

Dear CSA Members,
Welcome to Week 26 of our Freshly Inspired CSA! As the fall harvest continues, this week's share brings together crisp greens, colorful vegetables, and seasonal favorites like Snapdragon apples and acorn squash. Looking for ways to enjoy your harvest? Try our [Arugula, Sausage, Peppers, Onions & Gnocchi](#) for a comforting fall meal featuring fresh arugula, peppers, onions, and tomatoes. You can also bring a touch of sweetness to your table with our [Orange Honey Glazed Carrots](#), a simple side dish that highlights the natural flavor of fresh carrots.

Take a few minutes to explore this week's recipes and discover new ways to make the most of your farm-fresh share!

Freshly yours,
Alstede Farms CSA Team



Member Weekly Digest

Week 26: Oct 19 - Oct 25, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- | | | |
|---|----------------------------|---------------------|
| • Snapdragon <ul style="list-style-type: none">◦ Apples | • Broccoli | <u>Swaps</u> |
| • Arugula | • Lettuce | • Cauliflower |
| • Chili Plants (for drying) | • Cherry & Plum Tomatoes | • Dry Beans |
| • Carrots | • Beans | • Popping Corn |
| • Leeks | • Onions | • Sparkling Cider |
| • Radishes | • Spinach | |
| • Mint | • Sweet & Hot Peppers | |
| • Scallions | • Acorn Squash | |
| • Kale & Collards | • Decorative Corn & 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

Arugula, Sausage, Peppers, Onions & Gnocchi Rustic Skillet

Ingredients

- 5–6 links sweet or hot Italian sausage
- 1 package frozen Griggstown Gnocchi
- 2 cups Alstede Fresh arugula, torn
- 2–3 cloves garlic, chopped
- 1 medium onion, sliced
- ½ red and ½ green pepper, sliced
- ½ cup cherry tomatoes, halved
- ¼–½ cup white wine
- ½ cup chicken or vegetable broth
- Juice of ½ lemon, Olive oil, 1 tbsp. capers (optional),
 - Parmesan and hot pepper flakes



Instructions

1. Brown sausage until nearly cooked through, about 20–25 minutes. Slice and set aside.
2. Sauté garlic and onion in olive oil until softened. Remove and briefly sauté peppers.
3. Cook gnocchi according to package directions; drain, reserving 1 cup cooking water.
4. Return sausage, garlic, onion, and peppers to the skillet. Add tomatoes, wine, broth, and lemon juice. Cover and simmer 8–10 minutes, until sausage is cooked through.
5. Add gnocchi, arugula, and optional capers. Simmer 5 minutes until arugula wilts and sauce thickens, adding reserved cooking water as needed.
6. Serve with Parmesan and hot pepper flakes.

Serves 2–3. Vegetarian sausage, vegetable broth, and vegan cheese may be substituted.

Orange Honey Glazed Carrots

Ingredients

- 3–4 carrots, peeled and quartered lengthwise
- 1 tbsp butter
- 1 tbsp oil
- ⅓ cup orange juice, plus more as needed
- 1–2 tbsp Alstede Farms honey
- 1–2 tbsp orange zest

Instructions

1. Melt butter and oil in a skillet over medium heat. Add carrots and toss to coat.
2. Add orange juice, cover, and simmer over low heat for about 20 minutes, until fork-tender. Add more juice as needed to prevent drying.
3. Uncover, drizzle with honey, and sprinkle with orange zest. Serve with the pan sauce.



2027 Freshly Inspired CSA Early Renewal Is Here! Renew by November 3, 2026, to secure our lowest weekly pricing for the upcoming season! Choose to pay in full before the deadline and receive an additional CSAware account credit, or take advantage of our convenient four-installment payment plan. With 12-, 22-, and 34-week memberships and every-other-week options available, there's a share to fit your household's needs. Important: Please log in to your [CSAware account](#) and review your auto-renewal settings by November 3. Keep auto-renewal ON to carry over your current selections, or turn it OFF if you plan to make changes or do not wish to renew automatically. Thank you for being part of our CSA family!

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**2027 Freshly Inspired
CSA EARLY RENEWAL**

**Early
Renewal
Prices**

**Full Share
\$58/week**

**Half Share
\$39/week**

**Personal Share
\$30/week**

Pay-in-Full Option

Receive a credit to your CSAware account when you pay your membership in full **before Nov. 3:**

**Full Share
\$80 credit**

**Half Share
\$60 credit**

**Personal Share
\$40 credit**

**Early
renewal
period
ends
Nov. 3**

Payment Plan Option (4 Installments):

Make 1st payment by Nov. 3,
next 3 payments will be due in
Jan., Feb., and March 2027.



Got questions? Contact us
email: csa@alstedefarms.com
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