

## WEEK 23 STONELEDGE FARM Nov. 17, 2004

Dear CSA Member,

It was bound to happen as winter approaches-snow. The last couple weeks are always a time of very unpredictable weather and we hope for the best. The snow blanketed the fields but was melted by the next afternoon. Our youngest daughter is thrilled because snowboard season is already underway. Greene County has two wonderful ski slopes-Windham Mountain and Hunter Mountain and an early snow is welcomed there.

We have been harvesting every last vegetable that is still in the garden and dividing the ones that we picked previously and have had stored out of the freezing temperatures in the barns. We have had one disappointment and that was there will be no Brussels Sprouts this year. The wet weather was too much for the stalks and they fell over and were not able to produce the sprouts along the stalk. I know there will be some members that are disappointed, but we will try again next year. The greens, all the root crops and garlic benefited from the rain and it all balances in the end.

We look around the fields and remember what was growing such a short time ago even as we make plans for what will be growing in the rows next spring. The garden never has an end. One season melts into the next as we plan, plant and harvest and then start again. Enjoy the vegetables-  
Deb

Carrots-1 bunch                      Red Potatoes-1 basket      Acorn Winter Squash-1      Carnival Winter Squash-1  
Red Russian Kale-1 bunch      Collards-1      Purple Top Turnips-1      Garlic-2      Parsley-1      Broccoli-1  
Optional Fruit -1 bag-Bosc Pears, Ida Red Apples-red, Golden Delicious Apples-yellow, Mutsu Apples-green.

### SOUP Want to use a lot of veggies, very little time? Start with a base:

- **Potato-onion base:** (even better with leeks): Saute chopped onion in a little butter or oil. Add peeled, cut potatoes (3-4 medium per onion); toss to coat. Cover with water and cook until potatoes are soft, about 25 minutes, drain, cool slightly, puree in food processor. Return to pot.
- **White sauce base:** Heat 2 cups milk to almost scolding; don't let it boil. Meanwhile, melt 3 Tbsp butter in a heavy pot. Add 3 Tbsp flour and whisk until they are completely combined; keep whisking for a few minutes to cook. Add hot milk, all at once, and keep whisking until it thickens, about 5 minutes.
- **Stock:** If you use stock as a base for your soup, you might want to thicken it with pureed vegetables, milk, or cream

**Add vegetables:** If you are using vegetables that take a long time to cook (like turnips or carrots) with a potato-onion base, cook and pureed them with the potatoes. Quick-cooking vegetables, like broccoli, should be added later. Leftover cooked vegetables are great. Some vegetables you can use: turnips, beets, carrots, broccoli, winter squash (cook separately first), greens (saute briefly first), ... any vegetable! **Add**

**milk, grated cheese, cream:** If you'd like or add pureed vegetables. **Boost protein:** By adding chunks of meat, poultry, seafood. **Season:** Salt and pepper, of course. If you're adding fresh or dried herbs, do so in the last 4-5 minutes of cooking or reheating. You can add mashed roasted garlic or sauteed garlic at any time. If you like it hot, add jalapeno peppers or hot sauce.

**Sprinkle:** Sauteed mushroom or onions, toasted nuts, mashed roasted garlic, croutons, fresh parsley or dill.

**Some good combinations:** If there is **winter squash or carrots** in your soup add some apples or cider, and ginger and/or cinnamon. **Broccoli and cauliflower**, add a little nutmeg to base. **Beets**, add some orange juice and/or horseradish. **Turnips/rutabaga/kohlrabi**, add a tsp of sugar when cooking with potatoes.

### ANNOUNCING A CHANGE FOR 2005 SEASON

Next year we will require that all members volunteer 1-2 hrs at our pick-up site. The success of our site depends on those of us who volunteer their time and energy. Besides the farmers and the driver NO ONE gets paid. We would like to thank those of you who volunteered this year and if there are any questions regarding our new policy please call us at 914-737-3200. We will sign members up for days and times the first 2-3 weeks of the new season. We thank you all for your commitment to CSA and wish you a happy holiday.

## Simply Kale

1 large bunch kale (about 1 lb, including stalks)  
2 tbsp olive oil  
1 small onion, finely chopped  
1 clove garlic, chopped  
salt and ground black pepper to taste  
1 tbsp red wine vinegar (optional)

Wash the kale leaves well. Strip the leaves from each stalk of kale; discard the stems. Coarsely chop the kale leaves. In a large skillet, heat the olive oil over medium heat. Add the onion and garlic; saute until the onion is golden brown. Then add as much kale as will fit in the skillet and sprinkle with salt. When the kale cooks down, add the rest. Cover and cook over medium heat until the kale is tender, 15-20 minutes. Season with salt and ground black pepper to taste. If using, toss with the red wine vinegar just before serving. I usually serve kale as the side dish when I am also serving rice, as the two things go together very nicely.

## Potato Mushroom Soup

*Note: This is a word of mouth recipe from my mom, so the quantities are rather sketchy. You should end up with a nice thick soup.*

1 small onion oil  
1 tablespoon flour water  
2 tablespoon pearled barley  
1 large potato  
1 carrot  
1 piece of celery root (celeriac)  
1 parsley root  
mushrooms  
salt, garlic, marjoram, parsley to season

Chop all vegetables. Chop onion, glaze in oil and add flour. Add water and vegetables. Cook until potatoes are soft, season to taste.  
\* **Celery Root** is a large, roundish root vegetable. It tastes similar to celery stalk - you may substitute regular celery for the root.  
\* **Parsley Root** is a white, carrot-shaped root vegetable which tastes somewhere between carrot and celery root. You may substitute parsnips for it (it looks and tastes similar).  
\* **Mushrooms** can be used fresh or dried (presoak in water if dried). Use a mixture of different mushrooms. The small white button mushrooms don't have much flavor, though, use portobellos instead.

## Beet and Carrot Pie

*Makes 4 servings [an old traditional recipe from rural Central New York]*

4 Beets  
8 Carrots  
1 Oz. sharp cheddar cheese  
1 Tbs. sesame seeds  
1 Baked pie crust

Bake pie crust in pie plate.  
Steam beets & carrots ~ 20 minutes (until soft). Grate beets & carrots into pie crust.  
Cover with grated cheese. Spread sesame seeds on top.  
Grill until cheese is melted. Serve while hot.

## Curried Potato and Red Lentil Salad 6 SERVINGS

This clever combination of flavors and textures features an all-time salad favorite-tasty potatoes-jazzed with lentils, cilantro and curry powder. Offer wedges of toasted pita bread alongside.

3/4 cup dried red lentils, rinsed  
6 large red potatoes, scrubbed  
1/2 cup soy mayonnaise or regular mayonnaise  
1/2 cup plain low-fat yogurt or soy yogurt  
1/4 cup chopped fresh cilantro, or more to taste  
1 to 2 tsp. curry powder  
1 scallion (white and light green parts), thinly sliced  
4 ripe medium tomatoes, diced

In medium saucepan, combine lentils and 2 cups water. Bring to a boil, reduce heat to low and simmer until water is absorbed and lentils are tender but still firm, about 25 minutes. Drain; cool to room temperature. Meanwhile, in medium saucepan, combine potatoes and lightly salted water to cover. Bring to a boil, reduce heat to medium and cook until tender, about 20 minutes. Drain potatoes. When cool enough to handle, cut into 1-inch chunks. In large serving bowl, combine mayonnaise, yogurt, cilantro, curry powder and scallion. Add lentils, potatoes and tomatoes and toss gently to coat. Serve at room temperature.

## Sauteed Collards with Garlic

1 bunch collard greens, trimmed 1 clove garlic 1 Tbsp. butter 1 Tbsp. olive oil  
Wash greens and cut into diagonal strips. Heat butter and oil in a large skillet. Add garlic and greens, coating both with butter and oil. Add 1 to 2 Tbsp of water. Turn heat to low. Cover. Check for doneness after 3 minutes.