



FILASKY'S PRODUCE

CSA NEWSLETTER

What you are getting this week, tips on how to use it and what is going on around the farm!

What you get:

*Our Asparagus *Local Spinach *Scallions *Beets *Mini Eggplants *Kreiders Tomatoes (Dover, DE) *Color Pepper *Zucchini *Garlic *GA Blueberries

What to do with it (this is where we'll give you our tips to keeping the goodies fresh and eating like they were just picked):

Please keep everything refrigerated until ready to use with the exception of the garlic and the tomatoes. Never refrigerate tomatoes. The asparagus does not need to be kept in water as it sometimes is. Keeping it in water makes it soak up the water and can make it tough. Just before cooking, snip the ends off the asparagus just where they start to bend under slight pressure. Keep the mushrooms in the paper bag in the refrigerator storing them in plastic makes them sweat and go bad quickly.

What's happening (this is where we will lament about the amount of rain and tell you what we have been up to):

Welcome aboard for 2024! Johnny has been busy planting sweet corn in the field and planting tomatoes and peppers in the greenhouse. We are cutting asparagus everyday which we call the Asparagus Gym as it is quite a workout!! We also have thousands of strawberries to be planted for next week. Our 2024 berry field is looking good, lots of blossoms and berries forming with the help of the bees!

We have a Pinterest page: Filasky's Produce CSA, that you can follow where I stash lots of great recipes to try depending on what is in your box that week. Enjoy your asparagus and we will let you know when the strawberry pickup will be!