

# *edible* COMMUNITIES®

## Fall Kitchen Essentials: The Ingredients, Products and Kitchen Tools We're Embracing this Autumn

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As we ease into a season of cozy sweaters, crisp mornings, harvest festivals and—our favorite part—autumn’s bounty of seasonal produce and hearty comfort cooking, we’ve partnered with some of our favorite brands to ensure you are well stocked for tailgate parties, weekend leaf peeping, and gathering around the kitchen table.

See why we love them below!



[Anthem Oats Pumpkin Spice Oatmeal](#)



Unlike any other instant oatmeal we've tried before, every ingredient in these packets tastes real (and actually is!). The pumpkin spice flavor has depth, spice and a warming aroma that's more like pumpkin pie than the syrup you taste in lattes. While the packages have instructions for warming the oats on the stovetop or microwave, we found these to be the best hack for overnight oats! Simply add your favorite dairy or non-dairy milk and soak them overnight.



### [American Vinegar Works Barrel-Aged Honey Wine Vinegar](#)

We love having a collection of vinegars on hand for vinaigrettes and sauces, but they also make their way over to our bar for cocktail night. This Honey Wine Vinegar from American

Vinegar Works is our favorite in their lineup as a drinking shrub. Simply add it to sparkling or natural water for a non-alcoholic refresher or try [their recipe for Bees Knees](#)—it won't disappoint!



### [Volpi All Things Prosciutto](#)

A few years back when we interviewed Lorenza Pasetti, CEO of Volpi foods, our love of their products grew even greater knowing the family history and commitment to quality they've carried for over 120 years. This fall we'll be wrapping their prosciutto around some delicious roasts and decking out meat and cheese boards with bresaola and some of their salami sticks!





### [Gold Ridge Organic Farms Apple Cider Syrup](#)

This syrup is not only a decadent drizzle on a bowl of oatmeal, it is a staple in our fall salad dressing lineup. Mix with vinegar, olive oil, and some Dijon and dress greens topped with sliced apples, pecans, and goat cheese or anything else you fancy. We keep a jar in the fridge for 2–3 weeks for quick workday lunch salads.







**StarWalker Organic Farms Regenerative Organic Certified® Pasture-Raised Pork**

We love a local trailblazer who opens doors for more small farms to operate sustainably. StarWalker Organic Farms was the first to achieve Regenerative Organic Certified® status for pork and their quality of care for the animals and the land they grow on shines through in each bite of bacon or tenderloin slice. We're stocking up for the winter!



### Changing Seas Norwegian Atlantic Smoked Salmon

While smoked salmon seems like a simple staple you can grab at the grocery store, be sure you read the labels as many contain dyes and other additives that aren't necessary. Case in point: the three ingredients listed on Changing Seas smoked salmon. Don't be afraid to stock up—you can freeze an unopened pack for up to a year, so you can cure a bagel and lox craving any time it strikes!





### **Big Tree Farms Naughty Bali BBQ Sauces**

When cold weather settles in we'll be reaching for these barbecue sauces inspired by tropical Balinese cuisine. Like their other products (we're also big fans of their coco aminos) they're made with simple, sustainably sourced ingredients. You'll appreciate your sauces a bit more after watching how the nectar of the coconut blossom is [harvested by hand in Bali!](#)





### Pasturebird Chicken

We're proud to say that the Edible test kitchen freezer is always full of Pasturebird chicken. Not only is the quality and flavor terrific, the company shares values that matter deeply to us: stewardship of the earth, regenerative practices that enrich rather than deplete, and a model of farming that honors both tradition and innovation. We love that Pasturebird is showing us that scaling a better food system is not just possible, but already happening.