

Dear CSA Member,

I think that June and September can be the most beautiful months. Right at the start of warm weather and then again at the end of the warmth. The sky is brilliant blue and the humidity of July and August is absent. The vegetables this week reflect the change toward fall. There are still summer squash, cucumbers, basil and tomatillos. We are picking Jalapenos for those that like spicy salsa. Added to the share this week are some vegetables that are more fall like: Turnip Greens, Orange Carrots-the variety is Sugar Snax and Acorn Winter Squash. I tried an Acorn Squash the other night and it was great. To cook winter squash halve the squash, scoop out the seeds and bake or steam until tender. Some like a bit of butter and some honey or maple syrup placed in the cavity of the baking winter squash toward the end of baking. Enjoy the vegetables-Deb

Summer Squash-5 Cucumbers-2 Peppers Tomatillos-1 basket Orange Carrots-1 bunch Onions-4
 Yellow Carrots-1 bunch Turnip Greens-1 bunch Opal Basil-1 bunch Swiss Chard 1 bunch
 Acorn Winter Squash-1 Lettuce-1 head-the lettuce has been difficult this fall. The extreme wet has been too much for the delicate leaves. We seeded a second planting and hope they will produce before the frost.

Optional Fruit Share- Nectarines Certified Organic Raspberries 1 basket Certified Organic Rhubarb-1 bunch
I was told that the Food Channel has had raspberries and rhubarb featured lately. We thought you might like to give the two a try.

ACORN SQUASH PUREE-

3 acorn squash, halved, the seeds and strings discarded 2
 tablespoons unsalted butter freshly grated nutmeg to taste

Sprinkle the cavities of the squash halves with salt and arrange the squash, inverted, in one layer in a buttered baking dish. Bake the squash, covered with foil, in the middle of a preheated 375°F. oven for 1 hour and let it cool until it can be handled. Scoop out the squash pulp, discarding the skin, and in a food processor puree it with the butter. Transfer the puree to a saucepan and simmer it, stirring occasionally, until the excess liquid is evaporated. Season the puree with the nutmeg and salt and pepper. The puree may be made 1 day in advance and kept covered and chilled.

SWISS CHARD WITH GARLIC

3 lbs swiss chard (2 lg bunches)
 11g garlic clove
 1 tbsp olive oil

Tear Swiss chard leaves from thick white stalks and coarsely chop leaves, reserving stalks. In a large saucepan or kettle of boiling salted water simmer stalks until tender, 5 to 10 minutes, and drain in a colander. Chard may be prepared up to this point 1 day ahead, stalks cooled completely and leaves and stalks chilled separately in sealable plastic bags. Mince garlic. In a large skillet heat oil over moderate heat until hot but not smoking and cook garlic, stirring, 30 seconds. Add leaves in 2 batches, tossing to coat with oil and stirring after each addition, and cook until leaves are wilted. Add stalks and cook, stirring occasionally, until heated through. Season chard with salt and pepper.

SWISS CHARD WITH OLIVES AND RAISONS

% Lbs (1/2 large bunch) swiss chard leaves 2 1/2 onion, chopped finely 1 tbsp olive oil % cup water
 tablespoons golden raisins, chopped fine 6 Kalamata or other large brine-cured black olives, pitted and chopped fine

Cut stems and thick center ribs from Swiss chard leaves. Discard center ribs and chop coarse stems and leaves separately. In a 9-inch heavy skillet cook onion in oil over moderate heat, stirring, until softened. Add stems, 2 tablespoons water, raisins, and salt to taste and cook, covered, over moderately low heat until stems are softened, about 5 minutes. Add leaves, olives, and remaining 2 tablespoons water and cook, covered, over moderate heat until leaves are wilted, about 3 minutes. Remove lid and cook, stirring occasionally, until most of liquid is evaporated and leaves are tender.

CARROTS WITH GINGER

2 pounds carrots, peeled, cut diagonally into 1/4-inch-thick rounds
 1 cup freshly squeezed orange juice
 1/4 cup (1/2 stick) butter
 2 tablespoons sugar
 1 1/2 tablespoons grated peeled fresh ginger
 2 tablespoons chopped fresh parsley

Place carrots, orange juice, butter, sugar and ginger in large skillet over medium-high heat. Bring to boil; cover and cook 3 minutes. Uncover and simmer until liquid glazes carrots, about 10 minutes. Season to taste with salt and pepper. Sprinkle with chopped parsley.

GLAZED CARROTS

1/2 cup (1 stick) butter
 3 1/2 pounds peeled baby carrots or regular carrots, peeled, cut into 2-inch pieces, halved lengthwise
 6 tablespoons sugar
 1/3 cup balsamic vinegar
 1/4 cup chopped fresh chives
 Melt butter in heavy large pot over medium heat. Add carrots and sauté 5 minutes. Cover and cook until carrots are crisp-tender, stirring occasionally, about 7 minutes. Stir in sugar and vinegar. Cook uncovered until carrots are tender and glazed, stirring frequently, about 12 minutes longer. Season to taste with salt and pepper. Add chives and toss to blend. Transfer to bowl and serve.

Member- to- Member Info

Superior Organic hi-fi speakers are for sale at virtual cost to CSA members. Eleven speaker systems were built as examples for my about-to-be released book "Speaker Building 201." These high quality speakers, one of which is a complete 5.1 home theater system with a 150-watt self powered subwoofer, have cherry, oak and black lacquered cabinets. High caliber components were used in a variety of price ranges and each speaker was computer optimized for top performance. These speakers go far beyond mid-performance commercial speakers such as Bose or JBL Contact Ray Alden at 914-941-8536 for further information.

TURNIP GREENS

1 bunch fresh turnip greens with roots 1
medium piece salt pork 1 cup water
1 teaspoon salt
2 tablespoons bacon drippings, butter, or margarine
Pinch of sugar (optional)

Strip the stems from the greens (unless they're very tender) and wash thoroughly. Place in a saucepan and add the pork, water, and salt. Cook, covered, for 45 minutes over medium heat, or until tender. Remove the pork and pour the greens into a colander to drain. Place in a pan and chop scissor-like with two knives. If necessary, add more salt to taste. Keep hot and add the bacon drippings and a pinch of sugar. Note: Except for the roots, cook collard greens and mustard greens the same way.

LEON O'NEAL'S TURNIP GREENS

1 large bunch turnip greens
1 small turnip, peeled and diced
Dash of sugar
6 slices bacon, diced
1 onion, diced
1 tablespoon lemon pepper

Salt to taste

Louisiana hot-pepper sauce

Wash the greens in several changes of water in the sink until no more grit is seen. Chop the greens coarsely. Bring a large pot of water to boil and add the greens, the turnip, and the sugar. Cook for 12 to 15 minutes, or until tender. Drain. In a large skillet, sauté the bacon until it gives up its grease. Add the onion and cook 7 minutes until the onion is soft. Toss the greens with the bacon and onion. Add the lemon pepper and salt. Serve with Louisiana hot-pepper sauce.

GUACAMOLE WITH ROASTED TOMATILLOS

12 medium tomatillos (about 1 1/4 pounds), husked, rinsed
1/2 cup finely chopped white onion
1/2 cup finely chopped fresh cilantro
4 serrano chiles, seeded, minced (about 2 tablespoons)
2 tablespoons fresh lime juice
2 pounds avocados (about 3 large), peeled, pitted, coarsely chopped

Preheat broiler. Line rimmed baking sheet with foil. Place tomatillos on prepared baking sheet. Broil until tomatillos are just blackened in spots and tender, about 8 minutes per side. Combine onion, cilantro, chilies, and lime juice in large bowl. Add roasted tomatillos and any juices from baking sheet to onion mixture. Using fork, mash coarsely. Add avocados and mash with fork until mixture is very coarsely pureed and some chunks remain. Season guacamole to taste with salt. (Can be made 4 hours ahead. Cover and chill.)

SUMMER SQUASH SAUTE

1/4 cup (1/2 stick) butter
1 small onion, thinly sliced
2 tablespoons chopped garlic
2 tablespoons chopped fresh tarragon or 2 teaspoons dried
1 pound yellow crookneck squash, trimmed, sliced into 1/3-inch-thick rounds
1 pound small zucchini, trimmed, sliced into 1/3-inch-thick rounds

Melt butter in large skillet over medium-high heat. Add onion, garlic and tarragon; sauté until onion is just tender, about 2 minutes. Add yellow squash and zucchini; sauté until crisp-tender, about 8 minutes. Season with salt and pepper.

Recipes for this week's newsletter were found online at epicurious.com

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