

CSA WEEKLY SHARE GUIDE

Scan for
produce
storage tips



How to Use Your Share This Week

Farm Fresh Highlights

This week's share reflects the continued rhythm of spring on the farm, offering a mix of tender greens, early-season vegetables, and pantry staples to enjoy now and beyond the week.

Leafy greens like lettuces, kale, and Swiss chard are thriving in protected growing spaces for peak freshness and texture, while cool-weather favorites such as asparagus and leeks deliver their signature earthy spring flavor. Strawberries are beginning to arrive more abundantly, signaling one of the season's sweetest highlights. Fresh herbs and herb plants are greenhouse-grown for quality and can be used immediately or planted for continued harvests. Dry beans and popcorn round out the share as versatile, long-lasting staples.

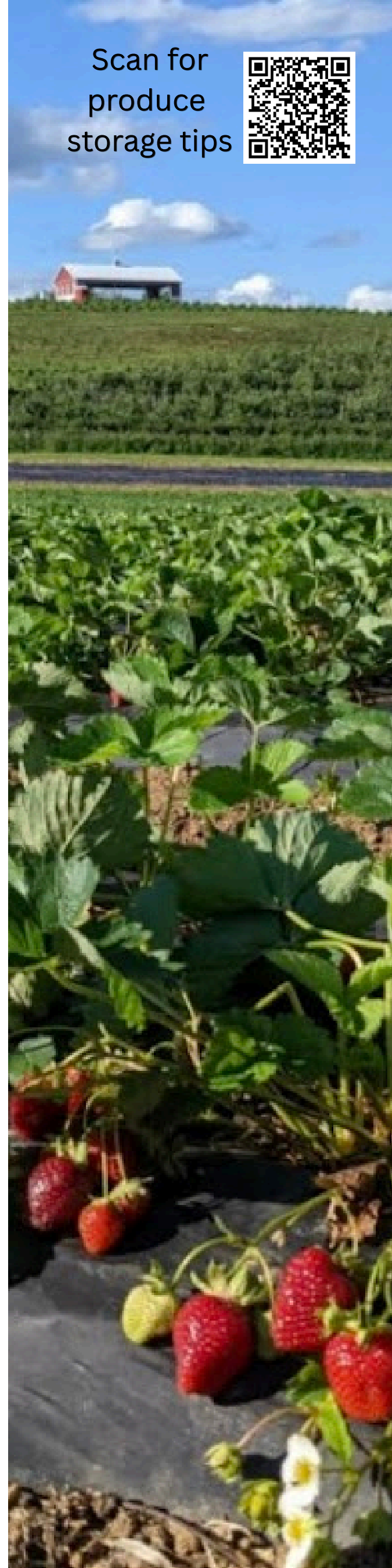
Make the Most of Your Share

Storage Tips

- Asparagus: Store upright in water or wrap ends in a damp towel.
- Leafy Greens: Refrigerate in a loose bag with a paper towel to manage moisture.
- Mushrooms: Keep in a paper bag in the refrigerator.
- Strawberries: Refrigerate unwashed; rinse just before eating.
- Fresh Herbs: Store stems in water like a bouquet in the fridge.

Simple Seasonal Ideas

- Roast asparagus, carrots, and beets with olive oil, salt, and lemon.
- Sauté kale, Swiss chard, and leeks for a simple spring side.
- Add lettuces and strawberries to fresh seasonal salads.
- Use parsley, oregano, and lemon balm in dressings or infused water.
- Cook dry beans into soups or grain bowls for hearty meals.
- Pop farm popcorn on the stovetop or air pop and season simply.



Hometown Farm, Global Roots

FIFA Recipe Share of the Week

Farm Fresh Cranachan Dessert

Farm-Fresh Food Meets Global Culture in 2026. As the United States welcomes the world for the 2026 FIFA World Cup™, our New Jersey farm is celebrating through food, pairing the crops we grow here with culinary traditions from countries participating in the tournament.



As part of this week's FIFA World Cup™ Hometown Roots Recipe Inspirations, we're highlighting the global spirit of the tournament by bringing it back to local flavor and farm-fresh ingredients. Each recipe in this series is inspired by classic dishes from participating nations, reimagined with fresh, seasonal produce from our fields. This week features a classic Scottish-inspired dessert made even better with farm-fresh berries and cream, perfect for spring gatherings, brunch, or a light seasonal treat that connects global tradition with local harvest.

With more than 250 varieties of fruits and vegetables grown on our farm, our FIFA-inspired recipe collection celebrates the connection between local agriculture and global flavor.

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

freshly
inspired

Alstede's
Community
Supported
Agriculture

Farm Fresh Cranachan Dessert Recipe

FIFA World Cup™ Hometown Roots Recipe Inspirations.

A classic Scottish-inspired dessert made even better with fresh berries and cream from the farm. Perfect for spring gatherings, brunches, or a light seasonal treat.

Ingredients:

2 cups fresh strawberries, sliced
2 tablespoons honey
1 cup rolled oats
2 cups heavy whipping cream
3 tablespoons maple syrup or honey
1 teaspoon vanilla extract
¼ cup toasted chopped nuts (optional)
Fresh mint for garnish



Alstede farms **Hometown Farm, Global Roots**

Directions:

In a bowl, combine the berries with honey and let sit for 10–15 minutes to release their juices.

Toast the oats in a dry skillet over medium heat for 3–5 minutes, stirring often, until golden and fragrant. Let cool.

In a large bowl, whip the cream until soft peaks form. Fold in maple syrup and vanilla.

Layer the whipped cream, berries, and toasted oats into glasses or dessert bowls.

Top with additional berries, toasted nuts if desired, and fresh mint. Chill briefly or serve immediately.

Farm Fresh Tip:

Try adding a splash of local berry wine or whiskey for a traditional Scottish twist, or substitute farm-fresh peaches when they come into season.

