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Stoneledge Farm News

Dear Member,

The last of the transplants were planted this week. A milestone for the season. No more transplants to keep watered and growing. I have been tending to transplants for six months and when the last ones are in the garden a great wave of relief follows.

One of the challenges of CSA farming is the variation and mixture of vegetables that we need to produce. Trying to ensure that there are an interesting mixture of vegetables each week is a combination of planning and planting. Lettuce is a favorite of members and so we do four or five different plantings of lettuces. The transplants that were just planted were lettuce and we plan on harvesting the full grown heads the end of August or early September. Finally the second planting of lettuce which was planted a month ago is now ready and will be in your share this week.

Early Jersey Wakefield Cabbage is also a share vegetable. It seems like the cabbage has taken forever to mature but it is sweet and crisp. The variety, Early Jersey Wakefield, is an heirloom, open pollinated variety that has been grown for generations. It is small and pointed in shape and has a delicious flavor. Enjoy the vegetables-Pete and Deb

What can I do with all this summer squash?

Yellow Squash Soup

- 2 pounds yellow squash, washed & sliced
- 2 scallions, washed & sliced (include tops)
- 1 quart water
- 1 tablespoon honey
- 1 tablespoon fresh minced dill
- 1 tablespoon salt
- 1/8 teaspoon fresh ground pepper

Place the squash, scallions, water & honey in a large saucepan, and simmer gently for about 40 minutes or until squash is tender. Stir in the dill. Put the squash mixture through a food mill or puree in a blender till smooth. Return to saucepan, season with salt and pepper, and simmer for 5 to 10 minutes. Serve hot or chill and serve cold. If you serve the soup cold, you may have to thin it a little with water. **Serves: 6**

Credits: Judith Freeman From: THE ART OF AMERICAN INDIAN COOKING

Sweet and Spicy Summer Squash

- 1 Tbs. Olive oil
- 3 3/4 cups chopped summer squash (about 3 medium)
- 1 medium onion, chopped
- 2 medium green peppers, chopped
- 2 Tbs. Honey
- pinch cayenne pepper or splash hot sauce
- salt and pepper, to taste

Vegetable Bulgur Salad

- 3/4 cup bulgur

WHAT'S IN THE SHARE?

- Summer Squash-2 pounds
- Cucumbers-3
- Early Jersey Wakefield Cabbage-2 heads
- Dill-1 bunch
- Scallions-1 bunch
- Green Rapids Lettuce or Red Leaf Lettuce-1 head
- Green Beans-1 pound-these are just delicious.
- Orient Express Eggplant-4
- Lilac Peppers-4

Fruit Share

- White Peaches and Yellow Peaches- 1 bag
- Sugar Plums- 1 bag

In a large skillet, heat oil over medium-high heat. Add squash, onion and green peppers and sauté 10 minutes, or until tender. Stir in honey and cayenne pepper or hot sauce. Remove from heat. Add salt and pepper to taste. Cover and let stand for 3 minutes before serving.

Summer Squash Casserole

- 2 1/2 cups cooked summer squash
- 3/4 cup of stuffing mix or bread crumbs
- 2 eggs
- 2 TBS melted butter
- 1 can cream of chicken soup
- 3 TBS chopped onion
- 1 tsp black pepper

Cook the squash. Peel off the skins (unless you're using really young, tender squash). Mix the squash up in the blender. Don't run it into soup. You want some chunks in the mix.

Pour the squash in a bowl and mix in all the other ingredients. The order doesn't really matter on this one. Stir well.

Put in a baking pan (about 9 inches round or square). Bake at 375 degrees for a half hour or until the top is lightly browned.

The texture on Summer Squash Casserole is about like Thanksgiving dressing but a little softer. You can almost cut this in squares (but not quite). The taste is rich with a little kick. Some folks don't even guess that squash is the base for this recipe.

Wilted Cabbage in Mustard Seed

- 1 cup boiling-hot water
- 1/3 cup extra-virgin olive oil
- 1 1/2 lb small yellow squash, sliced 1/2 inch thick
- 1 small red onion, chopped
- 1 lb Asian eggplant or small Italian eggplant, halved lengthwise and cut crosswise into 1/2-inch-thick slices
- 1/2 cup cherry tomatoes, halved
- 1 English cucumber, quartered lengthwise and cut crosswise into 1/2-inch-thick slices
- 2 cups baby spinach
- 1/2 cup fresh basil
- 2 tablespoons tomato, caper, and olive vinaigrette

-Combine bulgur and boiling-hot water in a bowl and let stand, covered, 20 minutes. Fluff with a fork and season with salt and pepper. Cool slightly.

-While bulgur stands, heat 1 tablespoon oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté squash and onion with salt and pepper to taste, stirring, until tender, about 5 minutes. Transfer cooked vegetables with a slotted spoon to a large plate to cool.

-Add remaining 3 tablespoons oil to skillet and heat over moderately high heat until hot but not smoking, then sauté eggplant with salt and pepper to taste (add more oil, 1 tablespoon at a time, if necessary), stirring, until golden brown and tender, about 6 minutes. Transfer eggplant with slotted spoon to plate to cool.

-Gently toss cooked vegetables with bulgur, tomatoes, cucumber, spinach, basil, vinaigrette, and salt and pepper to taste. **Serves:** 8 **Prep Time:** 1hr 20 mins **Credits:** Gourmet, July 2000

Spicy Asian Eggplant with Tofu and Red Pepper

- 1 tbsp oyster sauce
- 1 tsp sugar
- 1 tsp toasted sesame oil
- 1 tbsp olive oil
- 10 oz tofu, cut into 1-inch cubes
- 2 tsp minced fresh garlic
- 3 red chiles, cored, seeded and cut into very thin slices
- 1 red bell pepper, cored, seeded and cut into 1/2-inch squares
- 4 Asian eggplants, cut diagonally into 1/2-inch-thick slices

In a bowl, mix oyster sauce, sugar, and sesame oil; set aside. Heat 1/2 cup olive oil in a large pan or nonstick wok over med/high heat. Sauté tofu about 5 minutes, browning on all sides. Remove from pan. Reduce heat to low and add remaining 1/2 cup olive oil, garlic, and chiles; sauté until soft, about 4 minutes. Add bell pepper and eggplant. Raise heat to medium. Stir-fry 10 minutes, flipping eggplant after 5 minutes to cook on each side. Add oyster sauce mixture; stir well. Add tofu to pan and mix. Serve immediately. **SELF**, August 2005 **Serves** 4

NOTE TO MEMBERS:

- **WE ARE RUNNING OUT OF BAGS PLEASE REMEMBER TO BRING A BAG EACH WEEK.**
- **PLEASE BRING BACK EMPTY FRUIT BASKETS IF POSSIBLE. THEY CAN BE RECYCLED.**
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