

Dear CSA members,
Welcome to the start of a fresh season! We're truly grateful for the trust you place in us to grow healthy, delicious food for your family. Your support makes this work possible, and we're honored to share the harvest with you each week. Thank you for being part of our farm family—we're glad you're here.

For our returning members, you know this digital newsletter is your go-to resource for enhancing your CSA experience and making the most of your share. Each week, you'll find storage tips, recipe inspiration, and helpful ideas to enjoy everything at its best as part of your healthy eating journey.

Feel free to save the newsletter to a favorite folder or print it out for a handy kitchen reference throughout the week. As always, we appreciate your continued support of local agriculture.

Freshly yours,
The Alstede Family and CSA Farm Team



Member Weekly Digest

Week 1: April 27 - May 2, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Asparagus
- Carrots
- Chive Plants
- Cilantro - Organic
- Leeks
- Thyme Plants
- Spinach
- Garlic
- Sparkling Cider
- Popcorn
- Chives
- Alstede Fresh Cider
- Dry Beans

*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

Asparagus Tomato Pita Pizza

Ingredients:

- Cherry tomatoes (or 1 small tomato), olive oil
- 3–4 asparagus spears, shaved
- 1 garlic clove, chopped
- Fresh basil
- 1 whole-grain pita
- 2–3 slices provolone, 2 Tbsp mozzarella

Directions:

Roast tomatoes at 400°F with olive oil for ~15 min until lightly charred; toss with basil.

Sauté shaved asparagus in olive oil until bright green; add garlic and cook briefly.

Lower oven to 350°F. Lightly toast pita (5 min), then top with provolone, asparagus, tomatoes, and mozzarella.

Bake ~10 min until cheese is melted.

Tip: Add cooked sausage or sautéed mushrooms for a heartier meal.

Makes 1 serving.



*Recipe & photo by Jenn Borealo,
Alstede Farms Culinary
& Educational Specialist, Retired*

Sautéed Asparagus with Pancetta & Gorgonzola

Ingredients:

- 12 asparagus spears,
 - trimmed
- 2 Tbsp olive oil
- 1 shallot, minced
- 3 slices of pancetta
- 2 Tbsp crumbled
 - gorgonzola



Directions:

Sauté shallot in olive oil over medium heat for 1 minute. Add asparagus; cook 10–12 minutes, tossing occasionally, until tender.

Cook pancetta separately until crisp; drain and crumble.

Top asparagus with pancetta and gorgonzola; broil 1–2 minutes until cheese melts.

*Recipe & photo by Jenn Borealo,
Alstede Farms Culinary
& Educational Specialist, Retired*