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## Stoneledge Farm News

Dear Member,

Each year there are certain constants that we work with: the frost free days are about 110, the first frost is around October 15, it will be dreadfully hot at least a couple of weeks in July and August, the creek will get really low but there will be enough water to irrigate during the time of dry weather. Then there are the daily and weekly variables. Variables like how much rain we get and when it rains, how cloudy or sunny the days are, how the temperatures vary from day into the night time. This year I have noticed that the Red Bee Balm in my weedy flower garden at our home is still beautiful. It is a plant that the stems and leaves are usually covered with Powdery Mildew by now and looking poorly. This year the stems and leaves are still green and healthy. The variables in the weather this year have produced conditions so the pressure from all kinds of plant disease is low and the garden is also responding with healthy Beet Greens and Summer Squash plants that seem to be almost unearthly in their production. This can all change overnight and so we decided to pick the Bright Lights Swiss Chard and the Red Ace Beets again this week because they are in peak form. The Cucumbers are producing at their peak and so there is a generous share of cukes as well.

Summer is reaching into the garden and we are seeing the first of the warm weather crops starting to ripen. There are beautiful small purple onions that are called "Mini Purplettes", Cucumbers, Summer Squash in all colors and shapes, Bright Lights Swiss Chard, and Red Ace Beets with the greens still looking great and the first Orient Express Eggplant. Enjoy the vegetables-Pete and Deb

### COOKING WITH SAGE:

- Add some sage to roast beef for a tasty treat.
- Freeze your sage and store it in ziploc bags for later use.
- Add fresh sage to your vegetables for a hint of unique flavor.
- For a nice presentation, garnish your party platters with sage.
- Grill fresh sage with pork chops on the BBQ this summer.
- Mix sage in with your jellies and honey for a fantastic taste sensation.

### WHAT'S IN THE SHARE?

- Mini Purplettes (Onions) -1 bunch
- Summer Squash-15 or 1 ponud
- Red Ace Beets-1 bunch with greens
- Bright Lights Swiss Chard-1 bunch
- Sage-1 bunch
- Cukes-
- Orient Express Eggplant-2

### FRUIT

- Regional blueberries
- Local sweet cherries

### Peppery Sage Biscuits Makes 12

- 1/2 cup cold whole milk
- 1 large egg
- 2 cups unbleached all-purpose flour
- 1 1/2 teaspoons non-aluminum baking powder
- 1 teaspoon sea salt
- 1 tablespoon finely chopped fresh sage
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon fresh ground black pepper
- 3/4 cup (1 1/2 sticks) chilled unsalted butter, cut into small pieces

Preheat oven to 425°F.

In a small bowl, whisk together milk and egg until blended. Set aside.

Blend flour, baking powder, salt, sage, cayenne and black pepper in food processor or large bowl. Add cold butter and pulse, or quickly blend with your fingertips, until mixture resembles coarse cornmeal. Add milk mixture and process just until moist clumps begin to form. Do not overmix or you'll have "rubber" biscuits!

Transfer dough to a floured surface and knead until it holds together, about 6 turns. Roll out dough to 1/2-inch thickness. Using a floured 2-inch biscuit or cookie cutter, cut out biscuits. Reroll out scraps and cut remaining biscuits.

Transfer biscuits to a large nonstick baking sheet. Bake until golden brown, about 12 minutes.

## Chopped Vegetable Salad

2 zucchini, cut into 1/2-inch pieces  
2 yellow squash, cut into 1/2-inch pieces  
12 ounces cherry tomatoes  
2 tablespoons fresh lemon juice  
2 tablespoons extra-virgin olive oil  
1 teaspoon kosher salt  
1/4 teaspoon black pepper  
1/4 cup fresh mint, chopped

Combine the zucchini, squash, tomatoes, lemon juice, oil, salt, pepper, and mint in a large bowl. Let sit for 10 minutes before serving.

**Yield:** Makes 4 servings

## Chilled Beets with Sour Cream

6 medium beets, tops trimmed  
1 tablespoon plus 1/4 teaspoon kosher salt  
1 tablespoon extra-virgin olive oil  
2 teaspoons vinegar (such as cider or Champagne)  
1/4 teaspoon freshly ground black pepper  
1/2 cup sour cream  
1 sprig fresh dill

Place the beets and 1 tablespoon of the salt in a large pot and add enough cold water to cover by 2 inches. Bring to a boil, reduce heat to a simmer, and cook until a paring knife can be inserted smoothly into a beet, about 25 minutes, depending on size. Drain and rinse under cold running water until cool enough to handle. Remove the skins. (They should slip off easily, another sign of doneness.) Place the beets in a bowl and refrigerate for at least 1 hour. Slice them in half lengthwise. Arrange the halves on 6 serving plates. Drizzle with the oil and vinegar, then sprinkle with the remaining salt and the pepper. Serve with a dollop of sour cream on the side and some snipped dill.

**Tip:** Look for beets in an array of colors at your local farmers' market. Candy cane (pictured) is a relatively common variety with red and white stripes.

**Yield:** Makes 6 servings

## Swiss Chard with Chickpeas and Couscous

1 10-ounce box couscous  
1/2 cup pine nuts  
3 tablespoons olive oil  
2 cloves garlic, thinly sliced  
1 15.5-ounce can chickpeas, rinsed  
1/2 cup raisins (dark or golden)  
2 bunches Swiss chard, stems trimmed  
3/4 teaspoon kosher salt  
1/2 teaspoon black pepper

Place the couscous in a bowl. Add 1 1/2 cups boiling water and stir. Cover tightly and let stand for 10 minutes.

Meanwhile, in a large skillet, over low heat, toast the pine nuts, shaking the pan frequently, until golden, 3 to 4 minutes. Transfer to a plate.

Return skillet to medium heat, add the oil, and heat for 1 minute. Add the garlic and cook for 1 minute. Add the chickpeas, raisins, chard, salt, and pepper. Cook, stirring occasionally, until the chard is tender, about 5 minutes. Remove from heat.

Fluff the couscous with a fork and divide among individual plates. Top with the chard and sprinkle with the pine nuts.

**Tip:** It's easy to vary this basic recipe from one week to the next. Try using spinach instead of Swiss chard, almonds in place of pine nuts, or currants as a substitute for raisins. 4 servings

## Shaved Baby Beets With Greens

1 pound red and gold baby beets with greens attached  
2 tablespoons olive oil  
1 tablespoon fresh lemon juice  
1/2 teaspoon kosher salt  
1 cup chicken broth  
1/2 cup balsamic vinegar  
Wedge of Parmesan

Cut off the beet greens and reserve. Scrub the beets. Using a mandoline or knife, cut the beets into paper-thin slices. Place them in a large bowl and toss with the oil, lemon juice, and salt. Set aside.

Trim the stems from the greens and discard. Wash the leaves. Bring the chicken broth to a boil in a skillet. Add the greens and blanch until wilted and cooked through, about 2 minutes. Drain.

Meanwhile, bring the vinegar to a boil in a small saucepan over medium heat. Reduce the heat and simmer until thickened, 3 to 4 minutes (makes about 1/4 cup). Set aside.

Divide the greens among 4 plates. Top them with the fresh beet salad and drizzle with the balsamic reduction. Garnish with Parmesan shavings. **Yield:** 4 servings

## Summer Squash Ribbons 6 servings

5 small yellow summer squashes (about 2 pounds), unpeeled  
Juice of 2 lemons (about 6 tablespoons)  
1/2 cup extra-virgin olive oil  
1 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
1 clove garlic, thinly sliced  
1/2 small bunch fresh basil, leaves picked (about 24 leaves)

Starting at the stem end, run a vegetable peeler down the length of each squash, using very little pressure, to create long, thin ribbons. Continue making ribbons until you reach the seeds in the middle of the squash. Turn the squash over and repeat. Arrange half the ribbons in a single layer on a rimmed baking sheet. Drizzle the squash with half the lemon juice, 1/4 cup of the oil, 1/2 teaspoon of the salt, and 1/8 teaspoon of the pepper. Scatter half the garlic slices and 12 of the basil leaves evenly over the squash. Cover with the remaining ribbons in a single layer, then add the remaining lemon juice, oil, salt, pepper, garlic, and basil. Set aside to marinate until the ribbons become translucent, about 1 hour. To serve, use a fork to twirl each ribbon into a loose bunch and place in a bowl.

## Ricotta Omelet with Swiss Chard

3 eggs  
1 tablespoon milk or water  
1/2 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper  
3 tablespoons butter  
1 bunch Swiss chard, cleaned and stemmed  
1/3 cup ricotta

Crack the eggs into a small mixing bowl. Add the milk or water, salt, and pepper. Briskly stir with a fork until well beaten; set aside. In an 8-inch nonstick skillet, melt 2 tablespoons of the butter over medium-high heat. Add 4 or 5 of the Swiss chard leaves and sauté until just wilted. Remove from the pan and set aside. Melt the remaining butter in the skillet, then slowly pour in the egg mixture, tilting the pan to spread it evenly. Let the eggs firm up a little, allowing some of the remaining liquid to flow to the sides of the pan. Continue to cook for about another minute, but while the center is still a bit runny, spoon in the ricotta. Tilt the pan to one side and, using a spatula, fold about 1/3 of the omelet over the ricotta filling. Shake the pan gently to slide the omelet to the edge. Holding the pan near the serving plate, tip it so the omelet slides onto the plate. Serve with the Swiss chard.