

CSA WEEKLY SHARE GUIDE

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Farm Fresh Highlights for Week 7

Strawberries

Sweet, juicy, and at their peak. Strawberries are rich in vitamin C and antioxidants and are perfect for snacking, desserts, salads, and smoothies.

Simple Seasonal Idea: Slice over yogurt, toss into salads, or enjoy fresh by the handful.

Cherry Tomatoes

Making their seasonal debut! These bite-sized tomatoes offer a sweet-tart flavor and are packed with vitamins A and C.

Simple Seasonal Idea: Add to salads, roast with olive oil, or enjoy as a fresh snack.

Asparagus

One of spring's signature crops, asparagus is tender, flavorful, and a great source of fiber and folate.

Simple Seasonal Idea: Roast with olive oil, salt, and pepper, or grill alongside your favorite protein.

Spinach

Tender and versatile, spinach is loaded with vitamins A, C, and K.

Simple Seasonal Idea: Use fresh in salads, blend into smoothies, or sauté with garlic and olive oil.

Kale

A nutrient-dense green that becomes sweeter as the season progresses.

Simple Seasonal Idea: Massage with olive oil for salads, add to soups, or sauté as a side dish.

Escarole

This leafy green has a mild bitterness that softens beautifully when cooked.

Simple Seasonal Idea: Add to soups, sauté with garlic, or mix into salads for extra texture.

Fresh Herbs

Fresh herbs bring vibrant flavor to summer cooking.

Simple Seasonal Idea: Add to dressings, marinades, sauces, grilled vegetables, or fresh salads.

Rhubarb

Known for its tart flavor, rhubarb shines in both sweet and savory recipes.

Simple Seasonal Idea: Make a simple compote, bake it into muffins or crisps, or pair it with strawberries for a classic seasonal dessert.



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FIFA Recipe Share of the Week

Strawberry Mock Ceviche

Farm-Fresh Food Meets Global Culture

As we continue celebrating the road to the 2026 FIFA World Cup™, this week's featured recipe takes inspiration from Latin American ceviche and reimagines it with a sweet, farm-fresh twist.

Our Strawberry "Mock Ceviche" blends bright seasonal strawberries with crisp cucumber, fresh lime juice, local honey, and a splash of farm apple cider into a refreshing sweet-and-savory dish that celebrates global flavors with local ingredients.

Strawberries shine as the star of this recipe, bringing natural sweetness and vibrant color, beautifully balanced by citrus, herbs, and a touch of heat from an optional jalapeño. Finished with fresh mint or cilantro, it's a light, refreshing dish perfect as an appetizer, snack, or unexpected dessert.

Serving Ideas

- Serve chilled in small bowls or elegant glasses
- Pair with cinnamon sugar pita chips or crisp crackers
- Spoon over vanilla ice cream for a sweet twist
- Garnish with fresh mint or cilantro for added brightness

View the full recipe here: [Strawberry Mock Ceviche](#)

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



Strawberry “Mock Ceviche”

A bright, farm-fresh twist on traditional ceviche, this refreshing dish is inspired by Latin American coastal cuisine and reimagined with peak-season strawberries. Juicy berries, crisp cucumber, citrusy lime, and a touch of honey and apple cider come together for a sweet-savory appetizer that is light, vibrant, and perfect for warm-weather dining and sharing.



Ingredients

- 2 cups fresh strawberries, washed,
 - hulled and diced
- 1 small cucumber, finely diced
- 2 tbsp. red onion, very thinly sliced
- 1 small jalapeño, finely minced
- 1 avocado, diced (optional)
- Juice of 2 limes
- 2 tbsp. apple cider
- 1–2 tsp honey
- Pinch of sea salt
- Fresh mint or cilantro, chopped



Alstede farms **Hometown Farm, Global Roots**

Directions

- In a bowl, combine strawberries, cucumber, red onion, jalapeño, and avocado if using.
- In a separate small bowl, whisk together lime juice, apple cider, honey, and sea salt until well combined.
- Pour dressing over the fruit mixture and gently toss to coat. Let it sit for 10–15 minutes to allow flavors to meld.
- Finish with fresh mint or cilantro just before serving.