

Dear Member,

During the past week we have been tragically reminded of the awesome power of nature. Our thoughts are with all of those that are still suffering. At each turn during the week we have also been reminded of the bounty of our harvest this season as well, and are thankful.

The garden has started to move toward fall and the first carrots were dug this weekend. The tomatoes, peppers, eggplant, summer squash, and lettuce are still beautiful, but their time is limited. This is the last week for Edamame. We're hoping this stretch of nice weather will hold into the weekend and that you may be able to come and visit on the 10th. Please bring a lunch and something to drink. Directions to the farm follow. Enjoy the vegetables-Pete and Deb

#### DIRECTIONS TO FARM:

NYS Thruway north to Exit 21 Catskill. Make a right hand turn onto County Route 23B West. Stay on 23B for about 4 -5 miles to the hamlet of South Cairo. The only identifying characteristic is the South Cairo County Store on the left. \*Make your next right hand turn onto County Route 67 and go over the South Cairo bridge. 1/8 mile on the right turn down Garcia Lane and follow the road all the way to the end to the red gate and park in the grass. We'll be over by the two gray barns.

If you travel the Taconic Parkway head for the Rip Van Winkle Bridge. When you cross the bridge you'll be on County Route 23 heading west. Stay on 23 for 4-5 miles and make a right hand turn onto Ross Ruland Road. Make a left onto 23B and follow the directions above.\*

#### Shares Include:

Red Romaine Lettuce-1    New Red Fire Lettuce-1    Escarole-2    Sugar Snax Carrots-1    Edamame-1    Louisian Long Green  
Eggplant-4    Lilac Peppers-4    Lipstick Peppers-4 these are a very sweet heirloom variety    Scallions-1 bunch    Tomatoes-10  
Summer Squash-4    Cucumbers- 4    Mint-1 bunch    Fruit Share-1 bag each Peaches, Green Bartlett Pears, our own Red Raspberries  
*We always have a bit of a struggle getting the berries to you the first couple of weeks when the weather is still warm. Refrigerate them right away and use within a day.*

#### Chicken Sausage, Escarole and White Bean Stew adapted from Take 5 150 five-ingredient recipes and makes 4 servings

1 pound Italian chicken or turkey sausage links (hot or mild)    1 15 ounce can white beans (cannellini beans), drained and rinsed  
1 onion, or 1 stalk spring garlic, or 1-2 garlic cloves, chopped (optional)    2 C water  
1 head escarole (1# ish), cut crosswise into inch-thick pieces    1/3 cup chopped genovese or other basil  
1 14 ounce can broth (seasoned chicken, plain chicken, vegetable... your choice)    S and P to taste

1. Spray a large dutch oven (nonstick if you have one) with olive oil (or other) spray and set over medium-low heat. (NOTE: if you're NOT counting calories/ 'points', you can use 1 or more T regular olive oil in this step.) Add the sausage and onion/garlic and cook, turning occasionally, until browned and cooked through, about 10-12 minutes. Remove sausages to a cutting board and slice when cool enough to handle.
2. Return sausage to the same pot; add the escarole, broth, beans, and water. Bring Stew to a simmer and cook until escarole is just tender, about 10 minutes. Stir in the basil and add S and P to taste (it might not need any salt), and serve. (note: since this is from a Weight Watchers book: it tells us that each 1.5 cup serving is worth '5' points. They say to make it '4' points, use reduced fat kielbasa instead. You can substitute most any cooking green for the escarole)

#### Blanched Escarole with Fried Capers from *366 Healthful Ways to Cook Leafy Greens* by Linda Romanelli Leahy

1 bunch escarole (about 1 pound), trimmed and shredded    1 tablespoon extra-virgin olive oil    1 tablespoon unsalted capers, drained  
1/2 teaspoon salt    Freshly ground pepper    2 teaspoons thinly sliced lemon zest for garnish, optional

1. Drop the escarole in a pot of salted boiling water. Cook 3 to 5 minutes until it is as tender as you like. Drain well.
2. While the escarole is cooking, heat the oil in a large nonstick skillet over medium heat. Add the capers and cook 2 minutes; remove with a slotted spoon.
3. Stir in the drained escarole, salt and pepper and heat through. Place on a serving plate and top with the capers and lemon zest, if using. Serve immediately. Serves 4

**Mustard Vinaigrette** 1/4 teaspoon dried tarragon 1/4 teaspoon fennel seeds 1 1/2 Tablespoons sherry vinegar 1/4 teaspoon salt 1 1/2 teaspoons Dijon mustard 2 Tablespoons creme fraiche or sour cream 6 tablespoons virgin olive oil Grind the tarragon and the fennel seeds with a pestle to bruise them and partially break them up. Put them in a bowl with the vinegar, salt, mustard, and creme fraiche or sour cream, and stir until the mixture is smooth. Whisk in the olive oil vigorously until the ingredients are completely amalgamated into a thick sauce. The dressing will be very strong.

#### Fall Escarole Salad

1 Escarole heart    couple of Fuyu Persimmons    1/4 c pomegranate seeds    toasted hazel nuts    balsamic or lemon juice vinaigrette

Season the escarole with some of the vinaigrette. spread the escarole in a wide platter. slice the persimmons on top, sprinkle the pom. seeds, sprinkle the halved hazel nuts. Drizzle with more vinaigrette and if you have hazel nut oil, drizzle that on top as well.

**Dill Carrot Salad** *I enjoy making up some dinner items: sides or a main, ahead of time. This fits the bill. And 3 of the 4 of us only like carrots raw, so cooked carrots are out unless I'm cooking only for myself. -julia*

1 bunch carrots, scrubbed and grated      1/2 bunch dill, chopped      3-8 spring onions, chopped      yogurt on it's own or  
mixed with a bit of sour cream or creme fraiche      splash of vinegar      S & P to taste

- Mix all ingredients, then get creative. A bit of mustard, a few raisins, a few toasted nuts, some other grated vegetables, you get the picture. Make this your own dish. Also: you can use a vinaigrette or yummy olive oil instead of the yogurt.

### **Carrot Milkshake**

3 to 4 carrots      1/4 cup brown sugar or 1/8 cup honey      Assorted spices, as for pumpkin pie      Pinch of salt  
1 cup vanilla or plain yogurt      1 cup milk or soy milk

Wash unpeeled carrots thoroughly. Cut into 1-inch chunks, place in a saucepan and steam until soft. Mash with a potato masher or puree in a blender or food processor. Add all ingredients to a blender or processor and blend well. Chill before serving.

### **Eggplant Rounds with Cheese and Tomato Sauce** *adapted from D. Madison's Vegetarian Cooking for Everyone*

*6-8 eggplant rounds per person, grilled, broiled or fried (from the skinny asian eggplants, reduce number of slices if using the large purple ones.)*

3/4 cup grated or sliced mozzarella      1/2 cup crumbled gorgonzola or goat cheese about 4 cups favorite tomato sauce      chopped parsley or basil

- Place the eggplant rounds on a sheet pan and cover with the cheeses. Bake at 375 degrees until the cheese melts. Serve with 2 or 3 spoonfuls of the sauce on each serving and garnish with the parsley or basil

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**PEPPERS:** NUTRITION NOTES (from The Wellness Encyclopedia of Food and Nutrition, Sheldon Margen, M.D.): Perhaps the most surprising feature of peppers is their nutritiousness: They are excellent sources of many essential nutrients, especially vitamin C - by weight, green bell peppers have twice as much as citrus fruits (red bells have three times as much.) Hot peppers contain even more vitamin C, 357 percent more than an orange. Moreover, red peppers are quite a good source of beta carotene. Red peppers are higher in beta carotene than green peppers: A sweet red pepper provides nearly 11 times as much beta carotene as a sweet green one; hot red peppers contain nearly 14 times as much as their green counterparts. Furthermore, sweet red peppers have one and a half times as much Vitamin C as sweet green peppers; the vitamin C content of red and green hot peppers is the same.

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### **Ten Minute Stir Fried Chicken with Nuts** *adapted from The Minimalist Cooks at Home by Mark Bittman*

1 Tablespoon peanut or vegetable oil      2 cups sweet pepper strips, onion slices, or a combination of the two  
1 pound boneless skinless chicken breasts, cut into 1/2 inch chunks      1 cup halved walnuts, whole cashews, or other nuts      3 Tbsp hoisin sauce

1) Heat oil in a large nonstick skillet and heat on high for one minute. Add the veggies in a single layer and cook, undisturbed, until they begin to char a little on the bottom, about one minute. Stir and cook one minute more.

2) Add the chicken and stir once or twice. Cook one minute until the bottom begins to char. Cook and stir another minute or two, then check a chicken piece to make sure it's done. Lower heat to medium.

3) Stir in the nuts and the hoisin sauce. Cook about 15 seconds then add 2 T water. Cook, stirring, until it's bubbly and glazes all the chicken and veggies. Serve with rice.

### **Tomato and Sweet Pepper Salad** *adapted from The Vegetable Market Cookbook by Robert Budwig*

3 sweet peppers      4 ripe tomatoes      1/4 preserved lemon (or 2 teaspoons grated zest with some of the lemon's juice)      2 cloves garlic  
peeled and crushed pinch sweet paprika      1/2 teaspoon ground cumin      1 tablespoon olive oil      1 tablespoon lemon juice  
1 teaspoon salt      1/2 t black pepper

- Grill or roast peppers, remove skins, cut into small cubes and set aside. Blanch tomatoes for 15-20 seconds in boiling water. Drain and remove skins and stems. Cut in half and remove seeds. Cut into small cubes. Rinse the preserved lemon under running water and remove the pulp. Cut the rind into fine dice. Arrange peppers, tomatoes and lemon in a dish. Mix remaining ingredients to make a dressing and pour over the salad. Mix well.

### **CARROT SCALLION FRITTERS**      Can be prepared in 45 minutes or less.

3/4 cup coarsely grated carrot      1/2 cup thinly sliced scallion      1 large egg, beaten lightly      1/3 cup fine dry bread crumbs  
vegetable oil for deep-frying

In a bowl combine well the carrot, the scallion, the egg, the bread crumbs, and salt and pepper to taste. In a large skillet heat 1 inch of the oil until it registers 375°F. on a deep-fat thermometer, in batches drop the carrot mixture into the oil by tablespoons, and fry the fritters for 1 1/2 to 2 minutes, or until they are golden. Transfer the fritters to paper towels and let them drain. Serve the fritters as hors d' oeuvres or as a side dish. Makes about 10 fritters. Gourmet

### **SCALLION GOAT CHEESE MUFFINS**      This recipe can be prepared in 45 minutes or less.

1 cup whole milk      4 ounces soft mild goat cheese      1 1/2 cups all-purpose flour      1 tablespoon baking powder  
1 1/2 teaspoons sugar      1/2 teaspoon salt      3/4 stick (6 tablespoons) unsalted butter      1 large egg      1 bunch scallions

Preheat oven to 400°F. and butter twelve 1/3-cup muffin cups. In a small bowl stir together 2 tablespoons milk and goat cheese until combined. Into a bowl sift together flour, baking powder, sugar, and salt. Melt butter and in another small bowl whisk together with remaining milk and egg. Finely chop enough scallions to measure 1 cup. Stir butter mixture and top each with about 2 teaspoons goat cheese filling. Divide remaining batter over filling. Bake muffins in middle of oven until golden and a tester comes out clean, about 20 minutes. Makes 12 muffins.