

Dear CSA Members,

Welcome to Week 3 of the CSA season! We're excited to offer another fresh selection of spring harvest items available to customize in your shares this week.

This week's featured items include:

Asparagus, Carrots, Lettuces, Bok Choy, Leeks, Kale, Spinach, Dry Beans, Scallions, Beets, Cilantro, Parsley, Curly Parsley, and Lemon Balm Plants.

Several early season favorites—including spinach, leeks, cilantro, carrots, and asparagus—have been overwintered, meaning they were planted in the fall and protected through the winter for an earlier spring harvest. Our bok choy, kale, lettuces, and beets were harvested from our high tunnels, which help naturally extend the growing season. This week's potted herb plants were carefully grown in our greenhouses and are ready to enjoy at home. We hope you enjoy the flavors of the season and find inspiration in this week's harvest. Be sure to explore the storage tips and recipes included throughout this newsletter to help make the most of your share.

Thank you for supporting local agriculture and being part of our farm family.

Freshly yours,

The Alstede Family and CSA Farm Team



Alstede's  
Community  
Supported  
Agriculture

## Member Weekly Digest

Week 3: May 10 - May 16, 2026

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

- Asparagus
- Carrots
- Lettuces
- Bok Choy
- Leeks
- Kale
- Spinach
- Dry Beans
- Scallions
- Beets
- Parsley
- Basil
- Popcorn
- Sparkling Cider
- Lemon Balm Plant
- Curley 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)

## Alstede Fresh Bok Choy Stir Fry

A quick spring stir fry featuring fresh Bok choy, scallions, & carrots from this week's share.

### Ingredients

- 2 heads Alstede Fresh Bok choy, chopped
- 2–3 Alstede Fresh scallions, sliced
- 1 Alstede Fresh carrot, thinly sliced
- 1/2 pound beef strips\*
- 1 tablespoon oil
- 1 tablespoon ginger, minced
- 2 garlic cloves, minced
- 3 tablespoons oyster sauce
- 2 teaspoons fish sauce
- Sesame seeds for garnish



Scan the QR Code  
below for produce  
storage tips



### Directions

1. Heat oil in a skillet or wok over medium-high heat.
2. Cook ginger and garlic for 1 minute. Add beef and cook until browned.
3. Add carrots, Bok choy, and scallions, and stir-fry 2–3 minutes until tender-crisp.
4. Stir in oyster sauce and fish sauce.
5. Top with sesame seeds and serve over jasmine rice.

\*For a vegetarian version, substitute mushrooms for the beef.

## Potted Herb of the Week: Curley Parsley & Lemon Balm

This week, you may have opted to receive our Potted Plant of the Week. These living plants are perfect for a sunny kitchen windowsill or garden, keeping fresh flavor within easy reach. *This week's selections are: curly parsley and lemon balm.*

Curly parsley thrives in sun to partial shade, benefits from regular watering, and appreciates frequent harvesting. It's a versatile herb for soups, salads, grains, roasted vegetables, and as a fresh garnish.

Lemon balm prefers partial sun and consistently moist soil, and grows quickly with regular trimming. Its light citrus flavor is ideal for teas, lemonades, fruit dishes, desserts, and even savory recipes like chicken or fish.

When planting in the garden, space parsley about 6–8 inches apart and lemon balm about 18–24 inches apart, as it can expand over time. With care and regular use, herbs will continue to grow and provide fresh flavor all season long.

