

CSA Newsletter – Week 33

After spending several days cooking for Thanksgiving—first at home, then in Connecticut—I enjoyed a wonderful holiday with family. The long ride home gave me time to start thinking ahead to the next celebration, and with a few items from the farm, I finished all my holiday decorating. I was excited to see rutabaga in last week's share and chose it again this week. A few years ago, we experimented with three preparations: the classic boiled-and-mashed version I grew up with, Craig's family's buttered cubes, and a newer favorite—roasting. Roasting rutabaga with carrots, parsnips, turnips, kohlrabi, or even potatoes brings out incredible flavor.

The carrot greens in your share are beautiful and versatile—use them for tea, salads, pesto, chimichurri, or add them to soups and stock. Be sure to remove the tops before storing; the greens should be used within the week, while the carrots will keep much longer.

As the weather turns colder and life gets busier, I lean toward oven-friendly recipes and dishes that stretch into multiple meals. With onions and potatoes appearing regularly in the shares, meatloaf with mashed potatoes has been on repeat in my kitchen. Yukon Golds are usually my go-to, but russets are having a moment this year—some recipes even recommend roasting them before mashing. Let us know which you prefer! Enjoy the week's harvest!

Jenn Boreale, Culinary & Education Specialist



Member Weekly Digest

Week 33: Dec 7 - Dec 13, 2025

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Gold Rush Apples
- Sparkling Cider
- Potatoes
- Turnips
- Brussels Sprouts
- Carrots
- Beets
- Rutabaga
- Parsley
- Kohlrabi
- Basil
- Peppers
- Popcorn
- Navy Beans
- Kabocha Squash
- Bok Choy
- Onions
- 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

Our Favorite Meatloaf

Ingredients

Meatloaf

- 1–2 Tbsp. olive oil
- 3 cups chopped yellow onions
- 3 cloves garlic, minced
- 1 tsp fresh thyme, chopped
- 1/4 cup chopped fresh parsley
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 2 Tbsp. Worcestershire sauce
- 1 Tbsp. Dijon mustard
- 1 Tbsp. tomato paste
- 1/4 cup plain dry breadcrumbs (regular or gluten-free)
- 1/4 cup milk
- 2 1/2 lbs ground chuck (81% lean) or a pork/beef/veal mix
- 1/2 cup mashed potatoes
- 2 extra-large eggs, beaten



Sauce

- 1 cup ketchup
- 2 Tbsp. brown sugar
- 2 tsp Worcestershire sauce
- 1/2 tsp onion powder or garlic powder

recipe continued

Instructions (Condensed)

1. Preheat oven to 325°F.
2. Cook aromatics. Sauté onions in olive oil over medium-low heat for 8 minutes. Add garlic and cook 2–3 minutes more until softened. Off the heat, stir in the parsley, thyme, salt, pepper, Worcestershire sauce, Dijon mustard, and tomato paste. Let cool slightly.
3. Mix meatloaf. In a large bowl, combine ground meat, onion mixture, breadcrumbs, milk, mashed potatoes, and eggs. Mix gently—don't overwork.
4. Shape & top. Form into a loaf on a parchment-lined sheet pan (or use a 9x9 pan). Mix the sauce ingredients and spread over the top.
5. Bake 1–1¼ hours, until the internal temp is 160°F. Optional: Place a pan of hot water on the lower rack to help prevent the top from cracking.
6. Rest & serve. Let it rest for a few minutes before slicing. Enjoy!

Adapted from: InaGartenEats.com

Optional: Swap ketchup topping for a simple simmered Italian tomato sauce.