

Dear CSA Members,
Believe it or not, we're still welcoming school groups to the farm each morning! The children head out to pick apples or pumpkins, then return to the classroom to learn about what we grow and why it's important to eat fresh foods. One moment you're talking with teenagers, and the next you're surrounded by little ones proudly holding up two, three, or four fingers to show their age. It always makes us smile.

As the temperatures drop, soup feels like a must on the menu. It's the perfect comfort food, warming, nourishing, and a cozy way to stay hydrated when cold water isn't appealing. Many items in this week's share are perfect for soup: potatoes, carrots, onions, and the last of the tomatoes from my kitchen. Don't forget to add fresh parsley from your garden!

Looking back, green beans have been a staple since July, and it's possible we'll see them for a few more weeks as they're still protected in the fields. If you need inspiration, search "green beans" on our website for recipes from past seasons. You might even find one perfect for your Thanksgiving table!

I also noticed Lucy Perone asking about Thanksgiving turkeys, and for those who've received Brussels sprouts in your shares, you're in luck! And be sure to check out Jennifer Neiderhoffer's delicious apple crisp recipe, a wonderful way to use any apples you still have on hand.

Jenn Borealo,

Culinary & Education Specialist



Member Weekly Digest

Week 29: Nov 9 - Nov 15, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

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|-----------------------|------------------|---------------|
| • Granny Smith Apples | • Kale | • Scallions |
| • Sparkling Cider | • Cabbage | • Swiss Chard |
| • Potatoes | • Sugar Pumpkins | • Bok Choy |
| • Spaghetti Squash | • Onions | • Parsley |
| • Carrots | • Garlic | • Radishes |
| • Lettuce | • Chili Plants | • Collards |
| • Brussel Sprouts | • Beets | • Arugula |
| | • Cilantro | • Spinach |
| | • Beans | |

*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

Green Bean Soup

Adapted from weekendatthecottage.com

Ingredients:

- 2 lbs green beans, trimmed and cut into thirds
- 2 Tbsp vegetable or olive oil
- 1 medium onion, diced
- 2 ribs celery, sliced
- 4 garlic cloves, finely chopped
- 1 Tbsp sweet paprika
- 3 yellow potatoes, peeled and diced
- 3 carrots, peeled and diced
- 2 plum tomatoes, diced
- 4 cups vegetable broth
- ¼ cup fresh dill, chopped
- ¼ cup flat-leaf parsley, roughly chopped
- Kosher salt and black pepper, to taste



Recipe Continued

Instructions:

- In a 4–6 quart pot over medium heat, warm the oil. Add onion and celery; stir, cover, and cook for 1–2 minutes.
- Add garlic and cook for another 2 minutes.
- Sprinkle in paprika, stir, then add tomatoes. Cook uncovered for about 5 minutes until the tomatoes release their juices.
- Add carrots, potatoes, and green beans. Stir to combine, then pour in the vegetable broth.
- Cover and bring to a gentle boil. Add dill and parsley, then season with salt and pepper. Continue cooking until vegetables are tender, about 5 more minutes.

Optional Finish:

- 1 cup soup broth
- ½ cup sour cream
- 2 Tbsp. all-purpose flour

For a richer flavor, mix 1 cup of hot soup broth with sour cream and flour. Whisk until smooth, then stir into the pot. Cook 1–2 minutes more, but do not boil.

- Serve warm, garnished with extra dill or parsley.

This soup is hearty, comforting, and a perfect way to celebrate the end of the green bean season!

"Next Gen View"

by Rebekah Alstede Modery

Hello Everyone,

As we enter our last 2 months of our CSA program, you may be wondering what crops we can expect in the shares! Our team has worked hard to extend our growing season for crops such as lettuce, swiss chard, cilantro, kale, and beets using high tunnels.

We have 6 high tunnels on our conventional farms and one in organic. We have 3 tunnels fully planted now and will be planting into the remaining three for harvesting next spring.

In addition to high tunnels, we also utilize overwintering techniques with crops such as leeks, carrots, spinach, and kale to keep them well into December.



We will harvest what we need of these crops for CSA and our farm stores, then leave the rest for the beginning of next year! Finally, we harvest multiple crops in bulk and store them until January and beyond. Those include dry beans and popcorn, which will be in the shares very soon, potatoes (we have so many), onions, garlic, winter squash, and apples! We store these in our barn with heaters attached to ensure nothing gets too cold.

You may have also seen the abundance of cider that is available in your shares in the winter/fall months. We press all our own fresh apple cider and are usually pressing 2 times a week to keep it the freshest possible. The sparkling cider you receive was pressed in January, canned, and then sold throughout the season!

All these different practices really culminate in the boxes you and your families receive from now until Christmas. Every year, we invest in new ways to grow, new crops to grow, and new specialties to make your membership even more exciting! Until next week!

Rebekah Alstede Modery

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