

Dear CSA Members,

I'm writing on a chilly, windy Thursday afternoon after a brisk morning on the farm; thankfully, everyone, including our visiting school groups, was bundled up! Tonight calls for a warm lentil stew, which I'll share below, perfect for these cool fall days.

Spaghetti squash is in your shares this week. Many of you look forward to this unique variety each fall. Unlike other squashes, it's not usually paired with butter and brown sugar; instead, treat it like pasta. Roast it cut side down at 375–400°F for about 45–60 minutes, then pull the tender strands with a fork and toss with olive oil, butter, herbs, or cheese. You'll also find Cameo apples, a crisp, flavorful variety discovered in Washington State, likely a cross between Red and Golden Delicious. They're excellent for snacking, baking, or cooking, and store well in your refrigerator's crisper drawer.

With Halloween near and Thanksgiving not far behind, sugar pumpkins are available for swap this week. Use them for décor, or roast and puree for soups, muffins, pancakes, or breads. They have more moisture than canned pumpkin, so mix fresh and canned if baking. Pumpkin puree also freezes beautifully for later use.

Finally, a big thank-you to Ashley Rivera for keeping our Facebook page active and to Amanda Farb for sharing recipes. We'd love to see what you're cooking up with your share contents. Be sure to post your creations with the community on the page when you can!

Jenn Boreale

Culinary & Education Specialist



Member Weekly Digest

Week 26: Oct 19 - Oct 25, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|-----------------------|-----------------|------------------|
| • Cameo Apples | • Eggplant | • Cilantro |
| • Spaghetti Squash | • Beans | • Sugar Pumpkins |
| • Yukon Gold Potatoes | • Hot Peppers | • Lettuce |
| • Sweet Peppers | • Bok Choy | • Chili Plants |
| • Plum Tomatoes | • Onions | • Collards |
| • Kale | • F.B. Radishes | • Leeks |
| • Cauliflower | • Spinach | • Scallions |
| | • Swiss Chard | |

**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

Lentil Stew

Recipe by Jenn Borealo, Culinary Specialist

Ingredients:

- 2–3 Tbsp olive oil
- ½ large onion, chopped
- 2–3 carrots, chopped
- 1 celery stalk, chopped
- 1 leek, sliced and cleaned
- 4 cloves garlic, chopped
- 1 cup brown lentils
- ½ cup crushed or chopped tomatoes
- 6 cups vegetable broth (plus more if needed)
- 2 medium red potatoes, peeled and diced
- 1 Tbsp. each chopped fresh basil and oregano
- 1 bunch spinach, chopped
- Salt and pepper to taste
- Optional: 1–2 links of sausage, browned and sliced
- Serve with: crusty bread



Instructions:

1. Heat oil in a Dutch oven over medium heat.
2. Sauté onion, carrots, celery, and leek until softened; add garlic and cook briefly.
3. Stir in lentils, tomatoes, and broth. Simmer 20 minutes.
4. Add potatoes and herbs; cook until tender, about 15 minutes. Add broth if needed.
5. Stir in spinach to wilt, then season with salt and pepper.
6. Optional: Top with sausage slices and serve with crusty bread.

Crispy Smashed Pumpkin

Recipe by Jenn Borealo, Culinary Specialist

Ingredients:

- 1 sugar pumpkin
- Olive oil
- Salt and pepper
- Garlic powder (optional)
- Shredded Parmesan cheese

Instructions:

- Pierce the pumpkin a few times with a fork or sharp knife. Microwave for 3 minutes to slightly soften.
- Cut the pumpkin in half and remove seeds. Save seeds for roasting if desired.
- Cut pumpkin into large chunks.
- Bring a stock pot ¾ full of water to a boil. Boil pumpkin chunks 10 minutes, then drain and let cool.
- Preheat oven to 400°F. Remove the pumpkin skin and cut into slices, then large cubes.
- Toss pumpkin cubes with salt, pepper, garlic powder, and a drizzle of olive oil.
- Line a baking sheet with parchment paper, drizzle with olive oil, and sprinkle generously with Parmesan.
- Place pumpkin cubes on top, close together, and gently flatten with the bottom of a cup or glass.
- Bake for 20 minutes, until golden and tender.



"Next Gen View"

by Rebekah Alstede Modery

Hello Everyone,

We have been having a few colder nights as we enter frost season. We have gotten very good as a farm at protecting our crops through these colder nights and mornings to ensure we still have a crop for all of our CSA members and our customers.

Frost protection for us includes covering over 30 acres of peppers, tomatoes, eggplant, and beans with thick row cover. Row cover adds about 5 degrees of warmth to these crops.



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Additionally, we set up giant fans near our corn fields to circulate warm air, keeping our sweet corn warm. Finally, we utilize two "frost dragons" that blow hot air around our corn, tomatoes, and any other fields to keep the temperature warmer. The key is to keep the air warm around our more sensitive crops, so that the temperature never drops below 32 degrees, where frost can occur. Our team worked late in the evenings last week and this week, covering our crops and ensuring that everything survives through the frost.

We hope that you can enjoy the tomatoes, eggplant, squash, and peppers that are in your shares this week while considering the work that was put into them!

Rebekah Alstede Modery