



A photo of some of our team members during the 2019 season.

### Storage Tips and Tricks for This Week's Contents

#### 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. Asparagus is from South Jersey. You will find that it might be a little sandy. Gently clean each spear, gently rub the tips to be sure you remove sandy soil.

**The simplest method of preparation:** Preheat the oven to 425. Be sure that the asparagus is thoroughly washed and dried. Remove the tough ends and save them. Using a baking pan, drizzle the asparagus with olive oil and sprinkle with salt. Move around to coat completely. Arrange the asparagus on a baking sheet bake on the middle rack for 10 – 15 minutes until fork tender.

Leftovers, serve for breakfast or brunch: use in a quiche, omelets, or with scrambled eggs,

#### Popcorn

Place the ear of corn into a paper lunch bag

Fold the bag closed.

Set the bag in the microwave and set the time at 2.5 minutes.

DO NOT LEAVE THE ROOM. Listen to the corn popping and if it slows, stop

Then remove the bag from the oven, CAUTION, EVERYTHING IS HOT!

Pour popcorn into a bowl and then top with butter or olive oil, salt, herbs, your choice.

#### Leafy greens-

Fill a pan with cold water, plunge in the leafy greens, Swish the greens. Allow to sit. Gently, lift out the greens, check the bottom of the pan for grit/sand/dirt Repeat until the water is completely clear, Drain and allow to dry. Wrap in paper towel and place in a plastic bag or layer paper towel in a container. Refrigerate

Use the most tender greens 1st

#### Mushrooms

Store in the original container or in a brown paper bag.

Do not store in a zip lock bag. Mushrooms need to breathe.

Wipe clean with a damp cloth before using. They should be used within a couple of days

To prolong storage clean and cook and then store.

Sauté to have them ready for a soup or stew or sauce

#### Parsnip:

If you receive the tops remove them and store separately from the roots. Use the tender greens within a couple of days.

Simple uses: Add chopped parsnip to soups, stew, or pot pie filling Boil with potatoes and mash together, be sure to garnish with some chives or scallions

#### Homemade Vegetable Stock

It is time to start keeping a stock container/bag in the freezer

4c vegetable scraps = 2 quarts of stock

Veggie peels, ends, tops, roots, vegetables a little past prime can be used. Be sure they are not spoiled, moldy etc.

The three vegetables always found in stock are: Onion, Celery, and Carrots

Save: leeks, scallions, parsnips, asparagus ends, mushroom scraps, lettuce, spinach, and kale leaves and stems.

Parsley, cilantro... and later in the season peppers, squash, eggplant and even corn cobs. Add a bay leaf and some black peppercorns for added flavor as well.

### Week 2 Fresh Inspirations May 5-7, 2020

What a nice week. I had the chance to help with distribution on Tuesday and Thursday. It was a treat to see everyone. We all had masks on, and we all had eyes that were smiling. It seems that everyone was in a great mood and excited to pick up that first share. Laurie Anne Trezza said "it feels like Christmas morning" a sentiment I have heard many times over the years. Tuesday was a gorgeous, perfect day for working outside. Thursday was the complete opposite; it did not however dampen the spirits of the members who were there to pick up.

Now imagine the crazy weather and the effect on actual farming. Has there ever been a season or a spring without challenge? Probably not. This year is no exception and it has presented its own unique set of issues. Cold, colder nights, wind, and rain and more rain. Finally, it looks like a warm dry trend with some extremely low temperatures that pop up at night. Even the weather models however are never in total agreement. Watching the weather can be a full-time job.

We continue to plant gardens this week. The herbs in the full shares will be oregano and thyme. In the half and personal shares there will be one or the other. They are both perennial and Mediterranean. They do not need as much water as the parsley, cilantro, and basil. They can be planted together. Chives if you received them last week can go into either pot. Be sure that all pots are in full sun as they all have that requirement.

South Jersey thankfully is just a little ahead of us. They have been experiencing cold as well. So, I was surprised and just as pleased as everyone else when I read that asparagus would be in the shares this week. I am sure that they will be a part of your meal plan, maybe more than once and do not waste a bit, keep the ends for stock or asparagus end soup.

The parsnips in the share have been wintered over. They may come to you without the greens. Parsnip greens have been known to be a little toxic to some. There are sights that say add to salad or blanch and add to soups and stews. Some say that they are not good tasting. Others will say that they can cause digestive stress. Unfortunately, some sights even say that they are poisonous.

Rena Houseman posted breakfast from the share to include kale and mushrooms. It has been reported that most Americans, 90% of us do not get enough servings of fruits and vegetables in our diets. Adding vegetables to breakfast is one way to ensure an increase in daily servings. We should all follow her lead. Especially since so many of you are home sheltering in place.

Before I leave you, I would like to wish all the "Moms" out there, from all of us, an incredibly happy Mother's Day. May your day be filled activities that will bring you joy!

Until next week, enjoy the freshness.

*Jenn Borealo*

*freshly*  
inspired

Alstede's Community  
Supported Agriculture



## Week 2 Harvest!



### **Asparagus, Sausage, Arugula Pizza**

1 sausage link (about 1/3 pound) casing removed Italian sausage

1/2 lb. sliced in half crosswise and lengthwise asparagus

1 cup or cherry tomatoes grape tomatoes or a chopped tomato from the share

3 cloves thinly sliced garlic

3 tablespoons divided olive oil

1 lb. home-made or store bought, at room temperature pizza dough for dusting flour

1 1/2 cup part skim ricotta cheese

2 cups of baby or chopped arugula

Balsamic vinegar, optional

Place your pizza stone in the middle of the oven. Heat to 450. Break up the sausage as you add it to the pan to cook through completely. Continue to break up large pieces with your cooking utensil. Mix the tomato, asparagus, and garlic in a bowl. Drizzle with 1-2 T olive oil. Sprinkle with kosher salt and freshly ground pepper to taste.

Sprinkle a pizza peel/paddle with just a little corn meal or line with a piece of oiled parchment paper. Stretch the pizza dough to a 12" round or square. Spread the ricotta evenly over the dough. Top with the veggie mixture and evenly sprinkle with cooked and drained sausage. Slide the pizza onto the heated stone. Corn meal will help pizza to slide or Parchment will slide onto the stone. Bake 20-25 minutes. Pizza crust will be golden brown. Drizzle the arugula with a little olive oil and some balsamic vinegar, toss and top the pizza, serve, and enjoy. Adapted from: Pauladeen.com

Asparagus

Kale

Spinach

Leeks

Chives

Baby Bella & White Mushrooms

Lettuces

Parsnips

Greenhouse Tomatoes

Cilantro

**\*\*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 on your Harvie profile.**

*We hope that you are enjoying our new and improved distribution system this year!*

### garden notes

There may be one of two herbs this week in the shares, depending on your share preferences.

Thyme and Oregano can be planted together in the same pot, since they need similar amounts of irrigation.

The chives that some of you received last week can be added to the pot with the parsley or this Mediterranean pot, they're versatile.

Thyme and oregano are both perennial herbs and they do not require quite as much water as the parsley, basil, cilantro varieties.

### **Marinated Mushrooms**

Marinade measurements are equal parts oil to acid. Use the vinegar of your choice or what you have available. A sprinkle of each spice or aromatic to taste. Honey or a little sugar can work interchangeably.

Button or Baby Bella mushrooms

olive oil (extra virgin)

apple cider vinegar

honey

garlic (fresh)

thyme

oregano

salt

red pepper flakes (optional)

parsley

Wash mushrooms and dry with a paper towel. Slice in half or quarter. Heat a nonstick skillet with 1 T olive oil and sauté until mushrooms have released moisture and most of it has evaporated. About 5 minutes. Remove from heat and cool for a few minutes. In a glass bowl combine remaining ingredients and add the mushrooms. Serve immediately or allow flavors to develop and add to antipasto or salads. Mushrooms will keep in the refrigerator up to 10 days. Add to chopped olive, sundried tomatoes, marinated artichoke hearts for an antipasto salad. Adapted from: cooking1sl.com