

Dear CSA Members,

After a stretch of cool, rainy days, it looks like the sun is finally making a return. While we're not wishing for a drought, a few dry, sunny days would do wonders for strawberry season—and it looks like we have a handful on the way! We're also excited to host two Strawberry Pancake Breakfasts this year—a great chance to enjoy a delicious breakfast and pick fresh strawberries with the family. We hope to see you there!

From the fields: Strawberries and asparagus are perennials, though we rotate strawberry fields every two years. Asparagus takes three years to establish but produces for up to a decade. Peas are annuals, and thanks to early planting in March, this week's share includes shelling peas and snow peas. Don't forget to check the tips for prep and storage!

Here's to sunshine and spring's best flavors!

Warmly,

Jenn Boreale

Culinary & Education Specialist



Member Weekly Digest

Week 6: June 1 - June 7, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Strawberries
- Dry Beans
- Mint
- Asparagus
- Oregano
- JF Zucchini
- Arugula
- Cherry Tomatoes
- JF Kale
- Peas
- Basil
- JF Collards
- Radishes
- Lemon Balm
- JF Baby Bok Choy

JF = Jersey Fresh

***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” Strawberry Dessert

Recipe by Jenn Borealo , Culinary & Educational Specialist

Ingredients:

- 8 Savoiardi lady fingers
- 1 pint fresh strawberries, chopped
- 1/3 cup orange juice
- 1/3 cup orange liquor, Triple Sec,
 - or Grand Marnier
- 1 cup heavy cream
- 2 T sugar
- 1 1/2 t vanilla



Instructions:

Cut the ladyfingers to fit your serving dishes—custard cups, small glass bowls, or old-fashioned glasses all work well. You’ll need four individual portions.

Chop the strawberries and set them aside. In a small bowl, mix together the orange liqueur and orange juice. In a separate bowl, whip the cream with the sugar and vanilla until soft peaks form.

To assemble:

- Place a heaping tablespoon of whipped cream in the bottom of each glass.
- Quickly dip the ladyfinger pieces into the juice mixture and layer them over the cream.
- Add a spoonful of chopped strawberries.
- Repeat the layers: cream, dipped ladyfingers, and strawberries.
- Finish with a final spoonful of whipped cream on top.

Refrigerate for at least 6 hours to allow the ladyfingers to soften and the flavors to develop. Before serving, garnish each dessert with a strawberry slice or half a berry, and a fresh mint leaf for a pop of color. Enjoy!

“15 Minute” Strawberry Lemonade

Recipe by Jenn Borealo , Culinary & Educational Specialist

Ingredients:

- 1/2 lb. strawberries (1 1/2 cups), trimmed and halved
- 1 1/2 cups fresh lemon juice (from about 5 lemons)
- 1 to 1 1/2 cups sugar
- 3 cups cold water

Instructions:

1. Purée strawberries with 2 tablespoons lemon juice in a blender until smooth.
2. Force through a fine sieve into a bowl to remove seeds.
3. Stir together strawberry purée, remaining lemon juice, 1 cup sugar, and water in a large pitcher until sugar is dissolved. Taste, then add more sugar if desired. Serve over ice. Yield 1 ½ quarts.



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



View From The Tractor Seat *Then & Now*

Many years ago, Farmer Kurt chronicled life on the farm through a weekly mini newspaper titled “*A View from the Tractor Seat*”. Long before the digital age, these reflections were printed on newsprint and delivered directly to local mailboxes. Each edition offered a glimpse into daily farm life—celebrating successes, sharing lessons learned, and documenting family milestones. Together, these stories form a heartfelt time capsule of the farm’s growth and transformation.

One memorable excerpt from March 2007 announced the anticipated arrival of Karl Alstede: “The Alstede Family is Growing: Speaking of families, the Alstede family is growing! Any day now, there will be a new addition to join Rebekah and Sarah. We don’t know if it will be a boy or a girl, but we have names selected for both. Each name comes from my great-grandparents—our children’s great-great-grandparents! The girls are very excited, as are Mom and Dad. Mom has had enough and would love to give birth right now...but it looks like it will be another week or so. We’ll be sure to let you know the outcome and ask for your prayers for a safe and healthy delivery.”

That little “farm baby” is now preparing to graduate from West Morris Central High School and will soon head to Bryant University in Rhode Island to study accounting. It’s incredible how time flies!

Today, Rebekah and Sarah—now grown—are part of the farm’s leadership team, working alongside Kurt’s wife, Mary. With their involvement, the business is now proudly majority female-owned, a testament to our commitment to innovation, succession, and sustainability.

This next chapter reflects our deep dedication not only to growing food for future generations but also to preserving our land through regenerative farming practices. We’re excited to introduce a new voice to this long-standing tradition.

Rebekah Alstede-Modery will be continuing the legacy with a fresh take in our new blog series: “*Next Gen View*”. Enjoy her first update!



Next Gen View

by Rebekah Alstede-Modery

Strawberries are finally back—and here to stay! Peas are just beginning, and I have to say, they're one of my favorite crops to grow and snack on in the field, right up there with strawberries.

This week marks an exciting transition from high-tunnel growing to open-field crops. We're anticipating a season full of abundance as that shift takes place. After a chilly, rainy May, we're looking forward to the warm, sunny days ahead—ideal for helping our crops thrive.



Next week, we begin planting pumpkins. Corn and beans went into the ground starting in mid-March, and we're already on our fourth planting of corn.

We also planted our first crop—white sweet corn—at the newly acquired, iconic Larison's Farm property. We dedicated three acres to this sweet summer staple, and we can't wait to share more as it grows.

Stay tuned for more updates straight from the field. As always, we're grateful to have you as part of our farm family.

— *Rebekah*