

Dear CSA Member,

The past week has been a gift of good weather. We always brace ourselves for really bitter working conditions as November rolls on and appreciate every nice day that comes our way. We are in the final stretch of the season and are trying to pick and distribute every last vegetable. For the last couple of weeks we'll be sending Kale and Collards with your share. If you can't use them all in a week you can easily freeze them. Wash, chop and steam, then put in a zip lock freezer bag and place in your freezer.

This week we'll also have yellow Kinibi and orange-Sugar Snax Carrots. Carrots keep a really long time in the refrigerator if you take the stems off and put in a plastic bag. The Kinibi have gotten much sweeter with the cold weather and look nice mixed with the orange carrots.

I've been asked to participate in an Organic Seed Roundtable Discussion designed for organic growers to meet with seed company representatives and Cornell University staff and give input regarding varieties. I look forward to the opportunity. I will keep you posted with the latest in the organic seed front. Enjoy the vegetables-Dcb

POP CORN don't try to pop this until it is dried-that takes at least 8 weeks. Leave out in the open and don't put in plastic. When it is cured-usually around mid January-take the kernels from the cob, place a small amount of oil in a pot with a lid and heat. Add the corn and cover. When the popping stops, enjoy.

MAPLE GLAZED CARROTS

8 medium sized carrots
1/2 cup fresh orange juice
3 tbsp maple syrup
1 pinch of nutmeg
3 tbsp butter

Cut carrots into sticks. Pour juice into skillet and heat on medium high. Add the carrots. Stir to coat carrots with juice. Cover and simmer until tender. Stir and add the rest of the ingredients. Uncovered cook for a few minutes longer. Stir and check for doneness.

TURNIP AND ONION GRATIN

1/2 pound turnips peeled and grated
1 onion, chopped fine
2 tsp comstarch

1/4 cup plus 1 tbsp freshly grated parmesan
salt and freshly ground pepper to taste
1/3 cup heavy cream

In a bowl, toss turnips and onion with comstarch, 1/4 cup parmesan and salt and pepper to taste. Transfer mixture to a buttered 9 inch square baking dish and pat it down. Drizzle the cream evenly over the mixture. Sprinkle the top with the remaining 1 tbsp parmesan, and bake the gratin in the middle of a preheated 375 degree oven for 25-30 min or until top is golden. Makes 2 servings.

SIMPLE SKILLET TURNIPS AND APPLES

1/2 tbsp veg oil
1/4 cup chopped onion
1 apple, chopped

2 cups turnips, chopped into 1/2 inch cubes
1/4 cup cider
1 small cinnamon stick

Heat oil in large skillet. Saute onion for 3-4 minutes. Add apple and saute 2 minutes. Add turnips, cider, cinnamon stick and a dash of salt. Cover and reduce heat to low. Stir occasionally and add more cider if necessary. Simmer until turnips are tender, about 20 minutes. Remove cinnamon stick before serving.

CELERIAC ROOT AND POTATO PUREE

1 medium size celeriac root, peeled and chopped
1/2 lb potatoes, peeled and chopped
2 Tbsp butter
1/4 cup milk or cream, warmed
salt and pepper to taste
fresh parsley

Place the celeriac and potatoes in a large saucepan filled with water and cook until soft. Drain, rinse out the pan and run the celeriac and potatoes through a food mill or puree in food processor. Add butter, warm milk and mix with a wooden spoon. When mixture is smooth, season with salt, pepper, and parsley.

APPLE AND CELERIAC COMPOTE

1 celeriac
2 apples
2 tbsp pure honey
1 tsp cinnamon
salt and pepper to taste

Peel and cube celeriac and 2 apples. Put in a pot with honey, cinnamon, salt and pepper. Cook over medium heat until apples turn to sauce. The celeriac will remain firm but cooked. Wonderful with roasted chicken, pork, turkey.

SPICED PUREE OF CARROT

6 carrots, peeled and sliced
1/2 cup water
1/4 tsp cinnamon
1/8 tsp ground nutmeg
1 tsp pure maple syrup
2 tbsp cooking liquid
1 tsp canola oil

Put carrot slices, water and a pinch of salt into a 2 quart saucepan. Cover and bring to boil over high heat. Turn heat to low and cook about 7-10 minutes or until tender. Transfer to food processor, reserving and cooking liquid. Add cinnamon, nutmeg, maple syrup, cooking liquid, and canola oil to processor and process until pureed to a smooth consistency, adding extra cooking liquid if needed. Adjust seasoning to taste.

Steamed Turnips and Carrots

4 turnips washed and sliced
4 carrots washed and sliced
1 large onion, chopped

1. In pot, add a 1/4 inch of water and add the onions, carrots and turnips.
2. Cover and cook on medium low for 20 minutes
3. Add special sauce if desired

Serves 4

Curried Potatoes and Peas

3 large potato
1/2 cup green peas
1 onion, diced
1/4 tsp. brown mustard seeds
1/4 tsp. turmeric
2 Tbsp. minced cilantro
1/2 tsp. lemon juice
1/2 tsp. sea salt
1 Tbsp. olive oil

1. Scrub potatoes. Cut onto large pieces and boil till cooked
2. Remove skin and cut into 1 inch cubes
3. In large skillet, heat oil and brown onions, mustard seeds, turmeric and cilantro.
4. Add boiled potatoes and salt. Cover and simmer 8 minutes
5. Add the lemon juice

Serves 4

Honey Crunch Baked Apples

6 large apples, peeled, cored
1/3 cup granola type cereal
1/3 cup pitted dates
1/4 cup chopped walnuts or almonds
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
2 tsp lemon juice
6 tbsp honey
3 tbsp melted butter
1/4 cup apple juice or water

Place apples in a 9" square baking pan. In a bowl combine cereal, dates, nuts, spices, lemon juice and 3 tbsp honey. Spoon equal amounts of the filling into each apple, packing in lightly.

Stir together melted butter and remaining 3 tbsp honey, and apple juice. Pour over apples. Cover and bake in 350 oven for 30 minutes. Uncover, continue to bake, basting often with pan juices until tender when pierced. (about 35 more minutes). Serve warm or cool.

SIGNUP FOR 2004- Don't forget to fill out the reenrollment forms. A discount is being offered on early signups for the 2004 season. Reserve your share now with your deposit and completed registration form. Please remember that CSA members agree to buy a share before the growing season begins.

We would like to share some good news with you all.

"Healthy Foods From Healthy Farms"

Green Acres Gourmet in Peekskill is having their GRAND OPENING on November 20th at 1027 Park Street (across the street from The Paramount parking lot). They will be offering natural and organic foods, grass fed meats, artisanal cheeses, farm fresh eggs, pure local honey and much more. Be sure to check it out!

