

# CSA WEEKLY SHARE GUIDE

## *How to Use Your Share This Week*

### ***Fresh Spring Flavors & Global Inspiration***

*Welcome to Week 3 of the CSA season! Spring continues to flourish across the farm, bringing more fresh-picked variety to your share each week. There are plenty of ways to enjoy the season.*

### ***Farm Fresh Highlights***

*Several items this week (including spinach, leeks, cilantro, carrots, and asparagus) were overwintered, a method that protects crops through winter for an earlier, sweeter spring harvest.*

*Our bok choy, kale, lettuces, and beets were grown in high tunnels, helping naturally extend the growing season while protecting crops from harsh weather.*

*The herb plants in your share were grown in our greenhouses and can be enjoyed fresh now or planted at home for continued harvesting.*

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

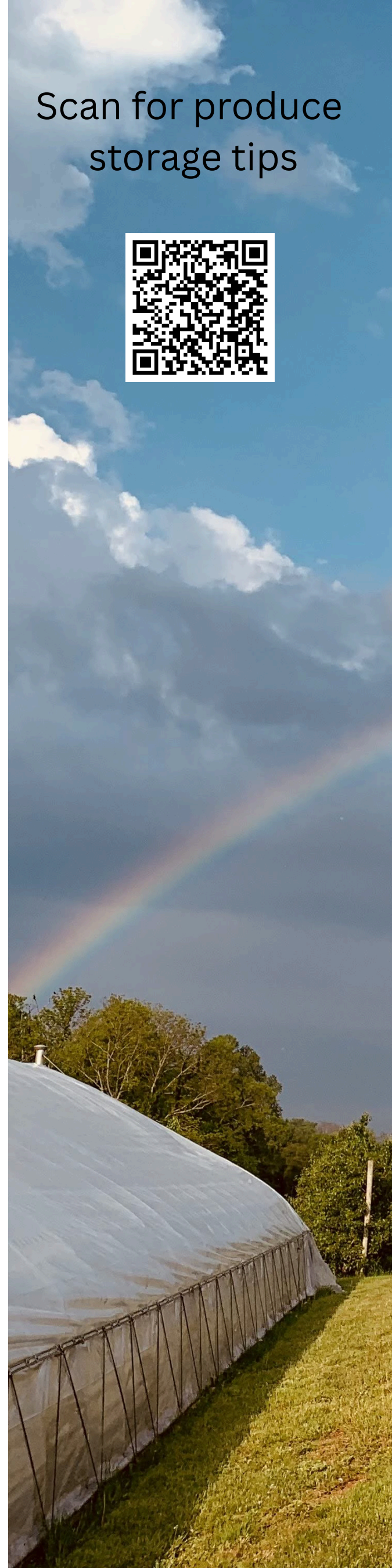
#### ***Storage Tips***

- *Asparagus: Store upright in a glass with a little water in the refrigerator.*
- *Leafy Greens: Keep dry in a loosely sealed bag with a paper towel.*
- *Fresh Herbs: Place stems in water like a bouquet for longer freshness.*

#### ***Simple Seasonal Ideas***

- *Roast asparagus and carrots with olive oil and lemon.*
- *Stir fry bok choy, scallions, and kale for a quick meal.*
- *Blend parsley and cilantro into chimichurri or green sauce for adding flavor to vegetables or meats.*
- *Add spinach and leeks to soups, pasta, or frittatas.*

Scan for produce  
storage tips



# 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.



Alstede farms **Hometown Farm, Global Roots**

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.*

