

## Baked Eggs with Spinach, Asparagus and Prosciutto

Bake the eggs, in their nests of crusty bread, until the whites are just set. When you cut into the egg, the still-liquid yolk acts as a sauce. If spicy food is your fancy, try serving a favorite salsa on the side.

1 small round loaf crusty bread (about 10 ounces), 2 ends removed, and the rest cut into 4 thick slices

3/4 pound asparagus, tough ends snapped off and discarded, spears cut into 2-inch pieces

1/4 pound thin-sliced prosciutto

1/4 pound Gruyère, grated

Spinach from the share. Cleaned, chopped, sautéed/wilted

4 eggs

1/4 teaspoon salt

1/8 teaspoon fresh-ground black pepper

Heat the oven to 450°. Put the bread on a baking sheet and toast in the oven, turning once, until lightly browned, about 5 minutes in all. Transfer to an oiled baking dish. Meanwhile, bring a medium pot of salted water to a boil. Add the asparagus and cook until tender, about 5 minutes. Drain, rinse with cold water, and drain thoroughly. Using your fingers, make a depression in the center of each slice of bread. Arrange one or two slices of prosciutto around the edge of each slice of bread. Reserve 2 tablespoons of the cheese. Press a quarter of the remaining cheese into the center of each slice of bread. Top the cheese with the spinach, and then surround that with the asparagus. Break an egg into a small dish. Carefully slip the egg into one of the spinach nests. Repeat with remaining eggs. Sprinkle the eggs with the salt and pepper and the reserved cheese. Bake, covered, until the egg whites are just set, 10 to 15 minutes.

From: Myrecipes.com

### Spinach

**Storage:** there are 2 choices, wash when you get home so that the spinach is ready when you need it or was as you go. Either way be sure that the spinach is dry before storing and plan to use this tender green as soon as possible.

Wash and completely spin dry and store in layers of paper towel in the refrigerator for 3-5 days

### Cider

Can be frozen in the original container by pouring out a little of the liquid to allow for expansion. You can also store in serving size containers.

After defrosting, strain before serving.

### Leafy and Lettuce Greens

Wash and thoroughly dry (spin dry!)

1. Wrap in paper towel and place into a plastic bag
2. Layer with paper towels in a plastic container
3. Wrap in Aluminum Foil
4. Place in a plastic bag, getting as much air out as possible, then blow in 1 exhale of Carbon Dioxide.

Start to think about salad as the main dish, not the side.



## Alstede Farms Freshly Inspired CSA

Based on your comments on Facebook, I am happy to see that you enjoyed your first share. I read a Facebook post by Kim De Maria that said cider was served with dinner and there was a plan for spinach, asparagus, and kale. I am hoping that the "tips" each week will be helpful. Some of you commented and some of you "liked" so we will try to keep you informed throughout the season. Following the arrival of our first box of freshness, we hope you are all having fun getting back into the swing of using fresh, homegrown produce in your kitchen.

I certainly used homegrown asparagus as I prepared for an "Asparagus" class most of the day on Thursday. It was the first day we had our own Asparagus in the Farm Store. It is always a special day when you see that the first crop of the season on display. We prepared an Asparagus Ricotta Tart and Crepes Divan (recipes available on the website). With some leftover crepes we prepared a cold asparagus appetizer using herb cheese and some steamed asparagus. On Wednesday night, before the class, some of us went out to dinner with Farmer Kurt to celebrate his birthday. The restaurant had a "summer salad" on the menu. It included asparagus and watermelon. The two are never in season together, with asparagus in the early spring and watermelon in the middle of the summer. I had take my chances with supermarket watermelon and fresh raw shaved asparagus, with some arugula, romaine, and spinach and a simple lime vinaigrette. We are going to print the recipe this week. It is refreshing and truly delicious. I hope you will try it during the season.

Get ready to plant Oregano and Curly Parsley this week. The parsley can be planted with the chives you got last week and as well as this week's oregano. Later on, you can eventually add sage and thyme in the same pot. I can remember when curly parsley was the only parsley available in the supermarket. Recently it has often been passed by for flat leaf when cooking and mainly used for garnish. I have found some recent posts bringing curly parsley back into favor. Feel free to use either, which ever you have available. Plan ahead, as you will certainly want to use oregano when cooking with tomatoes, zucchini, and peppers all summer long. It is a beloved herb when preparing herb chicken or shrimp scampi, yum!

The lettuce this week will be from the high tunnel here at our homebase farm. You will see green leaf, red leaf, and romaine lettuce, which will contribute to a flavorful salad mix. It is time to think about salad as a main dish. Spring as we know is all about the leafy greens. The spinach once again is from our organic fields. The asparagus with these warm days this past week will continue to pop up and be cut for the shares.

I am sending a special Happy Mother's Day message to all of our members. Maggie and I are hoping to see some of you at brunch on Saturday or Sunday. If not, I hope that someone will be preparing some farm eggs for your brunch at home. Until next week, enjoy the freshness!

~food for thought~



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# CSA Week 2 ~ May 8th - May 13th, 2018

~discover the perfect fit for you~

## Classic Box Contents

### This Week's Full Share

- Apple Cider - Sus
- Asparagus - Sus
- Oregano Plant - Sus
- Parsley Plant - Sus
- Lettuce - Sus
- Spinach - Certified Organic
- Scallions - Sus
- Baby Bok Choy - Sus
- Popcorn - Sus
- Bella Mushrooms - Sus
- Mushrooms - Sus
- Tomatoes - Sus

### This Week's Half Share

- Apple Cider - Sus
- Asparagus - Sus
- Oregano Plant - Sus
- Parsley Plant - Sus
- Lettuce - Sus
- Spinach - Certified Organic
- Scallions - Sus
- Baby Bok Choy - Sus
- Popcorn - Sus
- Bella Mushrooms - Sus
- Tomato - Sus

### This Week's Personal Share

- Apple Cider - Sus
- Asparagus - Sus
- Oregano Plant - Sus
- Parsley Plant - Sus
- Lettuce - Sus
- Spinach - Certified Organic
- Bella Mushrooms - Sus
- Tomato - Sus

## Necessities Box Contents

### This Week's Full Share

- Apple Cider - Sus
- Asparagus - Sus
- Oregano Plant - Sus
- Parsley Plant - Sus
- Lettuce - Sus
- Spinach - Certified Organic
- Scallions - Sus
- Popcorn - Sus
- Bella Mushrooms - Sus
- Mushrooms - Sus
- Tomatoes - Sus

### This Week's Half Share

- Apple Cider - Sus
- Asparagus - Sus
- Oregano Plant - Sus
- Parsley Plant - Sus
- Lettuce - Sus
- Spinach - Certified Organic
- Scallions - Sus
- Popcorn - Sus
- Bella Mushrooms - Sus
- Tomato - Sus

### This Week's Personal Share

- Apple Cider - Sus
- Asparagus - Sus
- Oregano Plant - Sus
- Parsley Plant - Sus
- Lettuce - Sus
- Spinach - Certified Organic
- Bella Mushrooms - Sus
- Tomato - Sus

Growing Method Key: Sus = Sustainable CO = Certified Organic

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## Salad as a Main Dish

### Asparagus and Watermelon Salad with Lime Vinaigrette

1 bunch asparagus shaved or cut into 1" pieces  
3 cups fresh mixed greens (romaine, spinach, arugula)  
1 1/2 cups watermelon (cubed)  
Mix together the asparagus and greens and top with the lime vinaigrette. Mix and serve.

### Lime Vinaigrette

Juice from 2 limes  
1 T honey  
¼ cup olive oil  
½ t salt

Whisk together and pour over salad. Sprinkle with a little black pepper and serve.

This salad pairs well with grilled chicken, you can even use the lime vinaigrette as a marinade!

### Baby Bok Choy

Store in a plastic bag in the crisper drawer of the refrigerator

Do not wash until you are ready to use

Will keep 3-4 days

Simple stir fry: 1 -2 T oil heated, add 2 cloves of garlic chopped, top with baby bok choy, Stir fry 3-4 minutes over moderate heat, add 1 T soy sauce and 2 T vegetable stock continue to stir fry until bok choy is tender/crisp

## Storage Tips

### Check Your Temperature

Lowering the temperature of your refrigerator just 1 degree can help to keep produce fresh a day or two longer.

### Cook While It's Fresh

If you are not going to cook and serve one of the vegetables in your share, just cook and store. It will give you a few more days to use it in a meal plan.

### Pinching Herbs

As herbs mature in the garden, pinch at the stems, under 1 or 2 groups of leaves. Pinching will improve the shape of the plant and keep them from flowering or going to seed.

### Tomatoes

The best method of storage is at room temperature, on the counter, with the stem side down.  
If it will be more than a couple days, they can be stored in the fridge.

**FREE Reusable Bag**

**With purchase of**

**\$20 or more**

### This Week Only

*Sustainability is a driving principle on our farm. Help us save some plastic bags by getting a reusable Alstede Farms bag. Keep it in your car and bring it with you every time you shop!*

*Our Farm Store is open every day from 9am-7pm.*

Valid this week only 5/8/18 and 5/14/18 Must be presented in person



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