

Dear CSA Members,

Welcome to Week 4 of the season! As we move deeper into spring, the fields are continuing to come alive with vibrant colors, fresh flavors, and an exciting variety of crops for your table.

This week's share features a great mix of farm-fresh produce, herbs, and strawberries!

What's in the Share This Week, based on your share size and customization preferences:

Asparagus, Carrots, Lettuces, PA Mushrooms
Beets, Kale, Leeks, Swiss Chard, Strawberries,
Lemon Balm, Oregano, Parsley, Dry Beans,
Popcorn, Sage & Cilantro Plants

From crisp greens and sweet strawberries to pantry staples like dry beans and popcorn, this week's selection highlights both the freshness of the farm and the long-lasting favorites. The herb plants are perfect for bringing fresh flavor to your kitchen all season long.

As always, we encourage you to explore new recipes, try something unfamiliar, and enjoy the connection between your kitchen and the fields here at the farm.

Thank you for being part of our CSA family. We look forward to sharing the harvest with you each week!

Warmly,

Alstede Farms CSA Team



Alstede's
Community
Supported
Agriculture

Member Weekly Digest

Week 4: May 18 - May 23, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Asparagus
- Carrots
- Lettuces
- PA Mushrooms
- Beets
- Kale
- Leeks
- Swiss Chard
- Lemon Balm
- Oregano
- Parsley
- Dry Beans
- Popcorn
- Sage Plant
- Cilantro 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

Farm Fresh Cranachan Dessert

A classic Scottish-inspired dessert made even better with fresh berries and cream from the farm.

Ingredients:

- 2 cups fresh strawberries
- 2 tablespoons honey
- 1 cup rolled oats
- 2 cups heavy whipping
 - cream
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- ¼ cup toasted chopped nuts or granola
- Fresh mint for garnish



Alstede Hometown Farm, Global Roots



Directions

1. In a bowl, combine the sliced berries with honey and let sit for 10–15 minutes to release their juices.
2. Toast the oats in a dry skillet over medium heat for 3–5 minutes, stirring often, until golden and fragrant. Let cool.
3. In a large bowl, whip the cream until soft peaks form. Fold in maple syrup and vanilla.
4. Layer the whipped cream, berries, and toasted oats into glasses or dessert bowls.
5. Top with additional berries, toasted nuts if desired, and fresh mint.

Chill briefly or serve immediately.

Potted Herb of the Week: Sage & Cilantro

This week's potted herb highlight is sage and cilantro plants. Sage is a versatile culinary herb known for its warm, earthy flavor. It is commonly used in roasted vegetable dishes, poultry, pork, stuffing, brown butter sauces, and hearty seasonal meals. Sage also pairs well with autumn-style recipes and adds depth to simple savory preparations.

Cilantro offers a fresh, bright, citrus-like flavor that is widely used in global cuisines. It is excellent in salsas, tacos, curries, soups, rice and grain bowls, salads, and marinades. Cilantro adds a refreshing finish to many dishes and is best used fresh.

This week's cheese highlight is Tomato & Basil cheese from local Springhouse Creamery.

Members may choose to add cheese onto their shares when desired, a great way to try new

and local favorites while supporting regional producers. The Tomato & Basil cheese offers a fresh, savory flavor profile that pairs well with breads, crackers, salads, roasted vegetables, and light summer meals.



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