CSA WEEKLY SHARE GUIDE

How to Use Your Share This Week

Farm Fresh Highlights Week 28

This week's share brings together the best flavors of late fall, from crisp Rome apples and earthy root vegetables to hearty greens and flavorful winter squash.

- Rome Apples: A classic baking apple with firm flesh that holds its shape when cooked. Perfect for homemade applesauce, apple crisps, pies, and roasted pork dishes.
- Kohlrabi: Mild, crisp, and slightly sweet, kohlrabi is delicious raw in slaws or sliced into sticks for snacking. Don't overlook the greens, which can be sautéed like kale.
- Beets & Carrots: Naturally sweet and full of color, these versatile root vegetables are wonderful roasted, added to soups, or shredded into fresh salads.
- Organic Arugula, Spinach & Lettuce: Enjoy these fresh greens in seasonal salads, sandwiches, wraps, or as a nutritious addition to soups and pasta dishes.
- Brussels Sprouts, Kale & Collards: These hearty fall vegetables are perfect for roasting, sautéing, or adding to comforting soups and skillet meals.
- Butternut & Delicata Squash: Sweet, nutty, and full of fall flavor, these winter squash varieties are delicious roasted, stuffed, puréed into soups, or added to grain bowls.
- Peppers, Hot Peppers & Cilantro: Add fresh flavor and a little heat to homemade salsas, sauces, chili, and your favorite Mexican-inspired dishes.

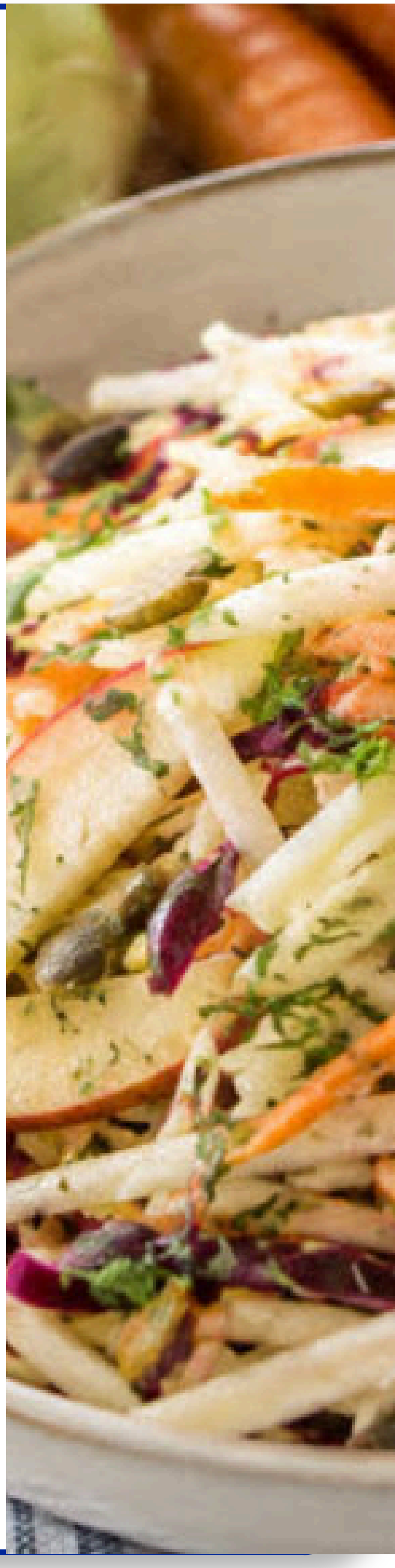


Meal Inspirations

- Roasted Fall Vegetable Medley: Toss beets, carrots, Brussels sprouts, and delicata squash with olive oil, garlic, and fresh thyme. Roast until tender and caramelized.
- Apple & Kohlrabi Slaw: Combine thinly sliced Rome apples and shredded kohlrabi with carrots, a little cilantro, and a light lemon vinaigrette for a crisp, refreshing side.
- Hearty Greens & White Bean Soup: Simmer kale, collards, spinach, carrots, scallions, and white beans in a savory broth for a comforting fall meal.
- Stuffed Butternut or Delicata Squash: Fill roasted squash halves with seasoned beans, sautéed greens, and your favorite whole grains for a satisfying seasonal dinner.

Preserving the Harvest

- Apples: Store unwashed in the refrigerator crisper drawer to maintain freshness. Use extras for applesauce, apple butter, or freeze sliced apples for future baking.
- Root Vegetables: Remove beet and carrot tops before refrigerating. Store roots unwashed in a breathable bag in the crisper drawer. Blanched, sliced beets and carrots can also be frozen for soups and side dishes.
- Kohlrabi: Remove the leaves and store the bulbs in the refrigerator. Peel and slice before freezing after blanching for future soups and cooked dishes.
- Leafy Greens: Store arugula, spinach, lettuce, kale, and collards in the refrigerator, loosely wrapped in a paper towel inside a breathable or loosely sealed bag. Blanch and freeze kale and collards for future soups, stews, and sautés.
- Green Beans: Refrigerate unwashed in a loosely sealed bag and use within several days. For longer storage, blanch for 3 minutes, cool in an ice bath, drain, and freeze.
- Peppers & Hot Peppers: Refrigerate fresh peppers unwashed. Extra peppers can be chopped and frozen, or dried for seasoning and cooking.
- Winter Squash: Store whole, uncut butternut and delicata squash in a cool, dry, well-ventilated place. Once cut, refrigerate and use within several days. Cooked squash purée also freezes beautifully for future soups, sauces, and baked goods.



Hometown Farm & Global Roots Recipe

This Week's Recipe: Alstede Fresh Loaded Twice-Baked Potatoes with Broccoli & Cheddar. Comfort food gets a farm-fresh makeover! This week's featured recipe transforms classic baked potatoes into a satisfying dish filled with broccoli and melted cheddar. It's a delicious way to bring fresh vegetables and familiar flavors together for a cozy fall meal. We hope these ideas inspire you to enjoy every bite of this week's harvest. Happy cooking!



Alstede farms Hometown Farm, Global Roots

Ingredients

- 4 medium russet potatoes
- 2 tbsp. butter, divided
- ¼ cup chopped onion
- ¼ cup chopped scallions, plus more for garnish
- ½ cup cooked, crumbled bacon
- 1 cup chopped broccoli florets, steamed
- ½ cup sour cream
- 1 cup shredded sharp cheddar cheese, divided
- Salt and pepper to taste

Directions

- Preheat oven to 425°F. Scrub, dry, and pierce potatoes with a fork. Bake for 45–60 minutes, until fork-tender.
- Sauté onion in 1 tbsp. butter until softened. Steam broccoli until tender; cook and crumble bacon.
- Halve potatoes lengthwise and scoop out the flesh, leaving sturdy shells.
- Mash potato flesh with remaining butter, sour cream, ½ cup cheddar, salt, and pepper. Fold in onion, broccoli, bacon, and scallions.
- Fill potato shells and top with remaining cheddar. Bake at 375°F for 15–20 minutes, until heated through and the cheese is melted.
- Garnish with scallions and serve warm.
- Alstede Fresh Tips: Use farm-fresh broccoli, onions, and scallions when available. Prepare ahead and refrigerate assembled potatoes for up to 24 hours before baking. For a vegetarian option, omit the bacon or substitute additional vegetables.