Dear CSA Members,

As October draws to a close, your Week 27 Freshly Inspired share celebrates fall flavors with freshly picked produce and plenty of kitchen inspiration. This week, enjoy crisp Granny Smith apples, sweet carrots, leafy kale, and other seasonal favorites, along with new additions like kohlrabi and the first Brussels sprouts as a swap item.

Looking for new ways to enjoy your harvest? Try our Apple Salsa for a fresh, flavorful twist on fall apples, and bake a homemade Carrot Cake to use your farm-fresh carrots.

As the seasons change, we hope your weekly share continues to bring fresh ideas, new flavors, and a little inspiration to your table.

Freshly yours,

The Alstede Farms CSA Team

freshly inspired

Alstede's Community Supported Agriculture

Member Weekly Digest

Week 27: Oct 26 - Nov 1, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Granny Smith Apples
- Carrots
- Cilantor
- Mint
- Radishes
- Scallions
- Cauliflower
- Cabbage
- Collards
- Kohlrabi
- Lettuce
- Onions
- Chili Plants
- Sweet Peppers
- Hot Peppers
- Spaghetti Squash
- Green Beans
- Kale

Swaps

- Cauliflower
- Dry Beans
- Popping Corn
- Sparkling Cider
- Brussels Sprouts

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

Apple Salsa



Ingredients

- 2 cups peeled, finely diced apples
  - (use a blend of sweet & tart)
- ½ cup diced red bell pepper
- ¼ cup finely diced red onion
- 2 tablespoons chopped cilantro
- 1 tablespoon finely chopped fresh mint (optional)
- 1 small jalapeño, seeded and minced (optional)
- 3 tablespoons fresh lime juice
- 2 tablespoons apple cider
- 1 tablespoon Alstede Farms Honey
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

Instructions

1. In a medium bowl, combine the apples, red bell pepper, red onion, cilantro, mint, and jalapeño.
2. Gently warm the apple cider and honey until blended. Remove from heat and cool completely. Whisk in the lime juice.
3. Pour the dressing over the apple mixture. Season with salt and pepper, then toss gently to combine.
4. Refrigerate for 15–20 minutes to allow the flavors to meld. Stir before serving.

Yield: 6–8 servings

Apple Cider Carrot Cake

Ingredients



Cake: 2 cups flour, 2 tsp baking soda, ½ tsp salt, 2 tsp cinnamon, ½ tsp ginger, ¼ tsp nutmeg, 3 eggs, 1½ cups sugar, ½ cup brown sugar, ¾ cup oil, ½ cup apple cider (reduced to ¼ cup and cooled), 2 tsp vanilla, 2 cups grated carrots, 1 cup drained crushed pineapple, ½ cup shredded coconut, ¾ cup toasted chopped pecans. Frosting: 8 oz softened cream cheese, ½ cup softened butter, 3 cups powdered sugar, 2 tbsp maple syrup, 1 tsp vanilla, pinch of salt.

Instructions

1. Preheat oven to 350°F. Grease and line two 9-inch cake pans.
2. Whisk flour, baking soda, salt, and spices. In another bowl, beat eggs, sugars, oil, cooled cider, and vanilla. Mix in dry ingredients, then fold in carrots, pineapple, coconut, and pecans.
3. Divide between pans and bake 28–35 minutes. Cool completely.
4. Beat frosting ingredients until smooth and creamy. Frost between layers and over the cake.