

WWW.WESTCHESTERCSA.ORG

Stoneledge Farm News

Dear Member,

This weeks share is the best of summertime. The tomatoes, cilantro, Pablanos, tomatillos are just singing. A member requested that we send cilantro when we send tomatillos and this season everything seems to have fallen into place. Some of the tomatillos are as big as apples. This year really has been an almost perfect growing season.

We were able to pick one last time from the bean patch and have a record third picking for Green String Beans. They are a bit heftier than the first week, but still delicious. We will try to have a head of lettuce for everyone's share but as I send this a day ahead of picking we will need to see if the deer move in over night. They have a sixth sense that pulls them to the lettuce the night before we pick. This year we applied an organic deer repellent that has worked remarkably well. If there isn't lettuce we will pick Swiss Chard. Enjoy the vegetables-Pete and Deb

WHAT'S IN THE SHARE?

- Summer Squash-2 pounds
- Cucumbers-3
- Lettuce-1 head . If not, there will be Bright Lights Swiss Chard
- Provider String Beans-1 pound
- Cilantro-1 bunch
- Sungold Cherry Tomatoes-1 basket
- Pablano Peppers-4 these are a traditional Mexican pepper . They are mildly to moderately hot.
- Slicing Tomatoes-2 pounds
- Black Bell Eggplant-1
- Scallions-1 bunch
- Tomatillos-1 pound

Fruit Share-

- Yellow Peaches
- Nectarines
- Donut Peaches-these are round with a indent-something different.

****Tomatillos** have papery husks that should be removed before cooking. It's easiest to do this under running water so that you can rinse the fruit to remove the sticky coating*

ROASTED TOMATILLO SALSA

1 1/2 lb fresh tomatillos or 3 (11-oz) cans tomatillos
5 fresh serrano chiles
3 garlic cloves, unpeeled
1/2 cup fresh cilantro
1 large onion, coarsely chopped
2 teaspoons coarse salt

Preheat broiler. If using fresh tomatillos, remove husks and rinse under warm water to remove stickiness. If using canned tomatillos, drain and measure out 2 cups. Broil chiles, garlic, and fresh tomatillos (do not broil canned) on rack of a broiler pan 1 to 2 inches from heat, turning once, until tomatillos are softened and slightly charred, about 7 minutes. Peel garlic and pull off tops of chiles. Purée all ingredients in a blender.

• Salsa can be made 1 day ahead and chilled, covered.
Makes about 3 cups Gourmet November 1999

CILANTRO COCONUT RICE

3 cups basmati rice (20 oz)
3/4 cup sweetened flaked coconut
1 tablespoon finely chopped peeled fresh ginger
1 tablespoon finely chopped fresh jalapeño including seeds (from 1 chile)
3 tablespoons vegetable oil
4 cups water
1 teaspoon salt
2 cups packed fresh cilantro sprigs
4 scallions, chopped (1 cup)

SUMMER SQUASH SAUTE

Put oven rack in middle position and preheat oven to 350°F. Wash rice in several changes of cold water in a bowl until water is almost clear. Soak rice in cold water 30 minutes, then drain well in a sieve. Spread coconut in a shallow baking pan and toast in oven, stirring occasionally, until pale golden, 10 to 12 minutes. Cool completely. Cook ginger and jalapeño in 1 tablespoon oil in a 4-quart heavy pot over moderate heat, stirring, until chile is softened, about 2 minutes. Add rice and cook, stirring, until fragrant, about 2 minutes. Stir in water and 1/2 teaspoon salt and bring to a boil, covered. Reduce heat to low and cook, covered, until rice is tender and water is absorbed, 12 to 15 minutes. Remove from heat and let stand, covered, 5 minutes. Fluff rice with a fork and transfer to a large bowl.

While rice cooks, pulse together coconut, cilantro, scallions, and remaining 2 tablespoons oil and 1/2 teaspoon salt in a food processor until finely chopped. Add cilantro mixture to cooked rice and stir gently until combined well. Makes 10 servings.
Gourmet April 2004

CILANTRO SALAD

1/4 cup olive oil
2 tablespoons fresh lime juice
1 tablespoon grated peeled fresh ginger
8 cups mixed baby greens
1/2 cup chopped fresh cilantro

Whisk first 3 ingredients in small bowl to blend. Season dressing to taste with salt and pepper. Combine mixed greens and cilantro in large bowl. Toss salad with enough dressing to coat. Season to taste with salt and pepper. Serves 4. Bon Appétit May 1998

ESCAPANT STACKS

Nice with steak, chicken or fish.

1/4 cup (1/2 stick) butter
1 small onion, thinly sliced
2 tablespoons chopped garlic
2 tablespoons chopped fresh tarragon or 2 teaspoons dried
1 pound yellow crookneck squash, trimmed, sliced into 1/3-inch-thick rounds
1 pound small zucchini, trimmed, sliced into 1/3-inch-thick rounds

Melt butter in large skillet over medium-high heat. Add onion, garlic and tarragon; sauté until onion is just tender, about 2 minutes. Add yellow squash and zucchini; sauté until crisp-tender, about 8 minutes. Season with salt and pepper. Serves 4. Bon Appétit July 1998

SUMMER SQUASH AND CORN SOUP

If desired, this soup may also be served cold-chill soup in a bowl set in another bowl of ice and cold water, stirring, about 20 minutes. This recipe can be prepared in 45 minutes or less.

1 pound yellow summer squash
2 ears corn
3 large shallots
2 large garlic cloves
1 fresh jalapeño chile
1 tablespoon olive oil
1/4 teaspoon ground cumin
2 1/2 cups water
Garnish: corn kernels, chopped fresh jalapeño chiles, fresh cilantro leaves, sour cream, and thinly sliced yellow summer squash

Cut summer squash crosswise into 1/2-inch-thick slices. Shuck corn and, working over a bowl, cut kernels from cobs. Halve cobs. Chop shallots and mince garlic. Wearing rubber gloves, chop chile, with seeds if desired.

In a 5-quart heavy kettle combine all ingredients (including cobs) except water and cook over moderate heat, stirring, 3 minutes. Stir in water and simmer mixture until squash is very tender, about 15 minutes. Discard cobs. In a blender puree mixture in batches until smooth (use caution when blending hot liquids), transferring to another bowl. Season soup with salt and pepper. Divide soup between 2 bowls and garnish with corn, chiles, cilantro, small dollops of sour cream, and squash. Serves 2. Gourmet August 1998

EGGPLANT HUMMUS

This luscious (but healthy) dip is great with pita chips or raw vegetables.

1 large eggplant (about 1 1/4 pounds)
3 tablespoons olive oil, divided
1/2 cup drained canned garbanzo beans (chickpeas)
1 1/2 tablespoons fresh lemon juice
2 teaspoons (generous) tahini (sesame seed paste)*
1 garlic clove, minced
2 teaspoons chopped fresh parsley

Preheat oven to 350°F. Cut eggplant in half lengthwise, then score flesh in crisscross pattern at 1-inch intervals, 1/2 inch deep. Rub cut sides with 1 1/2 tablespoons oil; sprinkle with salt. Place eggplant on rimmed baking sheet, cut side down; bake until tender, about 1 1/2 hours. Cool slightly, then scoop flesh into processor (discard skins). Add garbanzo beans, remaining 1 1/2 tablespoons oil, lemon juice, tahini, and garlic; puree until mixture is almost smooth. Transfer to bowl; stir in parsley. Season hummus to taste with salt and pepper. 2 cups.