

Storage Tips & Tricks

Asparagus- To store, place the ends in a container of water. If storing for a couple of days leave room for possible growth and check the water level each day or wrap in a damp paper towel and store in plastic. Cleaning asparagus. Run under cold water gently rubbing the stalk and the tip. You may also soak in cold water. To ensure grit is removed, bring a pan of water to a boil, add a little salt. Add asparagus for 2-3 minutes to release any sandy soil remove and drop into an ice bath to stop the cooking. Store asparagus for later use. Use it in salad, roast, or sauté in olive oil and serve with lemon. Or try this trending recipe: This 5-Ingredient Asparagus Pasta Is the Perfect Easy Weeknight Meal | Kitchn (thekitchn.com)

Leafy greens- Leafy greens have been washed and they will come to you damp. They have been watered or washed or iced. You can clean them when you receive them or as you use them. Either way before they are refrigerated, they should be dry, wrapped or layered in paper towel and stored in plastic, bags, or containers. To clean greens: To clean greens: Fill a pan with warm water, plunge in the leafy greens, you will find that most of the grit, dirt, will just fall away. Swish the greens. Allow to sit. Gently, lift out the greens, check the bottom of the pan for grit/sand/dirt

Repeat cold water 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 within a couple of days.

Spinach- can be washed and dried before storing. Store spinach wrapped in paper towel or in layers of paper towel. Dried leaves can keep up to one week. Wilted Spinach Salad, Creamed Spinach, Stir Fry, Sautee with Garlic, shallots, onion as a side or as a bed under Chicken, fish, sliced steak, Mix into eggs for omelets or fill the omelet, Wilt spinach into soups, stews, sauces, Greek Spinach Feta Pie, Spanakopita, Quiche, add spinach to smoothies, add to ricotta cheese for Lasagna for Spinach Stem Recipes, take a look at Pantryfun.com

Radishes- and all root vegetables. When the root vegetable comes to you with the tops attached you should cut the tops from the root and store in two separate containers.

Leeks – should be tightly wrapped in the refrigerator so that their flavor will not be absorbed by other foods. Do not wash or remove roots before storing. They can keep up to two weeks.

Most recipes will call for the white bottom and the light green. Keep the tops for preparing stock. Be sure to clean leeks in cold water making sure that any soil or grit is removed from between the layers.

The garden herbs

The herbs are parsley, both kinds and they can be planted together of course. If the pot is large you will be able to add basil later and if you haven’t yet planted chives they can be planted here as well.

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.

Pinto Bean, Cranberry Bean, French Horticultural Bean - the seeds will come to you dry. Store in an airtight container in a cool dry place or prepare the beans and freeze. To prepare beans to be added to a dish you will first, boil them for a few minutes and simmer about 20 minutes or until tender in a broth with aromatics such as chopped onion and garlic, and other herbs such as basil and oregano, even a bay leaf. The aroma will be fabulous. If you have more beans than you can use this week, they can be frozen and they can also be canned. I often cook dried beans and freeze them in portions to use in pasta dishes, soups, and stews. For those of you who might prefer canning you can find directions at http://www.pickyourown.org/canning_fresh_beans.php 2 of our favorite recipes are on the website. <https://www.alstedefarms.com/recipe-category/cranberry-beans/>

You will often receive a bunch of cut herbs:

To keep fresh herbs:

Remove dead stems and leaves, wash as needed. Snip the stems. 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 a week on the counter. Or

Cover the container with a plastic bag and refrigerate. If storing basil leave on the counter, do not refrigerate. Change water every day or two. Most fresh herbs will last more than a week when stored this way.



Week 2 2023—May 1st—May 7th

I am hoping that all of you enjoyed that fresh green 1st share of the season. It was such a pleasure to see vegetables just out of the fields once again. Some of you blanch and freeze all season and have enough through the winter. Some of you find your way through the grocery store, so this of course is an awaited treat every spring!

Asparagus is once again in our shares this week and I stand corrected. Because of the colder temperatures we will once again bring asparagus from the south so that we will have enough for everyone. Those of you who have been with us for previous seasons know that the weather matters almost more than anything when farming and you can never be quite sure. I hope that some of you will try the trending recipe in the tips. There is a link to “the kitchn” where you will find directions.

You will once again be in the garden this week. Most of you will receive two herbs. All of you will receive parsley. In recent years flat parsley has become more sought after by chefs and home cooks. I have said, many times, growing up I only remember curly parsley. I don’t even remember noticing flat parsley in the market. To this day, I continue to use them interchangeably especially since I use it almost daily. So, when I go out to my garden to pinch it I choose the plant that has what I need. Today the curly is used more for garnish and the flat that is said to have more, or better flavor should be added to your favorite dishes. The only recipe where I have noticed curly parsley being actually requested is Tabbouleh.

Vegetables are in season for a reason. Leafy greens of course can tolerate cooler temperatures, so they were planted in the high tunnels that warm from the sun, but they do not have heaters. For our benefit it is time to lighten our diet. We make that change from the heavier foods that are warming in winter. Now is time to change to our spring menus that include much lighter foods. It is considered a sort of spring cleaning. Most leafy greens are high in water and low in calories. Many of them, including kale and spinach are considered superfoods. I have a friend who is cooking for her husband who is recovering from bypass surgery. The recommendation is lots of fruits and especially vegetables. She has been wilting spinach into her tomato sauce to add just one more serving a day. I have been making a simple tomato sauce and wilting spinach, as a side dish. Garlic and olive oil is definitely my go to, but this just adds another level of flavor .

Is the production team getting us ready for Cinco de Mayo. We will all have mint in the shares. I think it is time for some celebrating with a Mojito. Cilantro is in some shares as well. Perfect for many of the recipes you might want to prepare for the holiday.

For quite a few years now we have been posting our recipes on our website. We have adapted and developed many recipes that we print each week. To find recipes on the website go to

“ways to eat fresh” and then click on “csa recipe” along the left side of the page you will find a list of the produce that we grow. Scroll down to find what you are looking for.

We are here to support you through the season. I jenn@alstedefarms.com will try to bring you recipes and tips to help you unpack, store, and prepare the produce in your share. Trish is available to help you with any administrative questions that you may have. The best way to reach her is by phone, 908-879-7189 or Trish@alstedefarms.com.

Until next week, enjoy the freshness!

Jenn Borealo

Salad Niçoise a la Alstede Farms

Salad Ingredients

8-10 cups of mixed salad greens torn into bite size pieces
2-3 Grilled or Roasted Chicken Breasts skin removed room temperature or cold, sliced
1 pint of cherry or grape tomatoes, cut in ½ (optional)
¾ c niçoise olives or a mix of olives of choice
1-2 T capers
¾ lb. Green beans cleaned and steamed (optional)
¾ lb. Asparagus, steamed to fork tender
Thinly sliced red onion
4 Alstede Farms Eggs, steamed to hard cooked peeled and sliced
4-6 small to medium red jacket potatoes boiled in salted water until fork tender, sliced

Vinaigrette

1 minced shallot
1 minced garlic clove
¼ c red wine vinegar
1 T lemon juice
1-2 t Worcestershire Sauce
2 t Dijon mustard
1 T fresh basil leaves
½ t fresh oregano leaves
½ T fresh thyme leaves
¾ c olive oil
salt and pepper to taste

For a creamier dressing add ¼ ripe avocado, 1 T of Tahini, 1 hard cooked egg peeled, or 1-2 T mayonnaise
Prepare dressing- peel and quarter the shallot and add the peeled garlic clove to the bowl of a food processor. Pulse the processor to mince the aromatics. Add the vinegar, lemon juice, Worcestershire Sauce, the mustard, and the herbs. With the processor running add the olive oil in a thin stream until it is well blended. Salt and pepper to taste. If preparing a creamy dressing add the alternate ingredient and process.

Place the potato slices into a bowl and add a little dressing enough to coat. Season with salt and pepper. In another large bowl mix the greens with enough dressing to coat. Salad niçoise appears to be an individual composed salad where each vegetable, fish or poultry and egg stands on its own.

Spoon the greens out onto a serving plate or onto four dinner plates. Top with the vegetables, eggs, and chicken, side by side. Drizzle with a little more dressing. Serve with crusty French bread.

*Traditional Salad Niçoise would not feature chicken it would include tuna and anchovies. **Vegan or vegetarian options may include grilled mushrooms and/or beans

Week 2 Harvest

Asparagus
Spinach
Lettuces
Chives
Cilantro
Basil
Scallions

Leeks
Kale
Radishes
Swiss Chard
Pinto Beans
Mint
Flat & Curly Parsley 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.***

Wilted Spinach in Tomato Sauce

Wash and stem 1 bunch of spinach, tear into smaller pieces

1 T olive oil

2-3 cloves of minced garlic

Heat the olive oil over low-medium heat and allow the garlic to cook for a few minutes.

Add ½-¾ cup crushed canned tomato

½ cup vegetable broth

Simmer for 10 minutes

Sprinkle with red pepper flakes

Add the spinach and cover for a few minutes until wilted

Serve immediately with roasted chicken, fish, or sliced steak.