

Spring Vegetable Soup

- 2 Tbsp. olive oil
 - 2-3 leeks sliced and cleaned 1/2-inch slices (about 1 1/2 cups)
 - 4 cloves garlic, minced
 - 5 cups vegetable stock
 - 2 c sliced carrots
 - 2 cups sliced asparagus (about 3/4 lb.)
 - 1 cup fresh or frozen peas
 - 1 16-oz. can cannellini beans, drained and rinsed
 - 1/2 cup chopped fresh Italian parsley leaves
 - 2-3 cups fresh spinach or baby kale
 - 2 Tbsp. lemon juice
 - 2 Tbsp. grated Parmesan cheese or parmesan rind
- Heat oil in large saucepan over medium-high heat. Add leek, and sauté about 8 minutes, until softened. Add garlic; sauté about a minute, or until fragrant.
- Add stock, and carrots, cook 10-12 minutes, stirring often, or until vegetables are slightly tender. Add asparagus and peas and simmer for another 10 minutes. Add the beans, and cook 3 to 4 minutes more, until heated through. Stir in the parsley and 2-3 cups of cleaned fresh spinach or kale. Allow the greens to wilt.
- Add the lemon juice and Parmesan; season with salt and freshly ground black pepper. Serve.

Adapted from vegetariantimes.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

Leafy Greens and Lettuce

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.

Cilantro Green Sauce

- 2 fresh garlic cloves
- 1/4 cup water
- 1 jalapeño pepper. More can be added if you desire.
- 1/2 teaspoon cumin
- 1 teaspoon oregano
- 1/2 cup cilantro leaves
- 4 tablespoons olive oil
- 2 tablespoons wine vinegar
- Salt to taste

Toss all of your ingredients into a blender or food processor until smooth. You can add salt to taste, or add additional garlic or pepper to get to the desired flavor you want as well. You can serve green sauce at room temperature, or use as mentioned above to marinate and spice up your meat dishes. This recipe literally only takes minutes to make, so find ways to use it in your kitchen and you will not only save time but money as well! From: littlehouseliving.com



Alstede Farms Freshly Inspired CSA

It is my pleasure to welcome you and of course to welcome back all our seasoned members. We made it through the winter! It is finally here, our first long awaited, share. The first crop of the season, asparagus, a perennial, is being cut daily in the fields. The high tunnels here at the farm help to extend the growing season. High tunnels look like greenhouses however they do not have heat or any special ventilation. High tunnels protect the early crops from the elements, and we will reap those benefits. The lettuce in the shares will be harvested from a high tunnel this week. We started tomatoes early in the year and we have two greenhouses growing tomatoes and some peppers.

Spring has been in the air for a while now but as I am writing to you early on Sunday morning the production team is out in the field covering acres of strawberries. There is a chance of frost tonight and the first berries of the season will be protected.

On Saturday I had two herb classes in our newly designed market greenhouse. We now have herbs growing ready for our guests to snip sprigs that they may need for dishes that they are preparing. You will have some cut herbs in your shares as well as the potted herbs that we have been receiving now for a few years. It is time to plan your garden. You can leave the plants in the small pots for a short time. To see the herbs truly flourish however they should be planted in larger pots or in the ground. This week you will receive flat leaf parsley and mint. In future weeks you will also receive curly leaf parsley. **Mint is a perennial that should be planted alone. It is invasive and it will send out runners that need space.** It is often suggested that mint be planted in a slightly larger pot and then planted into the ground, so that it does not take over your garden. The pot with parsley will have a second parsley added and then you eventually add the cilantro and basil plants that will come along later. The light and water need for each of these plants is similar so they will flourish. If you were with us last year you might see your chives coming back in your garden, they are thriving in the organic fields and will be cut and in the shares this week. You will also receive a bunch of cilantro so your recipes this week are sure to be flavorful!

My email is jenn@alstedefarms.com and I will be writing to you each week during this journey that we will take together. I will try to bring you recipes that you will be able to use with the fresh produce you will receive each week. As I find helpful tips and information you will be the first to hear about it. Keep your index handy. There is a simple recipe for all of the produce that you receive in that booklet. If at any time you have a question, concern, a recipe, a tip or something you would like to share with everyone else please send it to me. I love hearing from you. Until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 1 ~ April 30th - May 2nd, 2019

~discover the perfect fit for you~

Freshly Inspired Box Contents

This Week's Full Share

- Arugula - Sustainable
- Asparagus - Sustainable
- Chives - Certified Organic
- Cilantro - Sustainable
- Kale - Sustainable
- Leeks - Sustainable
- Lettuce - Sustainable
- Mint plant - Greenhouse Grown
- Flat leaf parsley - Greenhouse Grown
- Radishes - Sustainable
- Scallions - Sustainable
- Spinach - Sustainable
- Swiss Chard - Sustainable
- Tomatoes - Sustainable

This Week's Half Share

- Asparagus - Sustainable
- Chives - Certified Organic
- Cilantro - Sustainable
- Kale - Sustainable
- Lettuce - Sustainable
- Mint plant - Greenhouse Grown
- Flat leaf parsley plant - Greenhouse Grown
- Scallions - Sustainable
- Spinach - Sustainable
- Tomatoes - Sustainable

This Week's Personal Share

- Asparagus - Sustainable
- Chives - Certified Organic
- Cilantro - Sustainable
- Lettuce - Sustainable
- Mint plant - Greenhouse Grown
- Spinach - Sustainable
- Tomato - Sustainable

Buy one Salad

Dressing

Get one 50% off!

This Week Only

This week's share is going to be very green, add some flavor to your next salad by grabbing one of our dressings like a Red Raspberry Vinaigrette,

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

Valid this week only 4/29/19 and 5/5/19 Must be presented in person

fresh discovery time savers | fresh, delicious and fast

Oven Baked Parmesan Asparagus

- 2 bunches asparagus ends trimmed
- ½ cup gluten-free flour 1-to-1 blend
- 2 eggs
- 1 Tbsp milk almond milk or soy milk
- 1 Tbsp olive oil
- ½ cup Parmesan cheese
- ¾ cup Panko bread crumbs gluten-free
- ¾ tsp salt
- ¼ tsp pepper
- ¼ tsp paprika
- Parmesan cheese optional

Preheat oven to 425 degrees.

In three separate bowls or pans (large enough to fit the length of the asparagus spears) place the following:

Bowl 1: Gluten-free flour blend.

Bowl 2: Whisk together the eggs, milk and olive oil.

Bowl 3: Toss the cheese, breadcrumbs, salt, pepper, and paprika.

Take 4-5 asparagus spears at a time and place them in bowl 1 (flour blend), dip them in bowl 2 (egg wash), and then coat them in bowl 3 with the Parmesan and breadcrumbs. Repeat with the remaining asparagus spears.

Line two large baking sheets with parchment paper. Place coated asparagus spears evenly spaced out onto the baking sheets.

Spritz asparagus spears with butter or coconut-flavored non-stick cooking spray and bake in the oven for 12-14 minutes.

Halfway through baking, flip spears and return to oven until they reach a nice golden brown.

Sprinkle asparagus spears with additional Parmesan cheese and parsley. Serve immediately and enjoy!
From: Evolvingtable.com

Storage Tips

Asparagus

To care and store asparagus: wrap the ends in moist paper towels and place the bundle into a plastic bag. Asparagus will keep up to 3-4 days

Fresh Cut Herbs

You will often receive a bunch of cut herbs:
To keep fresh herbs:
Wash herbs in cool water, remove dead stems and leaves, snip the ends and gently pat dry. Place stems in a container filled with water, do not submerge the leaves. Changing the water daily will help to keep the herbs fresh. They can keep up to week on the counter.

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.



fresh discoveries every day