

## WEEK 18

## STONELEDGE FARM

10-13-04

Dear CSA Member,

Weeks seem to just melt away this time of year. We are busy harvesting crops that can't stand a frost and storing them in the barns for our deliveries into November. Finally the lettuce is large enough for us to pick although it is tiny compared to the springtime lettuces. We picked three different kinds and are putting them together in a bag for you. If we don't pick the lettuce now the frost will sneak up one night and the lettuce will be gone.

We are looking forward to our **annual Farm Open House on October 16** any time from 11:00 until 4:00. Bring a lunch and something to drink, dress appropriately and wear shoes that you don't mind getting dirty. Below you will find directions to the fields. Enjoy the vegetables-Deb

Orange Carrots-1 bunch    Potatoes-1 basket    Collards-1 bunch    Onions-4    Lettuce-1 bag Acom Winter Squash-1  
Scarlet Turnips-1 *bunch-use like Purple Top Turnips-the greens are good, too* Sorrel-1 bunch-this is a lemony tasting herb  
that is especially good with chicken dishes    Red Cabbage-1 head

### DIRECTIONS TO THE FARM:

**NYS Thruway to Exit 21 Catskill. After exiting the Thruway, make a right hand turn onto County Rte. 23B and go about 4 to 5 miles to the hamlet of South Cairo (you'll see the South Cairo Country Store-Mobil/Exxon on the left hand side). Make the very next right hand turn-over the South Cairo Bridge-onto County Rte. 67. Go about 1/4 mile and make the first right hand turn onto Garcia Lane. Go to the end of Garcia Lane and when the black top stops keep going on the dirt road. You can park in the grass by the red gates. You'll see the gray barns where we'll meet.**

### Boiled Greens with Miso-Walnut Dressing Prep Time: 5 minutes    Cooking Time: 15 minutes    Yields: 4 servings

- 1 small bunch greens: collards, kale, mustard.
- 3 tablespoons walnuts, dry roasted and chopped fine
- 2 tablespoons barley miso
- 1-2 teaspoons lemon juice
- 1/2-3/4 cup water

Boil or steam the bunch of kale, leaving it whole. Allow it to cool and drain before slicing. To make dressing:

1. Place the walnuts in a suribachi and grind them finely, but not to a paste.
2. Add the miso and grind more.
3. Add the lemon juice and mix
4. Add water to taste and mix again.
5. Serve the dressing over the boiled kale Carrot Strengthener

Prep Time: 10 minutes    Cooking

Time: 25 minutes

- 1/2 teaspoon olive oil or sesame oil
- 3 cups carrots cut into thin slices
- water
- soy sauce

1. Heat the oil in a pot or frying pan.
2. Add the carrots and saute 2 to 3 minutes.
3. Add enough water to half cover the carrots. Bring to a boil.
4. Turn the heat down as low as possible.
5. Cook for another 15 minutes, covered, or until all the liquid has evaporated. Turn off the heat.
6. Add a homeopathic amount of salt, less than a pinch, and allow to sit 5 more minutes, covered.

### **Variations:**

Add dry parsley or chives at the table for extra color and flavor.

Cook other root vegetables, like onions, parsnips, red radishes, daikon radish with the carrots.

### Collards with Dill and Parsley Yields: 2-3 servings

- 3/4 lb collard greens (6 or 7 cups, chopped)
- 2 tsp. extra virgin olive oil
- 2 carrots, cut diagonally into 1/4 inch ovals
- 1/2 cup water
- 2 tsp. chopped fresh dill
- 1/4 cup minced fresh parsley
- 1 TB. Freshly squeezed lemon juice

1. Wash collard greens in a large basin of cool water. Trim stalks from greens and discard. Lay several leaves one on top of (lie other. roll into a fat cigar shape, and slice cross-wise into 1/4-inch strips. Set aside. Repeat with remaining leaves.
2. Heat the oil in a large skillet. Add the carrots and cook for two minutes, stirring frequently.
3. Add prepared collard greens and toss to coat with the oil, about 1 minute. Add water, cover, and cook for 8-10 minutes over medium-high heat Check tenderness of greens, and sprinkle with a pinch of salt.

4. Stir in dill and parsley and cook for 1 minute. Season to taste with the lemon juice and serve immediately. Recipe is from the book Greens Glorious Greens! by Johnna Aibi and Catherine Waltiers. It is published by St. Martin's Press. –

## Sweet Vegetables

There are certain vegetables, which when cooked have a deep, sweet flavor. The main ones are corn, carrots, onions, beets, winter squash and sweet potato. Then there are other less known sweet vegetables like turnip, parsnip and rutabaga. Then there are vegetables that don't taste sweet, but their effect on the body is similar to sweet vegetables. These include red radishes, dailwn radish, green cabbage, red cabbage, burdock, etc.

Use two to five of the above vegetables.

- Chop the hardest ones, like carrots and other roots, into smaller pieces.
- Softer vegetables, like onions and cabbage, can be cut into larger chunks.
- Use the layered-look. Add the vegetables into the pot in layers, so they cook evenly. Remember, the ones on the bottom will get more cooked, than the ones on the top. Add enough water to cover the bottom of the pot; 1/4 cup should be enough, just check the water level while cooking.
- At the end, empty the ingredients into a large bowl and use the leftover cooking water as a delicious, sweet sauce.

## French Onion Soup Prep Time: 5 minutes Cooking Time: 30 minutes Yields: 4 servings \*

1 teaspoon oil, sesame or olive  
4 onions, sliced into half-moons  
4 cups water  
3-4 tablespoons soy sauce or dark miso (hatcho)  
whole grain croutons or toasted bread

1. Saute onions until they start to brown.
2. Add water, bring to boil. Lower the heat and simmer for 20 minutes.
3. Add soy sauce or diluted miso. Simmer for 3 minutes longer.
4. Float a few croutons or toast on top of the soup just before serving.

## Red Cabbage and Onion

1 teaspoon olive oil  
1 1/2 lb red cabbage, cored, cut into 2-inch pieces, and layers separated  
1/2 lb red onions, cut into 1-inch pieces and layers separated  
2 teaspoons finely chopped fresh thyme  
1/2 teaspoon salt  
1/4 teaspoon black pepper

Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then saute cabbage, onions, thyme, salt, and pepper, stirring, 3 minutes. Cover skillet and reduce heat to moderate, then cook, stirring occasionally, until cabbage is tender, about 12 minutes more.

## **RED CABBAGE AND APPLE SLAW WITH CIDER YOGURT DRESSING**

For dressing:

3/4 cup clear apple cider or apple juice  
3/4 cup plain nonfat yogurt  
2 tablespoons chopped fresh flat-leafed parsley leaves  
2 tablespoons finely chopped fresh dill leaves

For salad:

1/2 medium head red cabbage (about 1 pound)  
1 large fennel bulb (sometimes called anise; about 1 pound)  
1/2 English cucumber  
2 Granny Smith apples

Make dressing:

In a small saucepan boil cider or juice until reduced to about 3 tablespoons, about 15 minutes. Cool cider or juice slightly and in a bowl whisk together with yogurt, parsley, and dill. Dressing may be made 1 day ahead and chilled, covered. **Make salad:**

Halve cabbage lengthwise and with a mandoline or sharp knife cut crosswise into very thin shreds. Trim fennel stalks flush with bulb, discarding stalks, and cut fennel and cucumber into 1/4-inch dice. Vegetables may be prepared up to this point 4 hours ahead and chilled separately, covered. Just before serving, cut apples into julienne strips and transfer with vegetables to a large bowl. Toss salad with dressing.

**Annual Farm Open House**, Oct. 16, 2004 any time from 11:00 until 4:00. Bring a lunch and something to drink, dress appropriately and wear shoes that you don't mind getting dirty. Below you will find directions to the fields.

NYS Thruway to Exit 21 Catskill. After exiting the Thruway, make a right hand turn onto County Rte. 23B and go about 4 to 5 miles to the hamlet of South Cairo (you'll see the South Cairo Country Store-Mobil/Exxon on the left hand side). Make the very next right hand turn-over the South Cairo Bridge-onto County Rte. 67. Go about 1/4 mile and make the first right hand turn onto Garcia Lane. Go to the end of Garcia Lane and when the black top stops keep going on the dirt road. You can park in the grass by the red gates. You'll see the gray barns where we'll meet.

**Specific questions please call Nicole at (347)386-8978.**

www.westchestercsa.org