

Dear Valued CSA Members,

As we pick up our shares on Tuesday, we'll still be looking at the October full moon — a supermoon that farmers know well. Often called the Harvest Moon or Corn Moon, it's always an important one for us, shining light on the long days and nights of harvest. How fitting for this time of year when so much is ready in the fields and needs to be picked, packed, and brought to market — and of course delivered to all of you.

We still have some of the flavors of summer, while fall favorites are coming in strong. Even as we harvest, our farmers are planting and tending crops that will fill your shares in December — it's truly a busy and rewarding season.

Winter squash, planted each year alongside the pumpkin crop, is now being harvested. These hearty squashes are stored and served all winter long, with butternut being the first you'll see in your shares. With cooler weather arriving next week, it's the perfect time to try a favorite recipe or visit our website for new inspiration.

This week's apples will once again include the Jonaprince, joined by one of our farm favorites — the Crimson Crisp. When I'm in the market and someone asks for a new apple to try, I always recommend the Crimson Crisp. Once they taste it, they're hooked! It's a delicious, versatile apple — a good keeper, great for eating out of hand, and perfect for cooking and baking. With Golden Delicious and Rome as its parents, you really can't go wrong.

Jenn Boreale

Culinary & Education Specialist



Member Weekly Digest

Week 24: Oct 5 - Oct 11, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|--------------------|-----------------|-------------------|
| • Crimson Crisp | • Mizuna | • Sweet Peppers |
| • Apples | • Watermelon | • Hot Peppers |
| • Jonaprince | • Radishes | • Collards |
| • Apples | • Scallions | • Zucchini (swap) |
| • Potatoes | • Spinach | • Cabbage (swap) |
| • Butternut Squash | • Swiss Chard | • Cherry Tomatoes |
| • Beets | • Beans | (swap) |
| • Cilantro | • Kale | |
| • Lettuce | • Plum Tomatoes | |
| • Leeks | | |

*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:

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email: csa@alstedefarms.com

Baked Apple Fritters

Recipe by Jenn Borealo, Culinary Specialist

Ingredients:

- 1½ c flour
- ⅓ c brown sugar
- 1½ t baking powder
- ¾ t baking soda
- 1 t cinnamon
- ½ t nutmeg
- ¼ t allspice
- ¼ t salt
- 6 T cold butter, cubed
- 1 egg
- ½ c buttermilk
- 1 t vanilla
- 1 c chopped apple



Glaze:

- 1 c confectioners' sugar
- 2 T milk or cream
- 1 t vanilla

Directions:

Preheat the oven to 400°F and lightly butter the pan. In a large bowl, whisk dry ingredients. Cut in butter until mixture resembles coarse crumbs. In another bowl, beat egg with buttermilk and vanilla; add to dry ingredients with apples. Stir gently just until combined.

Roasted Butternut Squash Soup

Recipe by Jenn Borealo, Culinary Specialist

Ingredients:

- 1 medium butternut or acorn squash, halved and seeded
- 1–2 T olive oil, 2 t butter
- ½ onion, chopped; 3 carrots, diced; 4–5 cloves garlic, minced
- ½ t coriander, 1 t curry, pinch cayenne
- 3–4 c vegetable stock
- Cream or sour cream (optional)
- Fresh herbs for garnish

Directions:

Roast squash cut-side down at 375°F for 40–45 min. Sauté onion, carrots, and garlic in oil and butter until soft. Add roasted squash, spices, and stock; simmer 20 min. Puree, add cream if desired, and garnish with herbs.



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