

Dear CSA Members,

The farm is settling into the rhythm of fall, with cooler mornings, changing fields, and the return of some of our favorite autumn harvests. This week, Macintosh apples make their seasonal debut in your customizable share, bringing their familiar sweet-tart flavor to the table.

You'll also find plenty of inspiration for fall cooking, from crisp radishes and arugula to potatoes, kale, peppers, and fresh beans. Butternut squash, gourds, and fall corn add another touch of the season, perfect for cozy meals and decorating your home.

This week's recipes include a Winter Squash Crostini perfect for fall nights and a hearty Cabbage & Kielbasa Casserole, a farm favorite!

As we move deeper into fall, we're enjoying every bit of the harvest and hope you'll find something special to bring home and share around your table.

Thank you for being part of our farm family,
The Alstede Farm Team



Member Weekly Digest

Week 22: Sept 21 - Sept 27, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|----------------------------|-----------------------|-------------------|
| • MacIntosh Apples | • Gourds & Fall Corn | Swaps |
| • Corn | • Lettuce | • Dry Beans |
| • Radishes | • Arugula | • Popping Corn |
| • Cilantro | • Cherry Tomatoes | • Sparkling Cider |
| • Regular & Chocolate Mint | • Garlic & Onions | • Eggplant |
| • Potatoes | • Shallots | • Sunflower Heads |
| • Scallions | • Kohlrabi | |
| • Kale | • Sweet & Hot Peppers | |
| • Beans | • Cabbage | |
| | • Butternut squash | |

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.



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produce storage tips



If you need any assistance, please contact us:
phone: 908-879-7189
email: csa@alstedefarms.com

Winter Squash Crostini

Ingredients

- 1 small butternut squash
 - peeled and cubed
- 1 medium onion, thinly sliced
- 1–2 cloves garlic, chopped
- 2 fresh sage or thyme leaves
 - chopped
- Salt & pepper, to taste
- Fresh ricotta (or mozzarella or cranberry goat cheese)
- 4 slices Italian bread, halved
- 1–2 Tbsp truffle olive oil or EVOO
- Alstede Farms honey
- Balsamic glaze



Directions

1. Heat oven to 400°F. Toss squash, onion, and garlic with olive oil, salt, and pepper. Roast on a parchment-lined baking sheet for about 20 minutes, until tender and caramelized.
2. Brush bread with olive oil and toast until lightly browned.
3. Spread ricotta on each toast. Top with roasted squash and caramelized onions, then sprinkle with fresh herbs.
4. Drizzle with balsamic glaze or Alstede Farms honey and serve warm.

Farm Kitchen Tip:

The squash and onions can be roasted ahead of time and assembled just before serving.

Cabbage & Kielbasa Casserole

Ingredients

- ⅓–½ head Alstede Fresh cabbage, sliced
- 2 carrots, sliced
- 2 russet potatoes, peeled and cubed
- ½ ring kielbasa, sliced
- ½–¾ cup shredded cheddar
- 1½ tsp pickling spice
- 1 Tbsp sour cream
- 1–2 Tbsp butter, plus 3 Tbsp melted
- ½ cup breadcrumbs
- Salt & pepper, to taste
- Chopped parsley, for garnish



Directions

1. Simmer cabbage with pickling spice, 1½ cups water, and a pinch of salt for about 10 minutes, until tender. Reserve the cooking liquid.
2. Cook carrots until tender. Boil potatoes until very soft; drain and mash with butter, sour cream, and cheddar.
3. Layer half the cabbage, carrots, and kielbasa in a greased 9-inch casserole dish. Repeat layers and add up to 1 cup reserved cabbage liquid.
4. Spread mashed potatoes over the top. Mix breadcrumbs with melted butter and sprinkle over potatoes.
5. Bake at 400°F for 15–20 minutes, then reduce heat and bake another 25–30 minutes, until bubbling and heated through.
6. Garnish with parsley and serve warm.

Farm Kitchen Tip: *This hearty casserole makes about 2–3 servings. Serve with crusty bread and a fresh salad for a complete meal.*