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Stoneledge Farm News

Dear Member,

September is fast approaching and I wanted to highlight the annual Farm Visit Day 2007 so you can make note of it on your calendar. The Farm Visit will be held on September 8th from 11-4 at the farm. The Farm Visits is a huge pot luck lunch, time to walk the fields, meet everyone that works the farm, see the equipment, ask questions and meet other CSA members. Bill Rogers and his beautiful draft horses will again be giving wagon rides around the fields. It is a great day in the country and the best possible way to really know where and how the vegetables you are eating are grown.

We will have the huge smoker again this year with local pork and chicken. We are also going to try local Sweet Corn in the husk on the grill. We ask members to bring a dish to share to help complete the lunch time meal. There will be tables for the dishes from members to be placed on in sections for non-meat dishes, meat dishes, desserts, so bring your favorite dish to share. We will supply water and lemonade so members should bring along their own beverages if they would like something in addition.

Pete will dig a row of potatoes for members that want to get their hands dirty. Dancing Lamb Farm, a local sheep farm that produces Icelandic sheep milk cheeses, lamb, yarns, will also be attending. Mike Kelly, owner, will have cheeses and yarns for sale. Dave Cammer, the maple producer that owns Bearkill Maple Products, will also be attending. Dave will be representing the NYC Watershed Agriculture Program. We were awarded a grant by the NYC Watershed to help defray some of the costs of the farm visit and we greatly appreciate the assistance. I hope that Dave will have a display of some of his equipment. Many of the sites are coordinating rides to the farm so we will see you on the farm on September 8. Enjoy the vegetables-Pete and Deb

WHAT'S IN THE SHARE?

- Roma Beans-1 pound-a little larger than last week. Cook a bit longer so the larger beans inside the pod become soft.
- Summer Onions-2
- Edamame-1 bunch-a favorite of CSA members. Remove the soy beans from the stalk, steam for 5 minutes. Sprinkle salt on the pods and pop the beans from the pod to eat.
- Slicing Tomatoes-6 pounds-This is a huge tomato week-enjoy. To freeze tomatoes just put them in a freezer zip lock bag and freeze.
- Sun Gold Cherry Tomatoes-1 basket
- Lipstick Sweet Peppers-4
- Basil-1 bunch
- Beets-1 bunch-some of the beets are huge but they are as sweet as when they were small. Just delicious.
- Eggplant-1

Fruit Share-

- Red Clapp Pears
- Peaches and plums

EDAMAME-Just pick them from the stalk and steam them for five minutes. Drain, salt and pop them from the pod. Sprinkle with salt.

FRESH TOMATO SAUCE adapted from Deborah Madison's *Vegetarian Cooking for Everyone*

3 pounds ripe tomatoes, quartered 3 Tablespoons chopped basil Salt and pepper
2 Tablespoons extra virgin olive oil or butter

Put the tomatoes in a heavy pan with the basil. Cover and cook over medium-high heat. The tomatoes should yield their juices right away, but keep an eye on the pot to make sure the pan isn't dry. You don't want the tomatoes to scorch. When the tomatoes have broken down after about 10 minutes, pass them through a food mill. If you want the final sauce to be thicker, return it to the pot and cook over low heat, stirring frequently, until it's as thick as you want it. Season with salt and pepper to taste and stir in the oil.

Notes: If you don't have a food mill, you can first blanch the tomatoes in boiling water for a minute or so then easily remove the peels (and seeds if you like.) I added the fresh basil right before I poured it into the bags. I eyeballed the amounts and didn't measure anything exactly, the sauce turned out great.

Notes about freezing tomato sauce: Making sauce to freeze for the winter isn't a big production—or a time consuming one. When tomatoes are in season, I make the Fresh Tomato Sauce using 4 to 5 pounds tomatoes or whatever is convenient. When it's cool, I ladle it into plastic freezer bags in 1- or 2- cup portions and lay the bags on the freezer floor until they harden. This makes slim packages that are easy to store upright, taking little space. When you warm the sauce, you can season it with crushed garlic or an herb that goes with the dish you're making.

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BEEETS: 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.
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Roasted Beet Salad

8 beets (about 2 pounds) 5 tablespoons rice vinegar, divided 1/4 teaspoon salt, divided 1/4 teaspoon freshly ground black pepper, divided 8 cups gourmet salad greens (about 8 ounces) 2 teaspoons olive oil
1 (1/8-inch-thick) slice red onion, separated into rings

Directions:

1. Preheat oven to 375
2. Trim off beet stems and roots. Wrap each beet in foil; bake at 375 degrees for 45 minutes or until tender.
3. Cool beets to room temperature; peel and cut into 1/4-inch-thick slices.
4. Combine beets, 4 tablespoons vinegar, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a bowl; toss well.
5. Combine 1 tablespoon vinegar, 1/8 teaspoon salt, 1/8 teaspoon pepper, salad greens, and oil in a large bowl; toss well.
6. Place 2 cups salad greens mixture on each of 4 plates; top with beets and onion rings. **Prep Time:** 1 hour, 15 minutes

Pureed Beet Salad

1 good-sized beet (about 6 oz)—OR use 5 smallish ones
4 tablespoons walnuts
1 slice of stale bread (a small boiled potato can be used instead)

1 garlic clove, peeled and chopped
6 tablespoons olive oil
2 tablespoons red wine vinegar
1/2 teaspoon salt, or to taste

Directions: Cover beets well with water and boil until tender, about 40 minutes. Drain. Chop coarsely. In a food processor, combine all ingredients. Blend until smooth.

Gazpacho

- 1 & 1/3 pounds of mostly slicing tomatoes
- 4 ribs of celery diced
- 6 scallions diced
- 1 large cucumber-cut in half lengthwise, seeds removed, and diced
- 1 medium red onion-finely diced
- One half cup of cilantro leaves-roughly chopped
- 1 to 3 serrano peppers-seeds discarded and finely diced
- 1 lime-juiced
- 1 jalapeno pepper-seeds discarded and finely diced
- 2 garlic cloves-crushed to paste
- 2 tbsl sherry or raspberry vinegar
- One quarter cup extra virgin olive oil
- Salt and black pepper to taste
- Tabasco sauce to taste
- Plain yogurt or sour cream to garnish

1. Cut the tomatoes in half and squeeze the seeds and pulp into a strainer.
2. Push down on the seeds and pulp to extract the juice into a bowl.
3. Discard the seeds.
4. Dice the remaining tomatoe meat and add the remaining ingredients into the strained tomatoe juice, except the salt, pepper and tabasco sauce.
5. Taste and correct seasoning with salt, pepper and tabasco sauce.
6. Serve ice cold with a dollop of plain yogurt or sour cream.

Brown Rice and Tomato Salad

Ingredients:

- 2 1/4 cups water
- 1 cup long-grain brown rice
- 2 tsp. salt
- 2 Tbs. red wine vinegar or lemon juice
- 2 tsp. sugar
- 2 Tbs. olive oil
- 6 medium tomatoes (about 11/2 pounds), seeded and cut into 1/2 inch pieces
- 1 cup chopped fresh herbs (cilantro, dill, parsley, basil, and/or mint)
- 4 scallions, finely chopped
- salt and pepper, to taste

- In a medium saucepan, bring water to boil. Mix in rice and salt and bring back to a boil.
- Reduce heat to low, cover, and simmer until rice is tender and water is absorbed, about 40 minutes.
- In the meanwhile, whisk vinegar and sugar together in a small bowl. Gradually whisk in oil.
- When rice is done, transfer rice to a large bowl, fluff with fork and cool. Toss together rice with dressing and tomatoes, herbs, scallions, and salt and pepper. Enjoy!