

Dear CSA Members,

As October arrives, our fields continue to provide a wonderful mix of fall favorites and a few lingering tastes of late summer.

This week's CSA share features crisp Jonagold apples, leafy greens, leeks, potatoes, peppers, and sweet Kabocha squash, along with late-summer favorites like cherry tomatoes, beans, and fresh herbs.

This week's newsletter also includes two delicious recipes to inspire your meals: Dirty Rice with Collards and Leeks and Glazed Beets.

We hope these seasonal ideas help you make the most of your share, fresh from our fields to your table!

The Alstede Farms CSA Team



Member Weekly Digest

Week 24: Oct 5 - Oct 11, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|---------------|-------------------|---------------------|
| • Jonagold | • Kale | <u>Swaps</u> |
| ◦ Apples | • Cherry Tomatoes | • Dry Beans |
| • Spinach | • Garlic, Onions, | • Popping Corn |
| • Arugula | Shallots | • Sparkling Cider |
| • Beets | • Potatoes | • Plum Tomatoes |
| • Reg & Choc. | • Green & Red | |
| ◦ Mint | ◦ Leaf Lettuce | |
| • Leeks | • Sweet & Hot | |
| • Cilantro | Peppers | |
| • Collards | • Kabocha Squash | |
| • Beans | | |

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

Dirty Rice with Collards, Leeks & Shallots

Ingredients

- 2 cups vegetable broth
- 1 cup long-grain brown
 - basmati rice
- 1 bay leaf
- 1 bunch Alstede Farms collards,
 - stems removed and chopped
- 2 tablespoons olive oil
- 1 Alstede Farms leek, thinly sliced
- 1 Alstede Farms shallot, chopped
- 2 garlic cloves, minced
- ½ cup toasted pumpkin seeds, chopped
- 1 tablespoon tamari or soy sauce
- ⅛ teaspoon cayenne pepper
- 2 tablespoons nutritional yeast, optional
- ¼ teaspoon salt
- Black pepper to taste



Directions

- Cook rice with vegetable broth and bay leaf according to package directions. Remove bay leaf.
- Meanwhile, heat olive oil in a large skillet. Sauté leek and shallot for 4–5 minutes. Add garlic and cook 1 minute.
- Add collards and cook 5–7 minutes, until tender.
- Stir in cooked rice, tamari, cayenne, nutritional yeast, salt, and pepper. Cook 2–3 minutes.
- Fold in most of the pumpkin seeds and top with remaining seeds. Serve warm.

Balsamic-Glazed Beets

Ingredients:

- 2 pounds Alstede Farms red beets,
 - scrubbed and trimmed
- 1 tablespoon olive oil
- ½ teaspoon salt, plus more to taste
- ½ cup balsamic vinegar
- 2 teaspoons maple syrup or sugar
- Freshly ground black pepper, to taste



Directions:

1. **Roast the Beets:** Preheat oven to 400°F. Place beets in a foil-lined roasting pan and rub with olive oil. Sprinkle with salt and cover tightly with foil. Roast for 60–90 minutes, or until a fork slides easily into the center.
2. **Make the Glaze:** While the beets roast, combine balsamic vinegar and maple syrup or sugar in a small saucepan. Bring to a gentle simmer and cook for 8–10 minutes, stirring occasionally, until slightly thickened and syrupy. Remove from heat.
3. **Peel & Slice:** Allow the roasted beets to cool just enough to handle. Rub off the skins, then cut the beets into wedges or bite-sized pieces.
4. **Finish & Serve:** Transfer warm beets to a serving bowl. Drizzle with the balsamic glaze and gently toss to coat. Season with additional salt and freshly ground black pepper to taste.

Farm-Fresh Tip: Roast the beets ahead of time and refrigerate them for an easy addition to salads, grain bowls, or weeknight meals.