

Dear CSA Members,

This week, our farmers are working late into the night to protect crops as temperatures dip near freezing. With tomatoes, peppers, zucchini, corn, and more still in the fields, there's plenty to do to extend this beautiful season. Shares have been wonderful, and it's been great seeing so many visitors enjoying the farm!

This week's winter squash is acorn, easy to prepare by halving, scooping seeds, and roasting skin-side up for about an hour (check at 40 minutes). Add butter and brown sugar after roasting, or slice for quicker sweet or savory recipes. Use caution when cutting!

Empire apples are also in your share, great for snacking and slow to brown, perfect for charcuterie or cheese boards. Other slow-to-brown varieties we grow include Cortland, Ginger Gold, and Pink Lady. To keep cut apples fresh, use lemon or orange juice, salt water, or Fruit Fresh. Apples that do brown are best used in pies, cobblers, or crisps.

Jenn Borealo

Culinary & Education Specialist



Member Weekly Digest

Week 25: Oct 12 - Oct 18, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Empire Apples
- Acorn Squash
- Yukon Gold Potatoes
- Sweet & Hot Peppers
- Cherry Tomatoes
- Plum Tomatoes
- Cauliflower
- Kale
- Collards
- Cabbage
- Eggplant
- Beans
- Carrots
- Radishes
- Spinach
- Swiss Chard
- Beets
- Cilantro
- Arugula
- Bok Choy
- Lettuce
- Garlic

*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

Apple Cheesecake Cupcakes

Recipe by Jenn Borealo, Culinary Specialist

Apple Topping:

Peel and chop 4 large apples. In a skillet, combine apples with ¼ cup apple cider (or water), 2 tsp lemon juice, 2 Tbsp. butter, and ⅔ cup brown sugar. Simmer until tender and syrupy. Cool.

Crust:

Mix 1½ cups graham cracker crumbs, 6 Tbsp melted butter, and 1 Tbsp sugar. Line 18 muffin tins with paper liners; add about 1½ Tbsp. crust to each.

Cheesecake Filling:

Beat together 3 (8 oz.) cream cheese blocks, 1 cup sugar, and 2 Tbsp. cornstarch until smooth. Add 2 eggs one at a time, then mix in 2 Tbsp. sour cream and 2 tsp vanilla.

Crumb Topping:

Mix ¾ cup flour, ¼ cup sugar, ¼ cup brown sugar, ½ tsp cinnamon, ¼ tsp nutmeg, and ¼ tsp salt. Stir in 6 Tbsp. melted butter until crumbly.

Assemble & Bake:

Add 2 Tbsp. cheesecake filling to each crust, top with 1 Tbsp. apple mixture, and finish with 1 Tbsp. crumb topping. Bake at 350°F for 20–25 minutes, until set. Cool, then chill for 3+ hours.

Serve:

Top with whipped cream, caramel drizzle, or powdered sugar if desired.



Savory Stuffed Acorn Squash

Recipe by Jenn Borealo, Culinary Specialist

Ingredients:

- 1 medium–large acorn squash
- 3 Italian rolls or day-old bread, cubed
- 2 shallots, chopped
- 2–3 Tbsp olive oil & butter
- 1 medium–large zucchini, shredded
- ½ cup Asiago cheese, grated
- 2 Tbsp Parmesan cheese, grated
- 6–8 sage leaves, minced (or poultry seasoning)
- 1 egg, beaten with 2 Tbsp. water
- Salt & pepper to taste



Instructions:

1. Prepare squash: Wash, cut in half, and scoop out seeds (save to roast later). Place cut-side down on a parchment-lined pan and bake at 350°F for 40–45 min, until fork tender.
2. Make stuffing: Moisten bread cubes with a little water. Sauté shallots in 1 Tbsp each olive oil and butter until golden; add to bread. Sauté zucchini until soft and dry; mix with bread, cheeses, and sage. Stir in egg mixture until just moist; season with salt and pepper.
3. Stuff & bake: Turn squash halves cut-side up, fill with stuffing, cover loosely with foil, and bake 15 min. Remove foil and bake 10–15 min more to brown.

“Next Gen View”
by Rebekah Alstede Modery

Hello Everyone,

We are finally entering into some fall weather! Our team has been busy harvesting the beautiful greens and veggies that are included in your shares this week. We have been caring for our late lettuce crops, planting extra carrots, radish, and arugula, for our winter shares.

Our guys have been in the fields harvesting beautiful multi-colored pumpkins for our farmers markets and farm stores and we have been filling our trucks with corn stalks and farm décor.



Our Indian corn fields are filled with colorful kernels ready to decorate for the fall.

While the fruit variety has slowed down in the shares, we are starting to introduce our fall favorites like winter squash, potatoes, onions, hardy greens, and lettuce! While we are sad to see summer go, we are excited to start including some fall season staples in the shares.

Our team is also busy out in the apple orchards harvesting the varieties that are included in your shares. We have featured Galas, Honeycrisp, Jonaprince, and Macoun so far in your boxes and we hope that you have enjoyed them! There are so many more trees and varieties to choose from so get excited to taste the variety in the coming weeks.

We are in the middle of our harvest season and we hope you will come stop by our farm and see what we have been growing all year and maybe pick your own right from our fields.

As always, we really appreciate you choosing us to bring food from our fields to your table.

Rebekah Alstede Modery



Now is the perfect time to make pumpkin puree to use in baked goods later in the season. For recipes and tips visit our [website](https://www.youtube.com/watch?v=HZkW_x_IkrY) or watch this YouTube video of Miss Jenn walking you through the easy steps!
https://www.youtube.com/watch?v=HZkW_x_IkrY



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