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Stoneledge Farm News

Dear Member,

Each year we host a Farm Visit Day for members to come and enjoy the farm, share lunch, meet everyone here at the farm and others from all of the CSA groups. This year the Farm Visit will be held on September 8th from 11:00-4:00. I hope you will note this day and be able to travel to Stoneledge Farm and experience first hand where and how your vegetables are grown. I will send more information as September comes nearer.

This week the rain fell and finally gave us a bit of relief from the very dry conditions we had been enduring. We have overhead irrigation and drip irrigation, drip for the plants that are prone to leaf borne diseases when they are continually wet and overhead for everything else. We are able to keep the plants growing in dry times, but there is nothing like a good soaking rain to really revive and regenerate the plants.

New this week are the first beets. The root portion of the beet is what people typically use and they are sweet and tender at this early stage. The greens are also just beautiful and should be removed, washed and steamed as a vegetable all by themselves. I think the greens and the beet roots will keep better if the greens are removed and stored separately.

Scallions and the very first delicate skinned, red potatoes are also in your share. Summer squash is still producing like nothing we have ever seen before and so you have more delicious squash this week. Between the deer and the excessive heat, the first planting of lettuce is finished. The second planting should be ready to harvest next week or the following. Enjoy the vegetables-Pete and Deb

What can I do with currants?

Currants are a well know berry in European countries but lesser known in the US. They are packed full of nutrients and have a slightly tart-sweet taste. They make a very fine jelly.

Just pick the berries from the stem, add a bit of sugar, you can add more as the berries cook, and a small amount of water to the pan. Cook the berries two minutes after they start to boil and then put them through a food mill. Taste again and add more sugar if needed. You can also add more water if they are already getting thick. Cook about 5 more minutes and then pour into a jar. Cover and refrigerate. Makes a great fresh jam that should be used within a couple of weeks.

WHAT'S IN THE SHARE?

- Red Norland Potatoes-1 basket or 1 pound
- Scallions-1 bunch
- Summer Squash-15
- Beets-1 bunch with greens
- Bright Lights Swiss Chard-1 bunch
- Genovese Basil-1 bunch
- Cukes-1

FRUIT

- Regional blueberries
- Local sweet cherries
- Organic currants

Beet and Beet Green Salad

From Sunset Vegetable Cookbook, Lane Publishing Co., 1984

1/4 cup olive/salad oil

2 tbsp red wine vinegar

1 clove garlic minced or pressed

1/2 tsp each sugar and oregano leaves

dash pepper

4 or 5 medium sized beets with tops

salt

2 Tbsp butter

1/2 tbsp water

1. In measuring cup, combine first 5 ingredients.
2. Trim beets 1/2 inch from crown and reserve greens.
3. Boil beets until cooked through, about 30 to 40 minutes, depending on size.
4. Drain & let cool; peel and cut into 1/4 inch slices.
5. Mix beets with about half the dressing and then arrange slices on a platter, tray, etc.
6. Sliver beet tops, cook in fry pan over high heat with butter and add greens and water, cooking until wilted. Remove from heat & mound greens in center of platter.

BEETS

Boiled and pureed: Boil about 20 minutes or so (prick with a fork for tenderness). Using a hand mixer, puree as if they were potatoes, adding a dash of salt and butter to taste. Butter can easily be omitted.

Swiss Chard with Beets, Goat Cheese & Raisins

1 1/2 lbs red beets, about 3 large
4 pounds Swiss chard
1/4 cup olive oil
1 large red onion, halved lengthwise, cut thinly crosswise
3/4 cup sliced green onions, about 3
5 garlic cloves, chopped
2 jalapenos, thinly sliced cross wise with seed
3 14 oz cans diced tomatoes in juice, drained
(adapt to fresh as you will)
1 cup plus 2 Tbsp golden raisins (optional, for garnish)
1/4 cup fresh lime juice
1 5 1/2 oz log soft goat cheese crumbled
(optional, for garnish)
2 Tbsp pine nuts (optional; for garnish)

NOTE: Lots of work but really good and uses many veggies that are seasonal.

1. Preheat oven to 400°F. Roast beets in foil about an hour (until tender), cool; slip from skins and cut into cubes. Can be done ahead. Chill.
2. Fold Swiss chard leaves in half lengthwise & cut stalks away from leaves. Cut leaves coarsely into 1" pieces. Slice stalks thinly across. Reserve stalks and leaves separately. Cook leaves in large pot salted boiling water till tender about a minute. Drain & reserve.
3. Heat oil in heavy large pot over high heat. Add sliced stalks, sauté until starting to soften about 8 minutes. Add onion and next 3 ingredients; sauté 3 more minutes. Add drained tomatoes and one cup raisins. Reduce heat and simmer until veggies are soft, stirring occasionally, about 15 more minutes.
4. Add chard leaves to pot, stir to heat through. Remove from heat, add lime juice and stir to blend. Salt and pepper to taste. Transfer chard mixture to large platter, sprinkle with beets, goat cheese, pine nuts, and remaining raisins.
5. Serve.

SIMPLE BEET SALAD WITH ONIONS

Grate scrubbed beets or cut into julienne; toss with chopped green onions and a vinaigrette you make or from a bottle in your fridge. Add toasted nuts and/or a sharp cheese (blue, Parmesan, feta). Serve alone or with lettuce.

ROASTED BEETS

Just cut them into chunks and roast them with olive oil, S & P until they are tender.

SIMPLE SUMMER BEET SOUP

Boil and peel beets. (can use both kinds). Whirl in food processor with orange or lemon juice, small amount of fresh mint leaves if you have some, and black pepper. Chill. Serve with plain yogurt or sour cream.

BALSAMIC-DRESSED ROASTED BEETS *A simple sweet-and-sour dressing complements earthy roasted beets. Its bright flavors make this dish a fitting accompaniment for roasted meats.*

6 medium beets (about 2 1/2 pounds)
1/2 cup fresh orange juice
1/4 cup balsamic vinegar 1 tablespoon sugar
1 star anise
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper

Preheat oven to 400°. Leave root and 1 inch of stem on beets; scrub with a brush. Wrap beets in foil. Bake at 400° for 1 hour or until tender. Cool beets to room temperature. Peel and cut each beet into 8 wedges. Combine juice, vinegar, sugar, and star anise in a small saucepan; bring to a boil. Cook until reduced to 1/3 cup (about 10 minutes). Discard star anise. Combine beets, vinegar mixture, salt, and pepper; toss well.

MILANESE-STYLE SWISS CHARD from *Recipes from a Kitchen Garden* by Shepherd and Raboff

1 bunch Swiss Chard
1 Tablespoons olive oil
2 garlic scapes, chopped
6 scallions, thinly sliced
2 tablespoons chopped fresh parsley
1/4 cup chopped basil
pinch nutmeg
1/4 cup chopped prosciutto or ham
2 Tablespoons Parmesan Cheese
salt and pepper to taste
garnish: toasted pine nuts or walnuts

Trim the chard, discarding tough stems, and coarsely chop. In a large, deep skillet, heat olive oil, add garlic and scallions and saute until softened and fragrant, 2 to 3 minutes. Add chard, parsley, basil, nutmeg, prosciutto or ham and mix well together. Cover the skillet and cook over medium heat until tender and wilted, 3 to 5 minutes. Mix in Parmesan Cheese and then add salt and pepper to taste. Serve garnished with pine nuts or walnuts.

SAVE THE DATE: FARM VISIT SEPT. 8TH 2007