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## Stoneledge Farm News

Dear Member,

Another garden milestone was reached this week with the garlic harvest. The garlic bulbs look beautiful and it is all hanging upstairs in the barn drying and curing.

Years ago, when we first started farming for CSA, we would dig each bulb with a shovel. It was a time consuming task then and we were producing much less garlic. On a small farm equipment must be used and reused in every imaginable form to make the best use of the equipment. It is constant creative thinking. Pete reconfigures the mulch lifter to also work digging garlic and carrots. This helps with the harvest process because he pulls the modified mulch lifter behind the tractor and dig s the bulbs from the ground. They still need to be harvested by hand and bunched and hung in the barn but the shovel is no longer needed for this job.

The garlic will cure for about two months and then be ready for distribution. Right now the cloves that make up the head do not separate and the heads are somewhat delicate. After the garlic cures the cloves will split apart more easily and the skin will be dry and will store well. We will keep about one third of the garlic to separate the cloves and plant in October for next years harvest. Enjoy the vegetables-Pete and Deb

## 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. **Yield: Makes 6 servings**

## Cilantro Pesto

3 garlic cloves, peeled and coarsely chopped  
2 cups fresh cilantro, lightly packed  
1/4 cup olive oil  
2 tablespoons toasted sesame oil  
2 tablespoons lemon juice  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper

-Place the garlic and cilantro in the work bowl of a food processor fitted with a metal blade. With the processor running, slowly add the oils, lemon juice, salt, and pepper. Process until smooth. Place the pesto in an airtight container and freeze for up to 4 months. To thaw, microwave on low for 2 to 3 minutes.

## WHAT'S IN THE SHARE?

- Summer Squash-2 pounds
- Cucumbers-1
- Lettuce-1 head-*this lettuce is delicious. We think it is all of the rain that we have had.*
- Mini Purplette Onions-1 bunch
- Provider String Beans-1 pound
- Red Ace Beets-1 bunch-*What incredible beets! They are so sweet and the color is beautiful.*
- Perpetual Spinach-1 bunch-*this green is very good chopped, steamed and used as a layer in Lasagna. It is a bit sturdier than standard spinach and holds up well when cooked.*
- Cilantro-1 bunch
- Sungold Cherry Tomatoes-1 basket

### Fruit Share-

- Yellow Peaches 1 bag
- Nectarines 1 bag

## Corn and Cilantro Salsa

1/2 cup salsa  
1/4 cup chopped fresh cilantro leaves  
2 teaspoons fresh lime juice  
1 teaspoon olive oil  
Pinch salt  
2 ears grilled sweet corn, kernels cut off the cob

In a large bowl, combine the salsa, cilantro, lime juice, olive oil, salt, and corn. Serve with tortilla chips. **Makes 4 servings**

## Yellow Wax Beans with Toasted Almonds

1 tablespoon plus 1/2 teaspoon kosher salt  
1 pound yellow wax beans, ends trimmed  
2 tablespoons olive oil  
2 tablespoons unsalted butter  
3/4 cup (about 3 ounces) whole blanched almonds, coarsely chopped  
1/4 teaspoon freshly ground black pepper

Bring 4 quarts of water to a boil in a large pot. Add 1 tablespoon of the salt and the wax beans, return to a boil, and cook until just tender, about 3 minutes. Drain and plunge into a bowl of ice water. Drain again and set aside. Heat the oil and butter in a large skillet over medium heat. Add the almonds and cook, stirring often, until they begin to turn golden but not brown, about 2 minutes. Transfer to a plate and sprinkle with the remaining salt and the pepper. Place the beans in a large bowl, toss with the almonds, and serve.

**Tip:** You can use fresh green beans instead of yellow wax beans.  
**Yield: Makes 6 servings**

## THE BENEFITS OF VEGETABLES

*Veggies are packed with nutrients, vitamins and minerals that help keep our bodies in top form. And "they're loaded with phytochemicals, which help protect us from diseases. Another bonus: they're chock full of fiber, which keeps things movin' and are extremely low in calories.*

**BEETS:** One cup of raw beets is high in carbohydrates and low in fat. It contains phosphorus, sodium, magnesium, calcium, iron, and potassium, as well as fiber, vitamins A and C, niacin, and biotin. Beets contain folic acid, which is recommended for pregnant women because it may lower the risk of spina bifida and other neural tube defects in newborn infants.

**Do not let fresh beets intimidate you.** They are easy to cook. Try baking them like a potato. Here is how:

- Clip off all but one inch of their stem. This will keep all of the nutrients and moisture in the root.
- Scrub beet gently under water, being careful not to tear the skin.
- Wrap each beet in aluminum foil and bake at 375-degrees for about an hour or until tender.

### Mixed Greens with Dijon Vinaigrette

*3 tbsp (50 mL) extra-virgin olive oil  
1 tbsp (15 mL) each Dijon mustard and red wine vinegar  
1 tsp (5 mL) granulated sugar  
1/4 tsp (1 mL) each salt and pepper  
8 cups (2 L) torn salad greens*

In bowl, whisk together extra-virgin olive oil, Dijon mustard, red wine vinegar, granulated sugar, salt and pepper. Add salad greens; toss with dressing to coat.

### Spinach Frittata

*1 cup fresh spinach  
2 egg whites  
1 egg yolk  
1/8 teaspoon black pepper  
3 tablespoons part-skim ricotta*

Heat oven to 350° F.

Pour about 1/2 inch of water into a small saucepan and bring to a simmer over medium-high heat. Fit a steamer basket in pan. Place the spinach in steamer, cover, and steam until the spinach is wilted, 1 to 2 minutes.

In a medium bowl, whisk together the egg whites, yolk, and pepper. Stir in the steamed spinach. Pour the mixture into a 6-inch nonstick ovenproof skillet. Top with spoonfuls of the ricotta and bake 12 to 15 minutes or until set.

Using a rubber spatula, slide the frittata onto a plate. Sprinkle with additional pepper (if desired). **Yield: Makes 1 serving**

### Spinach Lasagna Recipe

*1 container (16 oz.) lowfat cottage cheese  
1 package (10 oz.) frozen chopped spinach, thawed, well drained  
3 cups reduced fat Mozzarella cheese, divided  
3/4 cup grated Parmesan Cheese, divided  
2 eggs, beaten  
1 jar (28 oz.) spaghetti sauce, divided  
9 lasagna noodles, cooked, drained*

Mix cottage cheese, spinach, 2 cups of the mozzarella cheese, 1/2 cup of the Parmesan cheese and eggs. Layer 1 cup of the spaghetti sauce, 3 lasagna noodles and 1/2 of the cottage cheese mixture in 13x9-inch baking dish. Repeat layers. Top with remaining 3 noodles, 1 cup sauce, 1 cup mozzarella cheese and 1/4 cup Parmesan cheese. Bake at 350 degrees for 45 minutes. Let stand 10 minutes before serving.

### Zucchini Pancakes Recipe

*Serve these pancakes hot with your favorite tomato sauce and basil, or with salsa and a cilantro garnish. They can also be eaten cold and make a good sandwich filler.*

Ingredients:

*3 cups shredded zucchini  
1 cup all-purpose white flour  
6 ounces egg substitute  
3 tablespoons dried onions  
3/4 tablespoon Mrs. Dash extra spicy powder, or 1  
teaspoon dried dill or tarragon  
2 cups water  
Salt to taste*

Combine all ingredients. If the batter is too thick, gradually add more water. Use a nonstick frying pan and/or a little vegetable oil spray on the surface of a regular pan. Heat the frying pan, then ladle several tablespoons per pancake onto the pan. When the edges of the pancakes have browned, flip and cook for another minute or so. Serve.

Yield: 15 4-inch pancakes (5 servings)