

Dear Member,

Working between and among the rain this week has been a bit of a challenge. Summer time vegetables are still producing enough for us to continue to pick them. Fall is right around the corner and the peppers, eggplant and tomatoes will soon be past. This rainy summer season has been ripe for all kinds of diseases to take hold in the garden. The Swiss Chard and Spinach both had to be cut to the ground to get rid of the leaves and the leaf spot that covered them. The plants have re-grown and we are picking them once again. This week we have spinach in your share and it is so good to have a cooking green again. I hope that the Swiss Chard will last another week or two so we can also get that picked. The basil was also a victim to the leaf spot and we have cut that down and it has now re-grown enough so we could pick a bunch for each share.

It feels a bit like the story of the girl that wished for a porridge bowl that would keep filling and she got her wish. The down side was that the porridge never stopped filling the bowl and the town was flooded with porridge. I don't remember how the story ends. I think that in this story the rain will be letting up by this coming weekend just in time for the farm visit and a happy ending to the rain saga. Enjoy the vegetables-Pete and Deb

SHARES INCLUDE: Romaine -1 head Red Sail Lettuce-1 head Slicing Tomatoes-1 quart basket or 3 pounds Biscayne Peppers-4
Lipstick Peppers-2 Chili Peppers -4 mildly hot Jalapeno-1 sent a bag of Jalapenos to the site-*take a couple if you like them, leave them if you don't*
Scallions-1 bunch-*we left the roots on as a couple of members requested to help them last a bit longer* Louisiana Long Green Eggplant-2 Orient Express
Eggplant-2 Genovese Basil-1 bunch Beets-1 bunch Potatoes-1 quart or 2 pounds Cilantro-1 bunch **Fruit Share-** 1 bag with Gala Apples, Bartlett Pears, Fortune Plums, 1 bag with Ginger Gold Apples

Frances Recommends A Slightly Different Spin On Salads -from Chelsea CSA

The first step is to get your salad greens cleaned: put them into the sink or a basin filled with water. Wash thoroughly to get all the sand off the leaves.

Dry in a salad spinner, a clean dish towel, pillow case, or paper towels, but make sure the leaves are dry.

Now, let your imagination take you on a great taste adventure! Here are three salads, all easy and delicious!

1. Beets and Goat Cheese with Chives: olive oil and balsamic vinegar, salt and pepper
2. Pears with walnuts and Cheese (Gorgonzola or Gruyere, for example): olive oil, balsamic vinegar, salt and pepper
3. Shaved Fennel and Carrots with raisins: olive oil, wine vinegar, mint, salt and pepper

There are **no limits** on what goes into a salad - anything from Apples to Zucchini will taste wonderful if your ingredients are fresh and seasonal. Don't forget to add the herbs of the season, too - basil, thyme, dill, tarragon, mint and chives are just a few that will bring a burst of flavor to any salad. And keep in mind that you can add cooked vegetables (grilled vegetables are great!) and leftover chicken and beef sliced or diced into the salad will make a complete healthy and nutritious meal.

Tomatoes: Shopping and Storage Tips

- If you will be using your tomatoes right away, choose ripe tomatoes. Ripe tomatoes have a deep, rich color and a sweet smell. They are slightly soft when touched. Look for plump, heavy tomatoes with smooth skin. They should be free of cracks or bruises. Damaged tomatoes will spoil quickly.
- Store unripe tomatoes at room temperature up to 1 week. They will continue to ripen, particularly when placed in a brown paper bag or in a bowl with other fruits. The gases given off by the fruit help the tomato ripen!
- Never refrigerate a tomato that is not fully red or ripe. Cold temperatures ruin their flavor.
- Once fully ripe, tomatoes can be refrigerated for just a few days. But it's best to use them right away.

Grilling Peppers

Grilling peppers imparts a sweet smoky taste to the peppers. All peppers can benefit from grilling and each pepper will taste a bit different depending on the original heat of the pepper. Preheat the grill to medium-high. Brush the pepper with a bit of oil. Place the pepper directly on the grill rack. For smaller peppers, use skewers to prevent the peppers from falling through the rack. Turn the peppers throughout the cooking process as the skin begins to char. The cooking time will vary depending on the size of the pepper. The pepper is ready when the skin is charred and the pepper is soft. For most preparations, the skin of the pepper should be removed. This process is easier if the grilled peppers are allowed to sit for a while (5-20 minutes) in a paper bag or covered bowl. The steam released from the pepper will help the skin come off. Enjoy!

Cut here if you are planning on visiting the farm on Sept 9th - - - - -

10th Year Celebration Farm Visit, September 9th, 11:30-4:00.

Draft horses and wagon rides around the field, a Pig Roast, members providing musical entertainment, walks around the field and a time to sit down and enjoy eating together. We're asking members that attend to bring along a dish to share so we have a huge pot luck luncheon. We will have tables and index cards so the dishes can be labeled so there will be foods for everyone. We will have a table for vegetarian dishes and a dessert table. Drinks and place settings will be provided. **SEE REVERSE FOR DIRECTIONS**

Black Bean Chili *You can have this chili on the table in no time at all since you probably already have the ingredients in your pantry. We like ours made with black beans, but you can also use red kidney or pinto beans, or mix two kinds of beans together. For a change of pace, serve the chili over quinoa instead of rice. 6 SERVINGS*

2 tsp. vegetable oil 1 medium onion, finely chopped 1 medium green bell pepper, diced 2 jalapeño peppers, seeded and minced
2 cloves garlic, minced 1 Tbs. chili powder 1 tsp. ground cumin 1 tsp. dried oregano 1/8 tsp. cayenne pepper
14-oz. can Mexican-style stewed tomatoes 3/4 cup water 1 cup fresh or frozen corn kernels 1/3 cup chopped fresh cilantro
Two 16-oz. cans black beans, rinsed and drained

In large nonstick pot, heat oil over medium heat. Add onion, bell pepper, jalapeño and garlic and cook, stirring often, until vegetables begin to soften, 5 minutes. Add spices, tomatoes, beans and water, and simmer 15 minutes. Stir in corn and cook 1 minute. Stir in cilantro and serve.

Eggplant and Hummus Wrap *For an appetizer, cut the wraps into 1-inch pinwheels.*

1 large eggplant (1 1/2 lb.),
cut into 1/3-inch thick rounds
2 Tbs. olive oil
4 large whole-wheat pitas
1 cup prepared hummus
3 cups chopped lettuce

Preheat oven to 425F. Brush eggplant slices on both sides with oil and arrange in single layer on baking sheet. Bake 15 minutes, turning slices over halfway through, so they brown on both sides.
Split each pita in half, forming 8 rounds. Spread hummus on each pita round, leaving 1-inch border around the edges. Divide eggplant among pitas; top with lettuce. Roll sandwich tightly, but not so tight that filling spills out. Wrap each roll in waxed paper, twisting ends to hold together. (Can be made 4 hours ahead and refrigerated.)
Just before eating, cut wraps in half diagonally with serrated knife and serve still in waxed paper.

Apple-Potato Sausage Sauté *A hearty breakfast or light supper, this sauté mixes three complementary flavors. Use vivid red or green apples, and leave them unpeeled to add color to the mix.*

2 Tbs. plus 2 tsp. vegetable oil
1 lb. small potatoes, peeled and cubed
1 onion, diced
2 large apples, unpeeled and thinly sliced
1 6-oz. pkg. soy "sausage" links, cut into thirds
Salt and freshly ground black pepper to taste
1/4 cup shredded cheddar for garnish
1/4 cup snipped parsley for garnish

1. Heat 1 tablespoon oil in large skillet over medium heat. Sauté potatoes about 7 minutes. Add 1 tablespoon oil to skillet, and sauté onion with potatoes about 5 minutes or until golden. Remove potatoes and onion, and set aside.
2. Add remaining 2 teaspoons oil to skillet, and sauté apples over medium heat about 5 minutes, stirring to prevent burning. Spray separate skillet with nonstick cooking spray; brown "sausage" links.
3. Add all ingredients to skillet of hot apples; stir well to heat through. Sprinkle with cheese and parsley, and serve. Serves 4

Basil Pesto -makes 1 cup

2 1/2 cups fresh lightly packed basil leaves 2 cloves garlic 1/4 cup pine nuts 1 Tbs. white miso 1/4 cup grated Parmesan cheese
(optional) Salt to taste 1/4 cup olive oil

Directions: In food processor, combine basil and garlic and process until finely chopped. Add pine nuts, miso, Parmesan if using and salt to taste and process until pureed. With machine running, gradually add oil through feed tube until mixture forms a paste. Use right away or store in airtight container in refrigerator up to 1 week.

Aioli Potato Salad *Buy potatoes of a uniform size so they cook evenly. You can use an egg-free soy-based or other mayonnaise. Serves 8*

2 lb. small red-skinned potatoes 1 cup chopped scallions 1 1/2 cups mayonnaise 2 Tbs. fresh lemon juice 1 1/2 Tbs. mashed garlic
2 tsp. salt 1 tsp. freshly ground black pepper

Directions: Place potatoes in large pot, and cover with water. Bring to a boil, and cook until tender, about 20 minutes. Remove from heat, and while still warm, cut in quarters. Slice scallions, and toss with potatoes. Mix remaining ingredients in separate bowl, and toss with warm potatoes. Cover, and chill overnight.

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Directions to Stoneledge Farm

From NYS Thruway -NYS Thruway to Exit 21, Catskill. At Exit 21 make a right hand turn onto Rt. 23B West. Stay on Rt. 23B for about 4 miles. You will come to the town of South Cairo. The South Cairo Country Store will be on the left. About 1/8 mile on the right hand side will be the South Cairo bridge and County Route 67. Make a right hand turn and cross the bridge onto Cty. Rt. 67. Make the first right, 1/4 mile or so, onto Garcia Lane. Garcia Lane is a Dead End and the fields and barns are at the end of the road.