

Dear CSA Members,

We're excited to welcome you into another week of the season as the fields continue to come alive with early spring abundance. Thank you for choosing to support our farm and for sharing in the harvest with us—it's a privilege to grow your food and be part of your table each week.

This week's CSA share brings a beautiful mix of fresh, nourishing items straight from the fields: Asparagus, Carrots, Romaine Lettuce, Bok Choy, Leeks, Cilantro, Spinach, Scallions, and Dry Beans.

As the season progresses, each week will continue to bring new variety and changing harvests. We encourage you to stay flexible, try new recipes, and enjoy the unique flavors that come with eating in season.

As a reminder, this newsletter is here to help you make the most of your share. You'll find storage tips, recipe ideas, and inspiration to help you enjoy every item at its best throughout the week.

We appreciate your continued support of local agriculture and look forward to growing through the season together.

Freshly yours,

The Alstede Family and CSA Farm Team



Alstede's  
Community  
Supported  
Agriculture

## Member Weekly Digest

Week 2: May 3 - May 9, 2026

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

- Asparagus
- Carrots
- Romaine Lettuce
- Bok Choy
- Leeks
- Cilantro
- Spinach
- Scallions
- Dry Beans
- Basil
- Popcorn
- Sparkling Cider
- Oregano Plant
- Flat 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](mailto:csa@alstedefarms.com)

## Roasted Leeks & Carrots

### Ingredients:

- 5 carrots, peeled and sliced
- 2–3 leeks (white and light green parts only), sliced and well-washed
- 3 Tbsp olive oil
- 2 tsp fresh thyme
- Salt and pepper, to taste

### Instructions:

Preheat oven to 425°F. Wash leeks thoroughly by soaking in cold water, lifting out, rinsing, and drying well. Toss leeks and carrots with olive oil, thyme, salt, and pepper. Spread on a baking sheet and cover loosely with foil. Roast for 10 minutes, then remove foil, reduce the heat to 400°F, and roast 10–15 minutes more until vegetables are tender and caramelized. Season to taste and serve warm.



## Potted Herb of the Week: Fresh Flavor All Season Long



This week, CSA members have the option to include our **Potted Plant of the Week**, featuring fresh culinary herbs to enjoy all season long. These living plants are a great way to keep flavor right at your fingertips, whether you're growing them on a sunny kitchen windowsill or planting them outdoors in your garden. This week's selections are oregano and flat-leaf parsley—two versatile herbs that bring fresh, vibrant flavor to countless dishes. Oregano thrives in sunny, well-drained soil and prefers to dry slightly between waterings, making it a low-maintenance favorite for sauces, roasted vegetables, and Mediterranean dishes. Flat-leaf parsley enjoys regular watering and partial to full sun, and it's perfect for brightening soups, salads, marinades, and grain dishes. With a little care and regular harvesting, both herbs will continue to grow throughout the season, giving you a steady supply of fresh flavor to enhance your meals week after week.