

Dear CSA Member,

The hurricane was quite a force over the weekend dropping 5 1/2 inches of rain in the field. The creek overflowed the banks and all we could do is wait out the storm. Sunday is beautiful and dry and the creek has receded and we're able to get back into the field.

This will be the last of the summer squash, eggplant and cucumbers. It is just too cold for them and the plants are not producing any more. The cold nights have really benefited the fall vegetables. As the summer squash and eggplant finish, the kale, col lards and carrots never looked better. New vegetables this week are the Red Russian Kale and Red Potatoes. They are both delicious. Parsley is one of the few herbs that thrives in the cold. To keep extra parsley for later use just wash, dry, chop and put in a freezer bag to store in your freezer. Fall is here. Enjoy the vegetables. Deb

Summer Squash-4 Cucumbers-1 Peppers-2 Bell 3 Biscayne Eggplant-3 Orient Express Orange Carrots-1 bunch
 Acorn Winter Squash-1 New Red Potatoes-1 basket Red Russian Kale-1 bunch Parsley-1 bunch Beets-1 bunch
 Optional Fruit Share: 1 bag with Cortland Apples & 2 baskets Raspberries

FRUIT-FILLED ACORN SQUASH

3 medium acorn squash (about 1 pound each) 1 1/2 cups diced Granny Smith apple
 1 tablespoon margarine 1 (16-ounce) can whole-berry cranberry sauce

Place squash in a 13 x 9-inch baking dish. Bake at 400° for 45 minutes or until tender. Melt margarine in a medium nonstick skillet over medium heat. Add apple; sauté 5 minutes. Stir in cranberry sauce; cook 2 minutes or until apple is tender, stirring occasionally. Cut squash in half lengthwise, and discard seeds and membrane. Spoon 1/3 cup fruit filling into each squash half. Microwave directions: Pierce squash with a fork, and arrange on paper towels in microwave oven. Microwave at HIGH 9 to 10 minutes or until tender. Prepare fruit fillings as directed above.

ORANGE-GLAZED ACORN SQUASH

3 medium acorn squash (about 1 pound each) 1 tablespoon brown sugar 1/2 teaspoon vegetable oil
 Cooking spray 1 tablespoon lime juice 1/4 teaspoon salt
 3 tablespoons orange marmalade 2 teaspoons low-sodium soy sauce Dash of ground red pepper

Preheat oven to 375°. Cut squash crosswise into 3/4-inch-thick slices, discarding seeds and stringy pulp. Arrange the squash slices in a single layer on a large baking sheet coated with cooking spray. Bake squash slices at 375° for 15 minutes.

Combine orange marmalade and remaining ingredients. Brush half of marmalade mixture over squash slices. Bake at 375° for 10 minutes. Brush with marmalade mixture; bake an additional 10 minutes. Spoon remaining marmalade mixture over squash.

BRAISED KALE AND RED POTATOES

6 cups coarsely chopped kale (about 1 pound) 1/2 teaspoon salt
 3 cups cubed red potato (about 1 pound) 1 teaspoon vegetable oil
 1 cup water 1/4 teaspoon crushed red pepper
 3 garlic cloves, thinly sliced

Combine first 4 ingredients in a skillet; bring to a boil. Cover, reduce heat to medium, and cook 10 minutes. Uncover; cook over high heat until water evaporates. Spoon kale mixture into a bowl; set aside, and keep warm. Heat oil in skillet over medium-low heat. Add pepper and garlic; sauté 3 minutes. Spoon over vegetables; toss.

PARSLEY RED POTATOES

2 teaspoons olive oil 1 1/2 tablespoons chopped fresh parsley
 1 garlic clove, minced 1/4 teaspoon salt
 2 cups small red potatoes, quartered Dash of crushed red pepper

Heat oil in a medium nonstick skillet over medium heat. Add garlic; cook 1 minute, stirring frequently. Add potatoes; cook 18 minutes or until tender, stirring frequently. Stir in parsley, salt, and pepper.

MEMBER-TO-MEMBER: 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.