

CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights for Week 23

October brings a beautiful mix of fall favorites and lingering late-summer crops. Enjoy crisp Jonagold apples, leafy greens, leeks, potatoes, peppers, Kabocha squash, and fresh herbs, along with cherry tomatoes and beans still coming from the fields.

Meal Inspirations

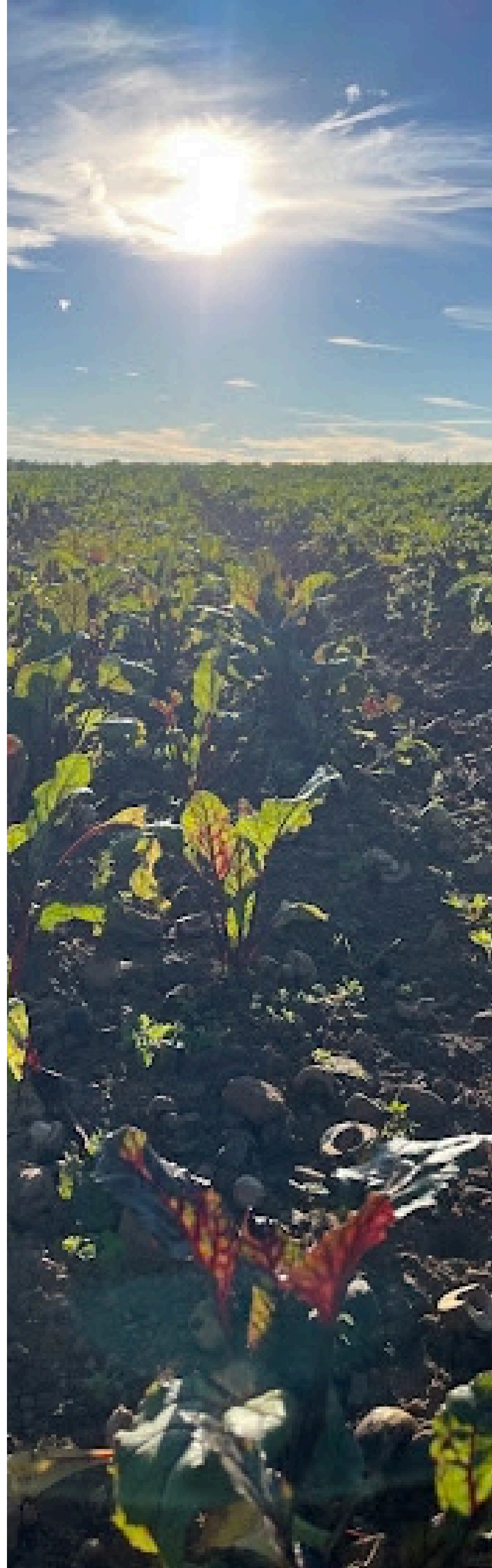
Make the most of your share with hearty, seasonal meals. Try Dirty Rice with Collards & Leeks, Balsamic-Glazed Beets, or roast your Kabocha squash for an easy fall side dish.

Preserving the Harvest

Extend the life of your fall vegetables by storing potatoes, winter squash, and onions in a cool, dry, dark place. Leafy greens, herbs, and leeks will stay freshest when properly refrigerated.

This Week's Hometown Farm, Global Roots Recipe

Take your Kabocha squash in an international direction with our Japanese-Style Kabocha Squash recipe—a simple, flavorful preparation that highlights the naturally sweet, creamy texture of this farm-fresh favorite.



Hometown Farm & Global Roots Recipe

FIFA World Cup™ - Japanese- Style Kabocha Squash

This week's recipe takes sweet, creamy Kabocha squash from our New Jersey fields on a flavorful journey to Japan. Our Japanese-Style Kabocha Squash highlights the naturally rich texture and subtle sweetness of this fall favorite with a simple savory-sweet preparation. It's a delicious example of how the harvest from our hometown farm can inspire flavors from around the world.

Countries Represented: Japan

Get the recipe on our website: [Japanese-Style Kabocha Squash](#)



Hometown Farm, Global Roots