

Dear CSA Members,

Welcome to Week 5 of the CSA season!

The farm is buzzing with activity as we continue through the spring growing season. Our farmers have been busy harvesting this week's shares each morning while also seeding cole crops in our greenhouses to ensure future harvests later in the season. In our high tunnels, we continue planting basil and bok choy alongside successive lettuce plantings to diversify crops and provide a wider variety of fresh flavors throughout the CSA season. This week's share features a beautiful mix of spring favorites, including Swiss chard, spinach, lettuces, asparagus, carrots, leeks, beets, radishes, strawberries, fresh herbs like mint, oregano, parsley, and lemon balm, along with dry beans, popcorn, sparkling cider, and herb plants including chamomile and lemon basil.

As always, we encourage you to visit the produce storage tip guide on our website to help extend the freshness and quality of your freshly harvested produce throughout the week and to reduce waste. Thank you for supporting local agriculture and for being part of our CSA family. We're grateful for the opportunity to grow for your table and look forward to sharing the harvest with you each week.

Warmly,

Alstede Farms CSA Team

Scan the QR Code
below for produce
storage tips



freshly
inspired

Alstede's
Community
Supported
Agriculture

Member Weekly Digest

Week 5: May 25 - May 31, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Asparagus
- Carrots
- Lettuces
- Leeks
- Beets
- Radishes
- Swiss Chard
- Strawberries
- Mint
- Oregano
- Parsley
- Dry Beans
- Popcorn
- Spinach
- Lemon Balm
- Sparkling Cider
- Chamomile Plant
- Lemon Basil 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

Leek & Asparagus Frittata

Ingredients:

- 1 large Leek, cleaned and thinly sliced
- 1 bunch of asparagus, trimmed, cut into 1" pieces
- 8 large farm fresh eggs
- ½ cup milk or cream
- 1 cup shredded sharp cheddar or goat cheese
- 2 tablespoons olive oil or butter
- 1 small garlic clove, minced
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 tablespoon fresh chives or parsley, chopped



Directions:

- Preheat oven to 375°F. In an oven-safe skillet, heat olive oil or butter over medium heat. Cook leeks for 5–7 minutes until soft and lightly caramelized. Add asparagus and garlic; cook 3–4 minutes more. Whisk eggs, milk, salt, and pepper together, then pour into the skillet. Top with cheese and cook for 2 minutes, until the edges begin to set. Transfer skillet to the oven and bake 10–12 minutes, or until the center is fully set. Garnish with fresh herbs and serve warm.

Potted Herb of the Week: *Chamomile & Lemon Basil*

This week's share includes two fragrant and versatile herb plants to enjoy at home: Chamomile and Lemon Basil! Both are easy to grow in containers, raised beds, or garden spaces and will continue producing throughout the season with regular harvesting. Chamomile is a delicate flowering herb known for its calming fragrance and daisy-like blooms. It thrives in full sun with well-drained soil and should be watered when the soil becomes dry. Chamomile flowers can be harvested once fully open and used fresh or dried for homemade teas, infused honey, desserts, or natural herbal blends.

Lemon Basil is a flavorful basil variety with bright citrus notes that pair beautifully with summer dishes. Plant in full sun after the danger of frost has passed and water regularly to keep plants productive. Pinching the tops encourages fuller growth and prevents early flowering. Lemon basil is excellent in salads, seafood dishes, marinades, dressings, iced teas, and fruit-based recipes.

For best results, harvest herbs regularly to encourage continued growth and enjoy the fresh flavors all season long!