

Dear CSA Members,
Welcome to Week 18 of your Freshly Inspired CSA, from our Farm to your Table. There's something special about this time of year on the farm; the fields are full, the harvest is abundant, and every day brings something new to the table. From sweet corn and heirloom tomatoes to crisp Honeycrisp apples, Bartlett pears, peppers, garlic, and fresh greens, this week's share is a true taste of late-summer New Jersey.

As you unpack your share, we hope you'll take a moment to appreciate the hands, soil, sunshine, and seasons behind every item. Thank you for being part of our farm community and for sharing in the harvest with us!

The Alstede Farms CSA Team



Member Weekly Digest

Week 18: August 24 - Aug 30, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|--|------------------------------|---------------------|
| • Honeycrisp Apples | • Scallions | • Shishito Peppers |
| • Corn | • Kale | • Husk Cherries |
| • Carrots | • Beans | <u>Swaps</u> |
| • Cilantro | • Eggplant | • Dry Beans |
| • Tomatoes (Large, Plum, Cherry, Heirloom) | • Bartlett Pears | • Popping Corn |
| • Leeks | • Garlic | • Sparkling Cider |
| | • Onions | • Musk Melon |
| | • Shallots | • Chili Plants |
| | • Bell and Lunch Box Peppers | |

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.



Scan the QR Code below for produce storage tips



If you need any assistance, please contact us:

phone: 908-879-7189

email: csa@alstedefarms.com

Grilled Shishito Peppers

Ingredients:

- 1 lb. shishito peppers
- ½ small onion, thinly sliced
- 2 cloves garlic, minced
- 2 tbsp olive oil, divided
- 2 tbsp honey
- 2 tbsp apple cider
- 1 tbsp apple cider vinegar
- ½ tsp kosher salt
- Black pepper to taste
- Optional: pinch of red pepper flakes



Directions

- Whisk together honey, cider, vinegar, garlic, salt, pepper, and 1 tbsp olive oil.
- Heat grill to medium-high. Toss peppers and onion with remaining oil.
- Grill 5–7 minutes, turning occasionally, until blistered and lightly charred.
- Brush with glaze and grill 1–2 minutes more, turning once, until caramelized.
- Serve warm, drizzled with the remaining glaze.

Serves: 4 | Prep: 10 min. | Cook: 8–10 min.

Roasted Carrots and Leeks

Ingredients

- 5 carrots, peeled and sliced
- 2–3 leeks, white and light green parts, sliced and washed
- 3 tbsp olive oil
- 2 tsp fresh thyme
- Salt and pepper to taste

Directions

1. Preheat oven to 425°F. Toss carrots and leeks with olive oil, thyme, salt, and pepper.
2. Cover with foil and roast for 10 minutes.
3. Remove foil, reduce heat to 400°F, and roast another 10–15 minutes, until tender and caramelized.
4. Season with additional salt and pepper to taste.

