

Dear CSA Members,

We hope everyone enjoyed the long holiday weekend! As we welcome September, the farm is beginning to take on the beautiful colors and flavors of fall. This week's share brings together some of the best of the late-summer harvest, with fresh favorites such as sweet peppers, tomatoes, apples, carrots, greens, and more.

Out in the fields, we're busy harvesting pumpkins for our markets, and you can really feel the season changing. Our farm markets are getting colorful with pumpkins, fall decorations, and plenty of fresh-picked produce to enjoy. If you're in the area, stop in and take a look; it's a wonderful time of year to visit the farm and stock up for the season ahead.

Thank you for continuing to share in the harvest with us. We hope you enjoy this week's selection and find plenty of inspiration for your table!

From our farm to your table,

The Alstede Farms CSA Team



Member Weekly Digest

Week 20: Sept 7 - Sept 13, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|--------------|-----------------|---------------------|
| • Honeycrisp | • Collards | <u>Swaps</u> |
| • Apples | • Beans | • Dry Beans |
| • Corn | • Radishes | • Popping Corn |
| • Carrots | • Italian Plums | • Sparkling Cider |
| • Cilantro | • Green Pears | • Kohlrabi |
| • Mint | • Garlic | • Chili Plants |
| • Beets | • Onions | • Sicilian Eggplant |
| • Potatoes | • Leeks | • Tomatillos |
| • Scallions | • Broccoli | |
| • Kale | • Sweet 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 Scallions

Ingredients

- 1 bunch scallions
- 1–2 tbsp olive oil
- 1 clove garlic, minced
- Salt and pepper
- 1 tbsp fresh lemon juice
- 2 tbsp grated Parmesan (optional)
- Optional: pinch of red pepper flakes



Directions

1. Wash and thoroughly dry the scallions. Trim the roots and any wilted tops. Keep scallions whole.
2. Toss with olive oil, garlic, salt, and pepper.
3. Grill over medium-high heat for 2–3 minutes per side, until tender and nicely charred.
4. Remove from the grill and immediately drizzle with lemon juice. Sprinkle with Parmesan and red pepper flakes, if using.
5. Serve warm as a side dish or chop and add to grilled meats, sandwiches, tacos, eggs, or salads.

Farm-Fresh Twist: For an extra seasonal touch, drizzle the finished scallions with a little balsamic glaze instead of the lemon and add a few toasted breadcrumbs for crunch.

Vegetable Romesco

Ingredients

- 3 large sweet red peppers, halved and seeded
- 4 ripe tomatoes, quartered
- 1 yellow onion, quartered
- 4–5 cloves Alstede Fresh garlic
- 3 tbsp olive oil, or more as needed
- 1 tbsp red wine vinegar
- 1 tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper
- ¼–½ tsp crushed red pepper flakes, optional
- ½ cup toasted almonds, optional
- 1–2 tbsp fresh parsley, optional



Directions

1. Roast: Heat oven to 425°F. Arrange peppers, tomatoes, onion, and garlic on a baking sheet. Drizzle with olive oil and season with salt and pepper. Roast 30–40 minutes, turning once, until tender and caramelized.
2. Blend: Transfer vegetables to a food processor. Add vinegar, smoked paprika, and optional almonds and parsley. Blend until mostly smooth but slightly textured.
3. Finish: Add olive oil as needed for desired consistency. Taste and adjust seasoning, vinegar, or red pepper flakes.
4. Farm Fresh Tip: Serve as a dip, spread, or sauce for grilled meats, roasted vegetables, or crusty bread.