Dear CSA Members,

This week's CSA share celebrates the flavors of fall with Rome apples, crisp kohlrabi, sweet carrots, hearty greens, and winter squash. Enjoy these seasonal favorites in our Apple, Kohlrabi & Carrot Slaw with Maple Cider Dressing or warm up with Alstede Fresh Roasted Poblano, Black Bean & Cauliflower Chili. As we enter the season of gratitude, we're thankful to be your farmer and share the season's harvest with you! As we enjoy these final weeks of the season, don't forget to renew your CSA membership for 2027 during our Early Renewal period and look forward to another year of fresh, farm-grown goodness.

Freshly yours,

The Alstede Farms CSA Team

freshly inspired

Alstede's Community Supported Agriculture

Member Weekly Digest

Week 28: Nov 2 - Nov 8, 2026

YOUR BOX CONTENTS MAY VARY; PLEASE READ BELOW:

- Rome Apples
- Org. Arugula
- Beets
- Carrots
- Org. Cilantro
- Spinach
- Brussel Sprouts
- Scallions
- Kale
- Collards
- Kohlrabi
- Lettuce
- Beans
- Peppers
- Chili Plants
- Hot Peppers
- Butternut Squash
- Large Pumpkins

Swaps

- Delicata Squash
- Dry Beans
- Popping Corn
- Sparkling Cider

Your actual CSA share contents will be listed on the label inside your box and may differ from this list. Your share contents are based on your individual preferences and customizations in your CSAware profile, as well as availability changes.



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 Kohlrabi & Carrot Slaw

Ingredients



Slaw

- 1 medium kohlrabi, peeled
  - and cut into matchsticks
- 1 crisp apple, thinly sliced
- 2 carrots, shredded
- 2 cups shredded red or green cabbage
- 2 tbsp. chopped parsley or scallions
- 2 tbsp. toasted pumpkin seeds (optional)

Dressing

- 3 tbsp. apple cider vinegar
- 2 tbsp. olive oil
- 1 tbsp. Alstede Farms honey or maple syrup
- 1 tsp. Dijon mustard
- Salt and pepper to taste

Instructions

1. Prepare the kohlrabi, apple, carrots, and cabbage.
2. Whisk together the vinegar, olive oil, honey or maple syrup, mustard, salt, and pepper.
3. Toss the vegetables and parsley or scallions with the dressing. Let rest for 10–15 minutes.
4. Sprinkle with pumpkin seeds before serving.

Alstede Fresh Tip: Enjoy this crisp, refreshing slaw alongside roasted chicken, veggie burgers, or butternut squash soup. Add toasted walnuts or crumbled feta for flavor.

Roasted Poblano, Black Bean, Cauliflower Chili

Ingredients: 1 cup Alstede Fresh dried black beans, 1¾ lbs. tomatoes, 3 poblano peppers, 1 onion, 1 small cauliflower, 1 bell pepper, 1 bulb garlic, 24 oz. vegetable stock, 1 tsp. cumin, 2 tbsp. chili powder, optional cayenne, 1 dried Alstede Fresh chili pepper, olive oil, salt, pepper, and 3 oz. shredded cheddar.

Instructions: Soak beans overnight, drain, and simmer in fresh water for 60–90 minutes until tender. Roast tomatoes, peppers, onion, cauliflower, and garlic at 425°F for 25–30 minutes. Chop roasted vegetables and combine with cooked beans, stock, and seasonings. Simmer for 20–25 minutes, then top with cheddar and serve.

Alstede Fresh Tip: Substitute butternut squash for cauliflower or adjust the dried chili pepper to taste. Refrigerate leftovers for up to 4 days or freeze for an easy winter meal.

