

## WEEK 16

## Stoneledge Farm

9-26-04

Dear CSA Member,

The fields have been turned to beautiful shades of browns, golds, greens and reds as Pete has worked from early morning to dark each night. He is persistent, committed and the most skilled organic farmer. The tractor work on the farm all lies in his hands and fall, just like spring, never holds enough hours to finish all that he needs to do in a day.

Pete has been plowing a new field that was previously fallow. I am always amazed that he can start at one side of a field—twenty acres of green-work around the other side and keep the rows perfectly straight so when he makes his last pass down the middle, the row is as straight and even as the first. A field that we have been using for five years will be disced and planted with a mix of grasses and clover and will rest for five years before we use it again. The health of the soil is key to organic farming.

The fall crops look just wonderful. The cold and rain have been beneficial to them. Enjoy the vegetables—

Carrots-1 bunch      Red Onions-4      Red Potatoes-1 basket      Purple Globe Top Turnips with Turnip Greens-1 bunch  
Take the greens off the turnips and store separately until you use them      Acorn Winter Squash-1

Delicata Winter Squash-2      Collards-1 bunch      Swiss Chard-1 bunch      Black Radish-1 bunch—These are still a bit dirty.

We did our best but the section of the field where the turnips are planted was flooded and still wet.

Sage-1 bunch

Optional Fruit Share: 1 bag Macoun Apples, 1 basket Raspberries, 1 quart basket Concord Grapes

**Pureed Winter Squish:** Puncture squash with a knife a few times and place on cookie sheet. Place cookie sheet in a 375 degree oven for about an hour or until soft (smaller squashes will become soft in less time). Remove and allow to cool, then cut open, remove seeds and strings, and scrape out flesh. Puree in blender. To use as a side dish, add a little cream, and maple syrup, brown sugar, or honey. Cinnamon, nutmeg, or herbs can also be added, \_\_\_\_\_

### GLAZED SQUASH RINGS

*/ acorn squash*

*1 1/2 tablespoons honey*

*1/2 tablespoons soy sauce*

*1 teaspoon rice vinegar*

*1 teaspoon fresh ginger, peeled and minced*

*1 garlic clove, minced*

Preheat oven to 450°. Line a baking sheet with foil and spray with vegetable spray. Cut off both ends of squash. Cut crosswise into rings about 1/2" thick. Scoop out seeds and discard. Place squash rings in a single layer on baking sheet. Cover tightly with foil and bake about 15 minutes.

Whisk next 5 ingredients in a small bowl to blend. Remove foil from squash. Brush half of mixture over squash. Sprinkle with salt/pepper, bake uncovered for 10 minutes, brush remaining mixture over squash. Continue to bake until brown, tender and glazed, about 10 minutes. *BonAppetit*

### WINTER SQUASH RISOTTO

*1 tbl. olive oil 1 small*

*chopped onion*

*1.5 cups diced winter squash (butternut, acorn, etc.) 3-5*

*cups chicken broth - or more 1 cup Arborio rice 1/2 cup*

*white wine 1/4 cup grated Parmesan cheese*

Sauté onion in olive oil over low heat about 10 minutes. Add squash and .5 cup chicken broth. Cover pan and cook until squash is tender, about 10 minutes. Add rice and wine and cook until wine is absorbed. Add 2.5 cups broth and simmer uncovered until liquid is absorbed, about 30 minutes. Add .5 cup broth and stir until rice is tender and creamy, about 5 minutes. Mix in Parmesan and serve.

### CURRIED ACORN SQUASH WITH PECANS

*1 tablespoon sweet butter*

*1/2 teaspoons mild curry powder*

*1 medium acorn squash, peeled and cut into 1-inch chunks*

*1/4 cup water*

*Salt and freshly ground black pepper*

*1/2 cup pecan halves (toast in a single layer in a 325 degree oven until golden brown, about 7 minutes)*

In a skillet, heat the butter over medium heat. Add the curry powder and stir for 1 minute. Add the acorn squash, water, and salt and pepper to taste, then stir thoroughly. Let the squash cook, covered, over low heat until the water has evaporated and the squash is tender, about 10 minutes. Taste and adjust the seasoning. Divide onto plates and scatter the pecan pieces over the squash.

### BRAISED GARLICKY WINTER SQUASH ("ZUCOTTE")

*3 tbsp. butter 2*

*tbsp. white wine 10*

*10 cloves garlic*

*1 1/4 lbs, butternut or other winter*

*squash, peeled, seeded, diced salt &*

*freshly ground black pepper 3 tbsp.*

*chopped fresh parsley*

Melt 1 tbsp. of the butter in a large heavy skillet over low heat. Add the wine and garlic. Cook, covered, stirring occasionally, 20 minutes. The garlic will brown slightly but should not burn. Mash the garlic with a fork. Stir in the remaining 2 tbsp. butter and the squash. Toss thoroughly to coat. Cook covered, stirring occasionally, until the squash is tender, about 20 minutes. Add salt and pepper to taste, and sprinkle with the parsley. *GREENE ON GREENS*

### INDIAN CARROT DESSERT

*6 medium carrots, washed, peeled, and grated 4tbs.*

*butter 1/2 cup milk a handful of raisins*

*1/4 cup sugar (organic, evaporated can juice is better)* Heat the grated carrots to drain them, in a frying pan over low heat for 10 minutes, stirring occasionally. Add the butter and fry them on high heat until pasty, about 3 minutes. Add milk, raisin, and sugar and continue on low heat until carrots caramelize (about another 8 minutes). Transfer to serving bowl and serve warm or refrigerate and serve chilled. From *Potluck at Midnight Farm*, Tamara Weiss.

**SQUASH PUREE:** Pierce squash and bake in a 375 oven for 45 minutes (more for big squash). Let cool, cut open, discard seeds and strings, scrape out flesh, puree flesh in blender with a little milk or cream.

### CARROT BREAKFAST MUFFINS

1/2 tsp ginger  
2 cups whole grain pastry flour  
1/4 cup canola oil  
1/2 cup pure maple syrup  
1 egg, beaten  
1 cup finely grated carrot  
1/4 cup raisins  
3/4 cup apple juice  
Preheat oven to 400 degrees. Oil a 12 cup muffin tin. In a large bowl mix ginger into flour. In another bowl, whisk oil and syrup. Mix in the egg, then add carrot, raisins, and juice. Fold dry and wet ingredients together until flour mixture is moistened. Spoon batter into muffin cups until 3/4 full. Bake 20 min. or until tester comes out clean.

**Parsley** is a remarkable source of nutrition: it contains several times the vitamin C of citrus, is one of the highest sources of vitamin A, chlorophyll, calcium, sodium, magnesium, and iron. Promotes urination and dries watery mucous conditions: Good for the treatment of obesity, swollen glands, edema, and kidney stones. Parsley improves digestion. Use like any other green in salad or stir fries; chop over pasta; throw into soups or stews. **To store:** Wrap in a damp towel and store in frig. Or place Upright in a container with an inch or so water at the bottom in frig, will keep for 2-3 weeks like that.

### GINGER COLIARDS

1 large bunch collards, stems removed and leaves torn into strips  
2 tbs olive oil  
1 tbs butter  
2 large cloves garlic, minced  
1 medium onion, chopped  
1 tbs minced fresh ginger  
juice of 1 lime  
freshly ground pepper

Bring a large pot of lightly salted water to a boil. Add collards and boil 2-3 minutes, until slightly wilted. Drain in a colander. In a large skillet or wok, heat oil and butter, add garlic, onion, and ginger, and sauté\* until the onion is softened. Add collards, tossing until combined. Cover and cook at low heat just until collards are tender. Sprinkle with lime juice and toss. Grind fresh pepper over collards and serve.

### COUARDS WOK CANELUNI BEANS

1 1/2 tbs collards or kale  
pinch red pepper flakes  
salt and pepper to taste  
1 small onion, finely diced  
1 1/2 tbs olive oil  
2 plump garlic doves, minced  
2 teaspoons chopped rosemary  
1/2 cup dry white wine  
1 1/3 cups cooked Canellini, rinsed well  
Freshly grated Parmesan, optional

Simmer the greens in salted water until tender, 7-10 minutes. Drain, reserving the cooking water, and chop the leaves. In a large skillet, sauté\* the onion in the oil with the garlic, pepper flakes, and rosemary, for about 3 minutes. Add the wine and cook until it is reduced to a syrupy sauce. Add the beans, greens, and enough cooking water to keep the mixture loose. Heat through, fasting for salt and pepper and dusting with cheese.

### GARLIC MARINADED BROCCOLI

2-3 tbs olive oil  
1 tsp minced garlic  
2 tsp each chopped fresh oregano or basil (1/2 tsp dried)  
2 Tbsp vinegar  
2 tsp soy sauce  
black pepper to taste

1 large head broccoli, cut into florets and stalks - Mix together all ingredients except broccoli. Steam or quickly boil florets until tender-crisp. Drain and chill in ice water. Toss with marinade and let stand at least 1/2 hr. Serve at room temp, or chilled.

Serves 4

**ABOUT KALE AND OTHER FALL GREENS** Often thicker and stronger than spring greens, fall greens (including kale, collards, dandelion greens) are great in soups and stews and stand up to longer cooking and heavier dressings. These dark-green leafy vegetables are packed with nutrition. Fall greens can be shredded into salads or slaws in place of cabbage, but use them sparingly. Greens are usually cooked to make them less tough and bitter, but be careful not to overcook as that robs them of flavor, texture, and nutrients. Greens cook down to 1/4 to 1/8 of their original volume.

**TO PREPARE:** Before cooking, soak in tepid water to loosen soil that accumulates in the folds and remove tough stems. To remove stems quickly, fold the leaf in half and slice out the midrib.

**TO COOK:** Boil greens for 3-5 minutes or stem for 8-10 minutes, depending on how tough they are. When greens soften and turn bright green, they're just about ready, gray and mushy means overcooked. *Sauté* or *stir fry* greens in olive oil or butter for 3-5 minutes. Braise in seasoned stock for 10-15 minutes. Add sautéed onions, garlic, or bacon to cooked greens. Finish with butter, olive oil, sesame oil, vinaigrette, lemon juice, cream sauce, soy sauce, or red wine; sprinkle with parmesan or other cheese, chopped nuts, or herbs. Pureed greens can be used in soups, quiches or stuffings.

**TO STORE:** Wrap in damp paper towels or plastic bag and store for about a week in the crisper. To freeze, wash, trim, and blanch for 2 minutes. Chop and freeze in ziplock bags or freezer containers. **GINGER, CARROT, AND RADISH SALAD**

1 large daikon or 4 salad rose radishes Julienned  
2 medium carrots, Julienned  
3 Tablespoons seasoned rice vinegar  
1 Tablespoon minced fresh ginger  
2 cloves garlic, chopped fine  
1 Tablespoon Asian chili sauce  
1 teaspoon chopped cilantro  
1/3 cup vegetable oil

Soy sauce to taste

Place Julienned radishes and carrots in a bowl and toss.

For the dressing, place vinegar, ginger, garlic, chili sauce, and cilantro in a small bowl and mix well. Whisk in oil until well blended. Season with soy sauce. Pour dressing over radish mixture and marinate thirty minutes. Serve cold or at room temperature.

### CARROTS, KALE, AND DAIKON IN LEMON MISO SAUCE

2 cups water  
1/2 lemon, cut in 3 wedges  
1 1/2 tsp. peeled, minced ginger  
1/4 cup white miso  
1 cup diced daikon radish  
1 cup diced carrots  
2 cup chopped fresh kale, packed, or collards

Put water, lemon, ginger & miso in a saucepan and bring (to a simmer, dissolving the miso. Add radish and carrots cooking until veggies are tender. Add kale and mix well. Simmer 3 to 5 minutes.