the "Tips" section on our website. Enjoy the flavors of spring while they last!

Jenn Boreale



Member Weekly Digest

Week 5: May 25 - May 31, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Strawberries
- Asparagus
- Leeks
- Beets
- Mint/Choc. Mint
- Dry Beans
- Oregano
- Lemon Balm
- Cilantro
- Chives
- Lemon Basil Plant
- Curly Parsley Plant

***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

Strawberry Rhubarb Crisp

Recipe by Jenn Borealo , Culinary & Educational Specialist

Filling:

- 3 cups sliced strawberries
- 2 cups sliced rhubarb
- 2 tsp lemon juice
- ½ cup sugar
- 2 Tbsp. cornstarch

Toss fruit with lemon juice. Mix sugar and cornstarch, then stir into the fruit. Spread in a buttered 8x8" pan.

Topping:

- ½ cup old-fashioned oats
- ½ cup flour (regular or gluten-free)
- ⅓ cup sugar
- ½ cup + 1 Tbsp. butter, cubed

Pulse oats, flour, and sugar in a food processor. Add butter and process to coarse crumbs. Sprinkle over fruit.

Bake:

375°F for 15 minutes, then reduce to 350°F and bake 20–25 more minutes, until bubbly and golden. Cool 10 minutes before serving.

Enjoy warm or at room temp—best the day it's made.

Optional: Top with whipped cream or ice cream.



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

15 Minute Leek & Spinach Saute

Recipe by Jenn Borealo , Culinary & Educational Specialist

Ingredients:

- 1½ leeks
(white & light green parts),
sliced and cleaned
- 1–1½ bunches spinach,
cleaned, tough stems
removed, leaves torn
- 2 Tbsp. olive oil
- Kosher salt, to taste



Instructions:

1. Heat olive oil in a sauté pan over medium-high heat.
2. Add leeks; cook 5–6 minutes until softened and edges brown.
3. Lower heat, add spinach, and cover to steam.
4. Stir once wilted, cover briefly again if needed.
5. Season with salt and serve warm. Serves 2.

To clean leeks: soak sliced leeks in a bowl of water and lift out to remove grit.

To clean spinach: swish in cool water, lift out, and tear leaves into smaller pieces.



Learn how to freeze asparagus - by scanning the QR code to the left.