CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights Week 26

This week's harvest brings a colorful mix of fall favorites and fresh greens! Enjoy crisp Snapdragon apples, leafy arugula and lettuce, hearty kale and collards, and seasonal vegetables perfect for warming meals. Carrots, leeks, onions, broccoli, cauliflower, and acorn squash offer plenty of ways to bring fresh-from-the-farm flavor to your table.

Storage Tip: Remove green tops from carrots and radishes before storing to help keep the roots fresh longer. Refrigerate leafy greens in a bag or container with a paper towel to absorb excess moisture.

Meal Inspirations

Make the most of your weekly harvest with simple, seasonal meals:

- Breakfast: Sauté kale or spinach with scallions and sweet peppers for a flavorful addition to scrambled eggs or an omelet.
- Lunch: Toss arugula and lettuce with shredded carrots, radishes, and sliced apples for a crisp fall salad.
- Dinner: Roast acorn squash, broccoli, cauliflower, and carrots with olive oil and your favorite herbs. Serve alongside sautéed leeks, onions, and beans for a satisfying seasonal meal.
- Something Sweet: Turn your Snapdragon apples into a warm apple dessert or enjoy them fresh for a naturally sweet snack.



Preserving the Harvest

Save the Season for Later!

- Apples: Store in the refrigerator to maintain freshness. Use extra apples for applesauce or freeze sliced apples for future baking.
- Chili Peppers: Hang your chili plants in a dry, well-ventilated area until the peppers are fully dried. Remove and store the dried peppers in an airtight container.
- Greens: Blanch and freeze extra kale, collards, or spinach for soups, casseroles, and winter meals.
- Leeks and Scallions: Chop and freeze for convenient additions to soups, sauces, and sautés.

Hometown Farm, Global Roots

French Apple Tarte Tatin

This classic French upside-down apple tart transforms seasonal apples into an elegant dessert. Apples are caramelized in butter and sugar, topped with pastry, and baked until golden. Once inverted, the tart reveals tender apples coated in rich caramel beneath a crisp, buttery crust.
It's a delicious way to celebrate this week's Snapdragon apple harvest and bring a taste of France to your table!

Find the recipe on our website:
https://www.alstedefarms.com/recipe/french-apple-tarte-tatin/

