

Dear CSA Members,

There's plenty happening around the farm as we move deeper into the fall harvest. This week's share may feature Jonaprince apples, sweet corn, kale and collards, arugula, cherry tomatoes, beets, potatoes, leeks, peppers, eggplant, cabbage, and spaghetti squash, along with fresh herbs, greens, and other seasonal favorites.

We're also excited to welcome school groups to the farm for field trips this season. It's wonderful to see so many young faces exploring the fields, learning where their food comes from, and discovering the many parts of agriculture that go into growing a farm-fresh harvest. We love sharing the farm experience with the next generation!

For this week's meal inspiration, we're featuring Harvest White Bean & Winter Squash Soup, a comforting fall favorite, and Roasted Spaghetti Squash, a simple and delicious way to enjoy this seasonal crop.

We hope you enjoy this week's harvest and find plenty of inspiration for bringing the flavors of fall to your table!

The Alstede Farms CSA Team



Member Weekly Digest

Week 23: Sept 28 - Oct 4, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|---------------|--------------------|---------------------|
| • Jonaprince | • Cabbage | <u>Swaps</u> |
| ◦ Apples | • Kale & Collards | • Dry Beans |
| • Corn | • Cherry Tomatoes | • Popping Corn |
| • Arugula | • Garlic, Onions, | • Sparkling Cider |
| • Beets | Shallots | • Sunflower Heads |
| • Reg. & Choc | • Potatoes | • Plum Tomatoes |
| ◦ Mint | • Green & Red | |
| • Leeks | ◦ Leaf Lettuce | |
| • Cilantro | • Sweet & Hot | |
| • Radishes | Peppers | |
| • Scallions | • Eggplant | |
| • Swiss Chard | • Spaghetti 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.



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

Harvest White Bean Winter Squash Soup

Ingredients

- 1½ cups dried white beans, cooked and drained
- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 1 leek, sliced and rinsed
- 2 garlic cloves, minced
- 2 cups cubed winter squash
- 1 tsp thyme, ½ tsp sage, 1 bay leaf, fresh parsley
- 6 cups vegetable or chicken broth
- 3 cups chopped kale
- 1 tbsp apple cider vinegar, Salt and pepper to taste
- Parmesan, optional



Directions

- Cook beans: Simmer dried beans in water for 60–90 minutes until tender. Drain. (Overnight soaking can shorten cooking time.)
- Sauté: Heat oil in a large pot. Add onion, carrots, and leek; cook 6–8 minutes. Add garlic, thyme, and sage; cook 1 minute.
- Simmer: Add squash, beans, broth, bay leaf, salt, and pepper. Simmer about 20 minutes, until squash is tender.
- Thicken: Lightly mash some beans and squash with a potato masher or spoon to create a creamy texture.
- Add kale: Stir in kale and simmer 5–7 minutes.
- Finish: Remove bay leaf. Stir in vinegar & parsley.
- Adjust seasoning & serve with Parmesan & crusty bread, if desired.

Roasted Spaghetti Squash

Ingredients:

- 1 medium spaghetti squash
- Butter
- Olive oil
- Chopped fresh herbs: basil,
 - oregano, parsley
- Parmesan Cheese



Instructions:

- Preheat oven to 425 degrees. Cut squash in half lengthwise, remove all seeds and place on a parchment lined baking sheet face down. Bake for 45 minutes or until fork tender. Turn the squash and shred some of the strands of “spaghetti.” If it is still too crunchy place it back into the oven for 15 minutes.
- Shred the strands of the spaghetti squash. Add a little butter and olive oil to the hot strands, sprinkle with a little kosher salt and pepper.
- Toss with some fresh chopped herbs. Sprinkle with a tablespoon or two of parmesan cheese and serve.

Farm Kitchen Tip: This dish is very versatile for all dietary preferences. As a vegan or vegetarian main dish you can add roasted zucchini, eggplant, pepper, tomato, and garlic to create a flavorful meal. Spoon this mixture over roasted spaghetti squash to create a flavor variation.

Make It a Meal: Add sliced grilled chicken, shrimp, tofu, or your favorite protein for a hearty farm-fresh dinner.