

Dear CSA Members,

As I write, it's a cold, windy, and rainy day, perfect for deciding between a cozy cottage pie made with leftovers, carrots, and beans, or a comforting leek and potato soup. Either way, both will warm the kitchen and the soul. Thankfully, days like this have been rare this season. I honestly believe this is the first day I have missed weekday apple and pumpkin tours with school-children!

Our shares have clearly shifted to autumn, filled with squash, pumpkins, cider, and even green tomatoes, all signs of cooler weather. Peppers linger only because their fields are covered.

With Thanksgiving arriving late this year, we have some time to plan, but it's never too early to think ahead. I'm considering this week's recipe as a Thanksgiving appetizer, full of fall flavor, beautiful color, and a flaky puff pastry base that pairs perfectly with sage, which is still thriving in the garden. I hope you give it a try!

Gala apples, still crisp from cold storage, remain abundant, while Pink Ladies are just coming into season. Gala may be the nation's favorite, but here on the farm, Pink Lady wins our hearts. Developed in Australia in the 1970s from Lady Williams and Golden Delicious, it's a variety we think you'll love just as much as we do.

Jenn Boreale,

Culinary & Education Specialist



Member Weekly Digest

Week 28: Nov 2 - Nov 8, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|-------------------|-------------------|-------------------|
| • Pink Lady | • Purple Kale | • Leeks |
| • Apples | • Peppers | • Beans |
| • Fresh Apple | • Sugar Pumpkins | • Scallions |
| • Cider | • Onions | • Gourds (swap) |
| • Potatoes | • Kabocha | • Munchkins |
| • Acorn Squash | • Delicata | (swap) |
| • Carrots | • Cheese Pumpkins | • Sparkling Cider |
| • Lettuce | • Green Tomatoes | (swap) |
| • Brussel Sprouts | • Beets | • Chili Plants |
| | | • Mint |
| | | • Parsley |

*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

Autumn Puff Appetizer

Recipe by Jenn Borealo, Culinary Specialist

Ingredients

- 4 oz. pumpkin goat cheese (or plain goat cheese)
- $\frac{3}{4}$ cup butternut squash, peeled and diced
- $\frac{3}{4}$ cup Granny Smith apple, peeled and diced
- $\frac{1}{2}$ cup apple cider, divided
- 2–3 tsp butter, cubed and divided
- $\frac{1}{2}$ cup sliced almonds, toasted
- Dried cranberries, to taste
- Honey or maple syrup, for drizzling
- Fresh sage sprig, for garnish
- 2 sheets puff pastry, thawed



Instructions

1. Preheat oven to 400°F.
2. Prepare the pastry: Cut each sheet of puff pastry into 4 x 6-inch rectangles. Score a $\frac{1}{2}$ -inch border around each rectangle and prick the inner area with a fork. Place on a baking tray and freeze until firm.
3. Roast the squash and apples:
 - Divide the squash and apples between two small baking pans.
 - Pour $\frac{1}{4}$ cup apple cider over each pan and dot with 1–1 $\frac{1}{2}$ tsp butter.
 - Roast until fork-tender, then remove from the oven and set aside.

Recipe Continued

4. Prepare the cheese: Allow the goat cheese to come to room temperature for easy spreading.
5. Bake the pastry: Increase oven temperature to 425°F. Bake the chilled pastry rectangles for 10–15 minutes, until puffed and golden brown.
6. Assemble the appetizer:
 - Gently press down any overly puffed centers.
 - Spread each pastry with goat cheese, then top with roasted squash and apples.
 - Sprinkle with dried cranberries and toasted almonds.
 - Drizzle with honey or maple syrup.
7. Garnish with a sprig of fresh sage and cut into bite-sized squares for serving. Serve at room temperature.

Notes -

- Measurements are approximate — adjust to taste.
- Pumpkin Goat Cheese is available in our Farm Store.
- This recipe can also be made as a toast using sourdough or whole-grain bread as the base.

"Next Gen View"

by Rebekah Alstede Modery

Hello Everyone,

We're well into fall and settling into the rhythm of shorter days and cooler weather. This week, our team has been busy harvesting the beautiful greens and vegetables included in your shares. We've been carefully tending our late lettuce crops and planting extra carrots, radishes, and arugula to prepare for our winter shares. At night, we're covering delicate crops to protect them from frost.

In the fields, we're harvesting vibrant, healthy beets, Brussels sprouts, purple kale, and more. While the variety of fruit in the shares has slowed, we're excited to introduce some of next season's favorites, including winter squash, potatoes, onions, hardy greens, and lettuce.



With fall in full swing, we're thrilled to fill the shares with these seasonal staples. Our team has also been busy in the apple orchards, harvesting the varieties featured in your shares. We hope you've enjoyed them so far and have had fun making delicious homemade apple desserts. As always, we truly appreciate you choosing us to bring fresh, farm-grown food from our fields to your table.

Rebekah Alstede Modery

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