

# CSA WEEKLY SHARE GUIDE

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storage tips



## *How to Use Your Share This Week*

### **Farm Fresh Highlights**

This week's share is bursting with late-spring flavor, featuring fresh greens, sweet strawberries, cut herbs, root vegetables, pantry staples, and herb plants to keep growing at home. Enjoy favorites like Swiss chard, spinach, lettuce, asparagus, carrots, leeks, beets, radishes, strawberries, dry beans, popcorn, sparkling cider, plus chamomile and lemon basil plants.

One of the best parts of CSA living is enjoying what's freshest each week. Greens are perfect for salads, sautés, soups, and smoothies, while herbs brighten meals, teas, and dressings. Root vegetables roast beautifully, and dry beans and popcorn help extend the farm experience beyond fresh produce.

### **Make the Most of Your Share**

#### **Storage Tips**

- Store asparagus upright in water or wrap ends in a damp towel
- Keep leafy greens in a loose bag with a paper towel
- Refrigerate strawberries unwashed until ready to use
- Store fresh herbs in water like a bouquet

#### **Simple Seasonal Ideas**

- Roast asparagus, carrots, and beets with olive oil and lemon
- Sauté Swiss chard and leeks for an easy spring side
- Add strawberries to fresh green salads
- Use herbs in dressings, teas, or infused water
- Cook dry beans into soups or grain bowls
- Enjoy farm popcorn stovetop popped with seasoning



# Hometown Farm, Global Roots

## FIFA Recipe Share of the Week

### French Horticultural Bean Cassoulet

#### Farm-Fresh Food Meets Global Culture

As we continue celebrating the road to the 2026 FIFA World Cup™, this week's featured recipe highlights the rich culinary traditions of France with a hearty French Horticultural Bean Cassoulet.

Traditionally enjoyed in the south of France, cassoulet is a slow-cooked comfort dish made with beans, herbs, potatoes, and savory meats, perfect for sharing around the table.

Our farm-grown French Horticultural Beans, also known as cranberry beans or borlotti beans, are the star of this rustic recipe. Their creamy texture and rich flavor make them ideal for soups, stews, and classic European-inspired dishes.

This comforting recipe combines tender beans, potatoes, pork, smoked sausage, and herbs into a satisfying baked casserole that celebrates both seasonal farm ingredients and global food traditions.

View the full recipe here:

[French Horticultural Bean Cassoulet Recipe](#)

*Rooted locally. Inspired globally.  
Many cultures. One New Jersey farm.*



# French Horticultural Bean Cassoulet

FIFA World Cup™ Hometown Roots Recipe Inspirations.

A rustic French-inspired comfort dish featuring creamy dried beans, hearty sausage, tender potatoes, and savory herbs. This slow-baked cassoulet brings together rich global flavors and farm-fresh ingredients for a cozy seasonal meal perfect for sharing around the table.



## Ingredients

### Beans

- 1½ cups Dried Beans
- 5 cups water
- ¼ cup olive oil
- ½ tsp Herbs de Provence

### Cassoulet

- ¾ lb pork tenderloin, cubed
- ½–¾ lb smoked sausage or kielbasa, sliced
- 2–3 red potatoes, peeled and cubed



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## Directions

1. Simmer beans in boiling water with olive oil and herbs for 15 minutes, then cover and simmer on low for 20 minutes. Let stand covered for 30 minutes; salt to taste.
2. Brown potatoes in olive oil until lightly golden. Remove and brown pork chunks on all sides.
3. Preheat oven to 350°F.
4. Layer beans with broth, pork, potatoes, and sausage in a 2-quart casserole dish. Mash a small portion of beans and spread them over the middle layer. Add remaining beans and broth.
5. Cover with foil and bake 1–1½ hours until bubbling. Let rest 10 minutes before serving.

Serve warm with crusty bread and a green salad.