



Storage Tips and Tricks for This Week's Contents

Plants this week will be Rosemary or Tarragon.

Rosemary can be added to one of the pots that includes Thyme or Sage, Lavender & Oregano

Tarragon can be added to a pot with Basil and Parsley
Pinch herbs as you need them or as they need to be cut back.

Mushrooms

Store mushrooms in brown paper bags
Or

You can poke holes into the plastic packaging before storing so that they can breathe
Steam or Sauté

Vegetables can be prepared and then stored to prolong life
Pasta and Potatoes in a recipe

Italian Comfort food often includes the 2 starches.
Prepare with just one the potatoes or the pasta if you choose.

Radishes

From Jennifer Niederhoffer:

Dishingupthedirt.com/recipes/honey-soy-glazed-radishes/

From Angelina Louise:

Radish, Arugula, Prosciutto, and chive butter sandwiches

Freezing Herbs

Chop herbs and add sprinkle them into an ice cube tray. Fill with water and freeze
Remove from tray into Zip Lock Bags.

Label the bags

Oven dry fresh herbs

Cleaned, stems removed from leaves and discarded. Can dry chives as well.
Place onto parchment on a baking sheet with sides. Should be a single layer
Set the oven to the lowest temperature. Leave the door of the oven open.

It can take up to 3 hours, check every ½ hour.

Week 5 Fresh Inspirations 2020

Here we are again, and it was another crazy week of weather. The farmers have been working non-stop preparing fields and planting. On May 21st in the middle of the night the temperature did dip and once again, frost! Hard to believe. This time the damage was minimal by comparison and they were able to continue forward. Early in the season we are planting only. Now it is planting, thinning, and of course harvesting. I am happy to say that the Kale in the shares this week has been harvested from our organic fields.

I spent a little time on Facebook this morning and I have read some emails as well. There have been some questions about produce that is not yet in season. The production team is harvesting tomatoes from the greenhouse and tomato plants are in the fields. We usually start to harvest field tomatoes closer to August. We do have zucchini or summer squash and eggplant in our Farm Store from areas south of us, and we should start to be pick zucchini here in late June and eggplant in New Jersey is first picked in July.

Asparagus is the crop of the spring season. We should continue to see quite a bit of it. We did print directions for freezing so that you can continue to have it when you miss it later in the season. Rutgers is known for developing a few varieties of asparagus so I guess we could say that it is a New Jersey vegetable. Asparagus is high in water, low in calories. Asparagus is a source of vitamins A, C, and K and it is also rich in fiber. Many of you are roasting asparagus. In years past we twirled the stems with a little bacon or prosciutto before roasting. Dipped the stems into egg and breadcrumbs and made crispy stalks. We have steamed it and added it to risotto, and we have added asparagus to salads as well. Sauté some mushrooms and add in asparagus a little garlic or onion for aromatics. Add it to shrimp scampi. I don't think it could pair better with eggs. An egg bake, frittata, or quiche all come to mind. This past week I cut some steamed asparagus into 2" pieces and added them to a pan of garlic and olive oil, I topped that with some parmesan cheese, and a little chopped basil, using the ingredients from the pesto to make a side dish.

Some of you participated in the Harvey Info Session. I think that helped to make the process a little easier for many of you. I heard that there were some questions about the grit in some of the vegetables from South Jersey. When leafy greens are from there you will find that you need to change the water for the wash at least 3 times. Then those vegetables need to dry. A salad spinner may be the answer for you. Asparagus needs to be left to soak. Good news however I believe that most of the asparagus in the shares from now on will be from here at our farm.

I hope that you find the information that we include in the newsletter each week helpful. If you have any questions that are administrative please contact Trish@alstedefarms.com. If you have a questions or suggestions about a recipe or how to prepare produce in the share contact jenn@alstedefarms.com

Until next week, enjoy the freshness!

Jenn Borealo



Kale, Potatoes, and Pasta

*½ lb. Kale
Salted boiling water
1 large red skinned potato, peeled and cut into small cubes
14-16 oz pasta
3-4 or more, cloves of garlic chopped
3-4 T olive oil
Sea or Kosher Salt
Hot Red Pepper*

Clean the kale and remove the tough rib. Chop or slice the leaves into strips. Bring water to a boil in a Dutch oven. Add 1 T salt and add the kale. Water should cover the kale. Boil 3-4 minutes. Add the potato. Allow to cook until potato is tender. Save a cup Kale Potato water. Drain in a colander.

Meanwhile prepare a pan for cooking the pasta according to package directions. Drain pasta just before al dente. Reserve a cup of water.

While pots are boiling sauté garlic in 2-3 T olive oil in a deep skillet. Add a cup of the reserved kale and or pasta water. Add the pasta, kale and potato, and a pinch of red pepper. Simmer so that pasta completes cooking and flavors have time to blend. Add more reserved water as needed. Add a little salt to taste if needed. Drizzle with remaining olive oil (optional) Spoon into bowls. Serve passing cheese. Adapted from: Red, White, and Greens

alstede fresh asparagus carbonara

This is a recipe for an accompaniment. To prepare with pasta double all ingredients except the asparagus. Prepare pasta according to package directions and top with Asparagus Carbonara.

4 ounces Pancetta or 4 slices of bacon, cut into small pieces
1 bunch of thin asparagus trimmed and cut into 2" pieces
2 large egg yolks, lightly beaten with 1-2 T milk
1 T unsalted butter
3 T Parmigianino Reggiano finely grated
Fine sea salt
¼ t ground black pepper

Place the pancetta or bacon into a large heated skillet turning and moving occasionally cooking until crisp and golden brown. Pancetta will need 4-5 minutes. Bacon 8-10 minutes or more. Drain the bacon on paper towel and crumble. Leave a little of the rendered fat in the pan. Add the asparagus to the remaining fat and add 2-3 T water. Turn the heat to medium high and allow the asparagus to cook. Be cautious it will spatter. Asparagus will cook in 3-4 minutes or continue to fork tender or your desired texture. Remove the skillet from the heat and add the butter and the beaten yolks. Stir in the cheese and mix into the egg gently. Mixture should be creamy. Sprinkle with bacon bits. Serve. Adapted from: FoodandWine.com

Week 5 Harvest!

Asparagus
Spinach
Organic Chives
Baby Bella & White Mushrooms
Lettuces
Parsnips
Popcorn
Cilantro
Radishes



Organic Kale
Arugula
Mint
Tarragon Plants

*****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 Harvie profile, as well as changes in availability.***

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

Chive Crepes with Herb Cheese and Asparagus

Crepes
2 large eggs
1 cup milk
1/4 c water
1 cup all-purpose flour
3 tbsp. butter
2 tbsp. finely chopped chives or herbs of choice
1/8 tsp. salt

Prepare crepe batter: In a medium bowl, whisk eggs, milk, water, and the dry ingredients together. Stir in the chives. Allow the batter to rest for an hour or so.
Prepare the crepes: heat a crepe pan or small to medium non-stick skillet over medium-high heat. Lower the heat to medium. Melt 1 tsp butter in the pan and pour a scant ¼ c of batter into the pan. As you pour in the batter, you should be holding the pan and swirling to spread the batter evenly.