

## Baked Eggs with Spinach and Leeks

Serves 2

2 tablespoons unsalted butter

2 tablespoons olive oil

1 medium leek (white and light green parts only), chopped

1 garlic clove, minced

8 cups baby spinach

Kosher salt, to taste

4 large eggs

¼ cup heavy cream

½ teaspoon finely chopped thyme

½ teaspoon finely grated lemon zest

¼ teaspoon Aleppo pepper or crushed red pepper flakes

Preheat the oven to 350°.

In a large skillet over medium heat, melt the butter with the olive oil. Add the leeks and cook, stirring occasionally, until they are soft and tender but not browned, 6 to 8 minutes. Add the garlic and spinach, season with salt, and cook until the spinach has wilted, 2 to 3 minutes.

Set 2 small ovenproof dishes onto a baking sheet. Divide the spinach-leek mixture equally between the dishes. Make 2 indentations in each dish, leaving about a 1-inch gap in between. Carefully crack each egg into an indentation. Pour 2 tablespoons of cream into each dish and season with salt.

Place the baking sheet into the oven and bake until the whites are just set but the yolks are still runny, 10 to 12 minutes. Top the baked eggs with the thyme, lemon zest and Aleppo pepper, and serve. From: [tastingtable.com](http://tastingtable.com)

### Beet Roots and Beet Tops

Store beets in plastic bags in the refrigerator. They can last up to 10 days however they are best used

within 5 days. To prolong the freshness, roast the beets and use within 3-4 days

Store the beet tops as you would store a tender leafy green.

Prepare the beet greens within a day or so.

### Freezing Asparagus

1. It is important to use enough water such that when the asparagus is immersed in the boiling water it comes back to the boil within one minute. One gallon of water per pound of prepared vegetables is recommended. So, if you are using a large (not huge) saucepan you will probably get about 2 pints of water boiling (just under ¼ gallon) which you can then use for ¼ pound of asparagus (about 6-8 spears).

2. Have on hand a large bowl of iced water or cold water and running cold water to run over the blanched asparagus as it cools.

3. Also have ready clean freezer containers or sealable plastic bags.

To Blanch Asparagus:

4. Rinse the asparagus spears in fresh water to clean off any loose sand or grit, cut or snap the woody ends off.

5. Bring the water to the boil.

6. With the heat still on high immerse the asparagus in the boiling water so that it comes back to the boil as quickly as possible.

7. Boil the asparagus depending on the thickness of the stalks. (1 1/2 minutes for thin, 2 for medium, 3 for fat).

8. Remove from the boiling water and immerse straight away into the iced or cold water. You need to stop the cooking process as quickly as possible to preserve the asparagus' texture.

9. When the blanched asparagus spears are cold dry them on kitchen paper and pack in airtight freezer containers. Date the container

10. If using freezer bags, close the bag almost completely, then stick a straw into the bag so that you can draw out as much air as possible inside the bag. Press onto the straw as you continue to close the bag and pull the straw out. Date the bag. From: [Asparagus-lover.com](http://Asparagus-lover.com)



## Alstede Farms Freshly Inspired CSA

Last week I spent some time at the farm preparing a frittata that has become a farm favorite. The recipe calls for basil and potatoes and it is a baked dish. We add any of our vegetables that are in season, this week of course it was asparagus. It was one of the breakfast choices on our Mother's Day Buffet. I have been noticing that many of you are adding an egg to some sort of greens. I have seen the posts on Facebook. Breakfast is the meal where I believe that we need to add more vegetables if we are going to get what we need in our daily diets.

Week three arrives with more asparagus. We will probably have it in our shares for only a few more weeks. We have some CSA members who are great at preservation. It might be time to follow their lead. Some members freeze enough for the entire winter. They finish the last packets of frozen veggies just in time for that first share in April. I think that it is time to preserve a bit of the bounty. A little asparagus later in the summer, fall, or even that farm fresh taste next winter will be appreciated. I will include the freezing directions in the tips as well.

We are continuing to plant our gardens. Rosemary and Sage will be in the shares this week. Sage is a perennial and rosemary is a very tender perennial and usually will not survive the winter in New Jersey. These two plants can be potted together. They are among the herbs that like the soil to be a little drier. Thyme can be added to this same pot later in the season.

I have noticed on Facebook that there is a request to share salad dressings. Great idea! The cilantro and the chives in the shares are being put to great use. I had an e-mail from CSA member Tamar Bacon this week and she requested some Mediterranean recipes for asparagus and other produce in the share. We all know that the Mediterranean diet does promote long life. The Orzo Salad in last week's newsletter is a Southern Europe style however the newest Mediterranean style does eliminate pasta if it is white, and it does add legumes and beans wherever possible. The simplest preparation might be just starting with olive oil and garlic, sauté the vegetable and then add fresh or roasted tomato, some olives and a sprinkle of lemon.

Share your ideas and recipes with me, [jenn@alstedefarms.com](mailto:jenn@alstedefarms.com) and until next week, enjoy the freshness!

~food for thought~



fresh discoveries *every day*



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# CSA Week 3 ~ May 14th - May 16th, 2019

~discover the perfect fit for you~

## Freshly Inspired Box Contents

### This Week's Full Share

- Asparagus - Sustainable
- Beets - Sustainable
- Kale - Sustainable
- Leeks - Sustainable
- Lettuce - Certified Organic
- Fresh Cut Mint - Sustainable
- Fresh Cut Oregano - Sustainable
- Rhubarb - Sustainable
- Rosemary plant - Greenhouse Grown
- Sage plant - Greenhouse Grown
- Scallions - Sustainable
- Spinach - Sustainable
- Tomatoes - Sustainable

### This Week's Half Share

- Asparagus - Sustainable
- Beets - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Rosemary plant - Greenhouse Grown
- Sage plant - Greenhouse Grown
- Spinach - Sustainable
- Tomatoes - Sustainable

### This Week's Personal Share

- Asparagus - Sustainable
- Beets - Sustainable
- Kale - Sustainable
- Lettuce - Certified Organic
- Rosemary plant - Greenhouse Grown
- Spinach - Sustainable
- Tomato - Sustainable

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## Lemon Garlic Asparagus

- 4 tablespoons olive oil
  - 2 tablespoons fresh squeezed lemon juice
  - 1 tablespoon red wine vinegar
  - 1 tablespoon fresh chopped parsley
  - 1 teaspoon dried oregano
  - 2 teaspoons garlic minced
  - 1 teaspoon salt
  - cracked pepper to taste
  - 1 lb. asparagus spears woody ends removed
- To Serve:
- 1/2 cup grape tomatoes halved
  - 1/2 cup feta cheese crumbled
  - Lemon wedges to serve

### Oven Method:

Preheat your oven to 400°F . Lightly grease a rimmed baking sheet with nonstick cooking oil spray. Arrange asparagus on sheet in a single layer.

Whisk together oil, juice, vinegar, herbs, garlic, salt and pepper. Pour half over the asparagus and toss to evenly coat. Roast for 8-10 minutes or until the asparagus is crisp on the outside and tender in the center. Top asparagus with the tomatoes and feta cheese. Drizzle with remaining lemon dressing. Serve with lemon wedges.

### Stove Top Method:

Toss asparagus in half of the dressing and pan fry over medium heat until cooked to your liking (about 8 minutes while tossing occasionally. Drizzle with the remaining sauce and top with the feta and tomatoes. Serve with lemon wedges. From: Cafedelights.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.

### Cleaning Leafy Greens

Place greens in a pan of cool water, swish and then allow the water to settle

Lift the greens into a colander and repeat the process until there is no grit and the water is completely clear.

Be sure that they are completely dry before storing.

Store wrapped in paper towel in a plastic bag or container.

## This Week Only

**\$1.00 OFF**

**Pasta**

For your next spring pasta dish, use our artisan pasta!

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

Valid this week only 5/13/19 and 5/19/19 Must be presented in person



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