

Dear Valued CSA Members,

It's been a beautiful week with a great forecast for the weekend, perfect for enjoying fall on the farm. This is the season when all our hard work really pays off. Families have been coming out to enjoy the activities, live music, and of course, the bounty in our fields and market.

School tours are also in full swing, with buses arriving from both New Jersey and New York. Picking apples and pumpkins, or exploring the corn maze, gives students a fresh perspective and a little fresh air. Some of us even host a "classroom" to talk about what's grown here; it's always impressive when a 3- or 4-year-old can identify a Brussels sprout!

As the season shifts, some changes are coming to our shares. Peaches are only available for a few more days after a fantastic season from July through late September, but many summer crops are still going strong. Apples will be with us through December, with Macoun being this week's star—a crisp, juicy cross between McIntosh and Jersey Black. It's best enjoyed soon after picking, so refrigerate and savor it within the week.

*Jenn Boreale*

Culinary & Education Specialist



## Member Weekly Digest

**Week 23: Sept 29 - Oct 4, 2025**

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

- Macoun Apples
- Corn
- Golden Beets
- Cilantro
- Leeks
- Mint
- Mizuna
- Radishes
- Scallions
- Spinach
- Swiss Chard
- Onions
- Garlic
- Chili Plants
- Beans
- Carrots
- Eggplant
- Bok Choy
- Collards
- Kale
- Bell Peppers
- Italian Roaster Peppers
- Plum Tomatoes
- White Potatoes
- Cucumbers

\*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 Confetti Rice

*Recipe by Jenn Borealo, Culinary Specialist*

### Ingredients:

- 2 cups prepared rice
- 2 T olive oil
- 1 leek, sliced
- 1/2 pepper, green, red, yellow
- 1 zucchini, diced
- 3-4 mushrooms, chopped
- 1 ear of corn, kernels removed
- Parmesan cheese (optional)
- 1/4 cup chopped parsley



### Instructions:

Heat the olive oil in a skillet. Add the leek, pepper, zucchini, and mushrooms, and cook the vegetables until almost tender. Add the corn kernels and cook for an additional 3-4 minutes. Add the prepared rice, gently mix to combine, sprinkle with a little parmesan cheese, and the chopped parsley. Serve

\*Replace zucchini with broccoli or cauliflower when in season.

\*\*Wilt some chopped leafy greens when you have them.

Farm Tip: This is a great recipe that will help use up what is left from the share and reduce waste. Be creative and have fun!

## Sautéed Rainbow Swiss Chard

*Recipe by Jenn Borealo, Culinary Specialist*

### Ingredients:

- 1 bunch rainbow Swiss chard
- 2 tbsp olive oil
- 2–3 garlic cloves, slivered
- 1/2 large onion, chopped
- 1/2 tsp salt, plus pepper to taste
- Balsamic vinegar or lemon



### Instructions:

- Rinse chard, remove tough stems, and chop leaves into 2–3" pieces. Chop half of the stems into 3/4" pieces.
- Heat oil in a skillet over medium heat. Sauté chopped stems, garlic, and onion until onions brown (8–10 min).
- Add leaves, cover, and steam until wilted and tender, adding a little water or broth if needed.
- Season with salt, pepper, and a splash of balsamic or lemon. Serve.



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