

Dear CSA Members,

Isn't it nice to sit down with a glass of cider or sparkling cider when you are working on your Thanksgiving menu? It is just one more way of getting into the spirit of the season. I believe that sparkling cider was in the share for the first time last week. It is always exciting to have something new. This week, fresh cider is offered to everyone as well. Whether served hot or cold, it is always a treat. Cider at this time of the year has all of the great flavor of the late-season apples, so it really is worth waiting for. Cider can be used in place of water when preparing pumpkin bread, filling for apple pie, or even roasting a butternut squash with apples. Cider should be refrigerated; it can also be frozen in serving-size containers. Just always remember to leave a little room in your containers for expansion. When I look back at planning Thanksgiving dinner with my mother, the task seemed to be much less complicated than it is today. There are so many different diets and lifestyle choices that have to be considered. There have always been likes and dislikes, especially when children are involved. It has always been important to me to have a lot of color on the table. Cranberries will add color and a much-needed cold choice as well. The recipe this week for Brussels sprout salad could also be considered Thanksgiving is a meal where a vegetarian will find plenty to satisfy their diet and their palate. If your guest is vegan, there probably will be some changes you might need to make. In my family, we have a few gluten-sensitive relatives (including me), so some changes to original recipes have been necessary. Hopefully, you have a plan and a working menu. If you need to order from the farm, check the website; deadlines are approaching quickly!

Jenn Boreale,

Culinary & Education Specialist



Member Weekly Digest

Week 30: Nov 16 - Nov 22, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|---------------------|----------------|--------------------|
| • Fuji Apples | • Kale | • Collards |
| • Fresh Apple Cider | • Cabbage | • Kidney Beans |
| • Potatoes | • Bell Peppers | • Bok Choy |
| • Acorn Squash | • Turnips | • Habanero Peppers |
| • Carrots | • Asian Greens | • Sugar Pumpkins |
| • Lettuce | • Rutabaga | • Onions |
| • Brussels Sprouts | • Scallions | • Garlic |
| | • Cilantro | |

*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

Brussels Sprouts Salad

Recipe by Jenn Borealo, Culinary Specialist

Ingredients:

- 1 c shredded Brussels sprouts
- 1/4 t salt
- 1/4 cup sliced almonds, toasted
- 1/4 dry cranberries
- 1/4 apple sliced thin
- A couple of very thin slices of red onion
- Juice from a wedge of lemon
- 1- 2 T orange juice
- a drizzle of Honey
- 1/4 t Dijon mustard



Recipe Continued

Instructions:

- Remove the stem from the Brussels sprouts, and remove any discolored outer leaves. Cut the Brussels sprouts in half to create a flat surface. Thinly slice the sprout. Place the shredded sprouts into a mixing bowl. Add the salt and massage gently using your fingers for a few minutes. This will soften the texture a bit.
- Meanwhile, preheat the oven to 350 and toast the almonds on a parchment-lined pan, about 8 minutes. Start checking after 5 minutes to be sure that they don't burn.
- Add the almonds, cranberries, sliced apple, and onion to the sprouts. Whisk together the dressing ingredients, and drizzle over the salad. Toss to coat. Serve

“Next Gen View”
by Rebekah Alstede Modery

Hello Everyone,

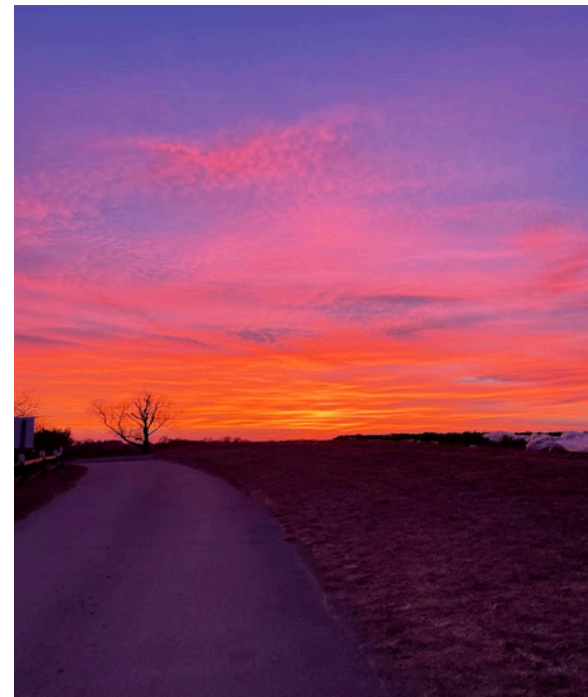
We are entering the point in our season where we are starting to see some chilly night temperatures. These temperatures capture our attention and make us take steps to protect our crops to ensure we have a variety to both put in your boxes and sell in our stores.

Our first protection plan starts with harvesting everything in the field if possible. This makes it even easier for us if the field is empty and we just have to keep the products in storage.

If the field is too full and still very productive, we will use row cover to protect the fields through the cold nights. With our consistent research, we can gain about 5 degrees of extra warmth with each strip of row cover. The difference between saving a crop and losing it can be as little as 2 degrees.

The row cover process takes a lot of labor to get set up and to consistently cover and uncover the fields, as we are usually harvesting daily in our fields. We have machines that roll/unroll our cover, then we manually pull the sheets over each field (about 90 feet wide, 600 feet long). The guys then put cinder blocks every 3 feet to ensure it does not blow away. Our guys are really the best and know their jobs well.

Rebekah Alstede Modery



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