

Dear CSA Members,

I've been away for just over a week, and when I returned, I was greeted by a farm all dressed up for fall. The official first day of autumn arrives this year on Monday, the 22nd, but you'll still notice plenty of summer's bounty represented in your share. Let's savor these summer fruits and vegetables for as long as possible. Soon the shift to fall will be complete, and winter, our longest season, will follow.

This week, schoolchildren will be visiting for pumpkin and apple picking, hay wagon rides, lessons about our crops, and time with the animals. Weekends will be busy with families too, and we hope you'll join in the fun.

Cooler days and shorter evenings make it the perfect time for soup. This week's recipe highlights tomatoes, corn, potatoes, and fresh basil—hearty and warming, with the option to make pesto if your basil is still thriving.

You'll also find plenty of fruit in your share, including Red Jonaprince apples, a farm favorite. A natural mutation of Jonagold (itself a cross of Jonathan and Golden Delicious), Jonaprince is excellent for baking, cooking, or simply enjoying fresh.

Enjoy the season's flavors,

*Jenn Boreale*

Culinary & Education Specialist



## Member Weekly Digest

**Week 22: Sept 21 - Sept 27, 2025**

### YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- |                  |                   |                     |
|------------------|-------------------|---------------------|
| • Jonaprince     | • Sweet Peppers   | • Watermelon        |
| • Apples         | • Kale            | • Radishes          |
| • White & Yellow | • Plum Tomatoes   | • Onions            |
| • Peaches        | • Potatoes        | • Mixed Hot Peppers |
| • Pluots         | • Kohlrabi        | • Mint              |
| • Corn           | • Beets           | • Parsley           |
| • Scallions      | • Swiss Chard     | • Bok Choy          |
| • Spinach        | • Cherry Tomatoes | • Collards          |
| • Beans          | • Chili Plants    | • Cabbage           |
| • Carrots        | • Arugula         |                     |
| • Eggplant       |                   |                     |

\*Your actual CSA share contents will be listed on the label inside of your box and may differ from this list. Your share contents are based on your individual preferences and customizations that you make on your CSAware profile, as well as changes in availability.



**If you need any assistance, please contact us:**

**phone: 908-879-7189**

**email: [csa@alstedefarms.com](mailto:csa@alstedefarms.com)**

## Late Summer Soup

*Recipe by Jenn Borealo, Culinary Specialist*

### Ingredients

- 1 ear of corn, kernels removed, cob reserved
- 3–4 cups vegetable broth
- 2 Tbsp olive oil
- 2–3 cloves garlic, minced
- ½ onion, chopped
- 1 medium potato, diced
- Pinch of red pepper flakes
- 2–3 plum tomatoes, chopped
- ⅓ cup basil, chopped
- Salt and pepper, to taste
- Parmesan, for serving



### Instructions

1. Simmer corn cob in broth for 30 min, then discard the cob.
2. In a large pan, heat olive oil and cook garlic and onion until soft. Add corn kernels and potatoes; cook until potatoes begin to soften. Add broth and simmer until tender. Add red pepper flakes if desired.
3. Roast tomatoes at 425°F for 10–15 minutes until edges brown. Add to the soup and simmer for a few minutes.
4. Season with salt and pepper, stir in basil just before serving. Serve with Parmesan.

## Beet, Radish, Carrot, Citrus Salad

*Recipe by Jenn Borealo, Culinary Specialist*

### Ingredients:

- 1 small beet, 1 medium carrot, 1 large radish
- 2–3 large lettuce leaves
- ½ bunch arugula
- ¼ cup olive oil, 2 T orange juice, 1 T lime juice, 1 T lemon juice
- ⅛–¼ tsp Dijon mustard, 1 T honey
- Kosher salt, chopped parsley, zest of ¼ orange

### Instructions:

Peel and shred beet, carrot, and radish (radish first). Toss arugula with citrus dressing and salt. Arrange lettuce on plates, top with arugula, then shredded vegetables. Drizzle with remaining dressing, sprinkle with salt, parsley, and orange zest. Serves 2-3.



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