

Dear CSA Members,

Welcome to Week 25 of our Freshly Inspired CSA season! Fall flavors are in full swing, with this week's share featuring crisp Cortland apples, fresh greens, broccoli, leeks, peppers, potatoes, and hearty acorn squash. Our Cortland apples offer a delicious sweet-tart flavor, perfect for snacking, baking, or adding to seasonal salads. Plenty is happening around the farm! Last week, we celebrated the ribbon-cutting at Two Sisters Farm, an exciting milestone for Rebekah and Sarah as they welcome visitors to their Schooley's Mountain farm. Here at Alstede Farms, fall festivities continue with seasonal farm experiences and the colorful sights of autumn. Explore this week's newsletter for fresh recipe inspiration, storage tips, and creative ways to enjoy your farm-grown harvest!

Freshly yours,

The Alstede Farms CSA Team



Member Weekly Digest

Week 25: Oct 12 - Oct 18, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|-------------|-------------------|---------------------|
| • Cortland | • Romaine Lettuce | <u>Swaps</u> |
| • Apples | • Beans | • Dry Beans |
| • Arugula | • Garlic, Onions, | • Popping Corn |
| • Cilantro | Shallots | • Sparkling Cider |
| • Leeks | • Potatoes | |
| • Radishes | • Eggplant | |
| • Mint | • Sweet & Hot | |
| • Scallions | Peppers | |
| • Kale | • Acorn Squash | |
| • Collards | • Decorative Corn | |
| • Broccoli | • Gourds | |

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

Acorn Squash Egg Rolls

Ingredients

- 1 medium acorn squash
- 2 apples, peeled, cored, and chopped
- 1–2 tbsp butter, ½ tsp cinnamon
- ¼ cup brown sugar
- ¼ cup apple cider
- ¾ cup black beans
 - (or 2 sweet sausage links, cooked and crumbled)
- Egg roll wrappers
- 1 tbsp cornstarch mixed with 1 tbsp cold water
- Cooking spray or oil



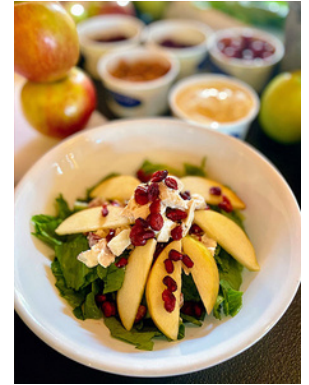
Directions

- Halve squash and roast cut-side down on a parchment-lined baking sheet at 350°F for 45 minutes, or until fork-tender. Cool, scoop out the flesh, and mash.
- Sauté apples in butter with brown sugar and cinnamon. Add cider and cook until tender and the liquid is absorbed. Cool.
- Place 2 tbsp mashed squash on each wrapper. Add black beans or cooked sausage and a spoonful of apple mixture.
- Moisten wrapper edges with the cornstarch mixture, fold in the sides, roll tightly, and seal.
- Air fryer: Lightly oil egg rolls and cook at 390°F for 6 minutes per side, until crisp and golden.
- Serve with duck sauce, cranberry sauce, or your favorite sweet dipping sauce. Yield: 6–8 egg rolls

Apple Waldorf Salad

Ingredients:

- 8 oz cooked chicken breast, diced
- 1 Alstede Fresh apple, sliced thin
- 1 head romaine lettuce
- 2 oz red seedless grapes, halved
- 2 oz honey-roasted cashews
- 1 oz dried cranberries
- 1 celery stalk, diced
- 2 oz mayonnaise
- 1 oz whipped cream, see recipe below
- 2 oz pomegranate seeds
- Salt and pepper to taste



Whipped Cream: Ingredients & Directions - Whip 8 oz heavy cream with 1 tsp vanilla extract and 2 oz confectioners' sugar until soft peaks form.

Directions: Combine chicken, grapes, cashews, cranberries, celery, and pomegranate seeds; decorate with apple slices. Gently fold in mayonnaise and 1 oz prepared whipped cream. Season with salt and pepper.

Serving Suggestion: Serve over washed and torn romaine lettuce.

Farm Tip: Celebrate the flavors of fall with this creamy chicken salad featuring seasonal apples, crisp romaine lettuce, and tart cranberries for a delicious blend of sweet and savory.