

Dear CSA Members,

Working here on the farm has always meant excitement when the first fruit of the season arrives. This year has tested our patience, but as we know—good things are worth the wait. With warmer weather upon us, it looks like strawberries are finally on their way!

One of my earliest memories is picking strawberries as a child. My brother was probably two, and I remember how “red” he was when we left the patch! It’s a fond reminder of a favorite family activity—one we invite you to enjoy as well. Weekends get busy, so early in the day is best. If you’re local, after school is also a great time. It’s a perfect season for making your own lasting memories.

Believe it or not, early spring was warm and dry enough for planting to begin on time. Peas were sown directly into the soil—no greenhouse start—and this year they went in during March.

Peas have always been a favorite of mine, bringing back memories with my father. You’ll see three varieties in shares this season. This week, English shelling peas and snow peas are ready. Shelling peas are great fun for kids—enjoy them raw, sautéed with herbs, or added to soups and salads. Snow peas are perfect for stir-fries or a crunchy snack.

Here’s to a delicious and memory-filled season!

*Jenn Boreale*

Culinary & Education Specialist



scan here

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



## Member Weekly Digest

Week 7: June 8 - June 14, 2025

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

**Plants:**

- |                 |                   |               |
|-----------------|-------------------|---------------|
| • Strawberries  | • Lettuces        | • Chamomile   |
| • Asparagus     | • Spinach         | • Lemon Balm  |
| • Rhubarb       | • Cherry Tomatoes | • Lemon Basil |
| • Garlic Scapes | • Collards        | • Mint        |
| • Peas          |                   | • Sage        |
| • Kale          |                   | • 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)**

## Strawberry Puff Pastry Tart

*Recipe by Jenn Borealo , Culinary & Educational Specialist*

### Prepare the Pastry:

- Use ½ package of frozen puff pastry (1 sheet). Thaw slightly and unfold into 3 sections. Use 2; return the 3rd to the freezer.
- Cut one section into ½” strips. Place the other section on a parchment-lined tray as the base.
- Line the edges with strips to form a border, pressing gently. Secure corners and brush with egg wash.
- Tip: Freeze the tray before baking—cold pastry puffs better. Preheat oven to 350°F.

### Make the Filling:

- In a pie pan, combine:
  - 2 cups strawberries, sliced
  - 2½ Tbsp. sugar
  - 1 Tbsp. tapioca
  - ½ Tbsp. cornstarch
  - ½ Tbsp. lemon juice
  - Pinch of salt
- Stir and let sit 15 minutes. Cover loosely with foil and bake at 350°F for 15–20 minutes, stirring after 10, until bubbly and thick. Cool to room temp.



### Assemble & Bake:

- Raise oven to 425°F. Bake frozen pastry base for 12 minutes. Lower to 350°F and bake 5–8 more minutes until golden brown.
- Cool, then carefully cut and lift the center top, keeping the edges intact. Spoon in filling, replace top, dust with powdered sugar. Slice into 4 pieces and serve with whipped cream. Serves 4.

## Peas, Tortellini and Prosciutto

*Recipe by Jenn Borealo , Culinary & Educational Specialist*

### Ingredients:

- ¾–1 cup fresh shelled peas
- 1 Tbsp. butter
- 1 Tbsp. olive oil
- 1+ cloves garlic, chopped
- 3 oz. prosciutto, chopped
- ¾–1 cup heavy cream
- 9 oz. fresh cheese tortellini
- ⅓ cup vegetable stock
- Fresh basil, chopped
- Parmesan cheese, for serving



### Instructions:

1. Boil or steam peas until just tender (1–3 min).
2. In a sauté pan, heat butter and oil over medium. Cook garlic until soft, not browned. Add cream and peas; simmer a few minutes.
3. Cook tortellini as directed. Drain and return to pot.
4. Stir in cream sauce, vegetable stock, and simmer on low for a few minutes to thicken. Add parmesan, basil, and half the prosciutto.
5. Serve in pasta bowls topped with extra basil, prosciutto, and parmesan.

**Farm Kitchen Tip:** This dish is delicious warm or chilled for lunch the next day! Serves 2- 3.

## ***“Next Gen View”***

***by Rebekah Alstede Modery***

*Hello Everyone,*

It's been a while since I last wrote to you, and I'm so excited to share farm updates every week. This week, I'd love to introduce myself and share some of the wonderful things happening here on the farm. Alstede Farms has always been a legitimate small family business. My dad began farming at the age of 17 and quickly grew his small operation into the incredible farm we have today. The farm expanded even more when he married my mom in 1984, and it has continued to grow with the next generation joining in 2024!

My name is Rebekah Alstede Modery, and I'm the oldest of the Alstede children. My sister Sarah, my brother Karl, and I were all born and raised on the farm. We were homeschooled by our mom until high school, which gave us the unique opportunity to receive a great education while also working alongside our family and wonderful customers and farm family members like you.



Some of our longtime CSA members might remember seeing the three of us running around on CSA days when we were little, like in this picture from circa 2009. Today, Sarah and I are both fully involved in the farm and have taken on leadership roles. We're learning every day from our dad and are committed to continuing the legacy of Alstede Farms for future generations. Sarah is our Assistant Retail Operations Manager—she can often be found near the farm store, creating beautiful displays in the pavilion or caring for our many animals. I've taken on the role of Assistant Production Manager and spend most of my time behind the scenes in the fields, working with our incredible crew planting, harvesting, and caring for the many crops that we grow.



As for Karl, he's starting college this August in Rhode Island to study finance. We're secretly hoping he'll return one day as the farm's accountant—but we'll see what his future holds!

Life on the farm is my favorite life to live, but has had its share of challenges too. In January 2021, we lost our amazing mom, the heart of our family, and the glue that held so much together here on the farm. We miss her every day. Yet, in the way that only God can, beauty has come from sorrow. In 2022, we welcomed Mary and Sarah Lynne into our family. They've brought so much joy and love to our lives, and Mary has been a wonderful help on the farm, especially in the office with Kurt! During the summer, you'll likely see all four of us kids, Mary, and my dad, Kurt, working around the farm in various roles.



That just about catches you up on our family and our involvement in this very special family business. We're incredibly grateful to farm this beautiful land and to provide fresh produce for so many wonderful families like yours. Thank you for being part of our story.

Until next week,

*Rebekah Alstede Modery*

