

[WWW.WESTCHESTERCSA.ORG](http://WWW.WESTCHESTERCSA.ORG)

## Stoneledge Farm News

Dear Member,

***This Saturday, September 8 from 11-4, is the Farm Visit*** and we hope you can take this opportunity to come to the farm and walk the fields, see how your vegetables are grown, pick up freshly dug potatoes. Members are asked to please bring a dish to share for our Pot Luck Luncheon. We will have the roaster cooking local pork, chicken, and Sweet Corn in the husk.

Neighbors, Dancing Lamb Farm will have Sheep Milk Cheese and Icelandic yarns for sample and sale. Also available for sale from Dancing Lamb, Icelandic Sheep Pelts, handmade beeswax candles, Pastured Poultry, Grass-fed Lamb. Contact Dancing Lamb Farm at [truemike@surferz.net](mailto:truemike@surferz.net) or 518-634-2196 for price list and to pre-order. You will need to bring a cooler if you plan on purchasing lamb or poultry. Bill Rogers will have his beautiful draft horses hooked up to the wagon giving rides around the fields. Dave Cammer, producer of Bear Kill Maple Syrup, will display maple syrup harvesting. Members have requested that we also have Maple Syrup and Honey for sale. Hope to see you on Saturday.

Enjoy the vegetables-Pete and Deb

### WHAT'S IN THE SHARE?

- Red Sails Lettuce-1 head
  - Green Lettuce-1 head
  - Slicing Tomatoes-4 pounds
  - Sweet Peppers-4-I want to make another point that the peppers are all sweet no matter what they look like this week except for Jalapenos which are in a plastic bag. The Jalapenos are hot. We grow quite a few different kinds of sweet peppers and many of them are heirloom varieties that come in all shapes, sizes and colors.
  - Genovese Basil-1 bunch
  - Red Ace Beets-1 bunch
  - Jalapeno Peppers-hot-take them if you like
  - Mini Purplette Onions
  - Tomatillos-1 pound
  - Eggplant-2
- Fruit Share-One bag with apples, pears and one bag with prune plums and nectarines.

## Brilliant Beet Dip

Lori Adkison, Tucson CSA  
From the Tucson CSA sample table  
2 pounds beets  
1/4 cup olive oil  
1/4 tofutti (vegan sour cream)  
2 tablespoons red wine vinegar  
2 cloves of minced garlic  
salt and pepper to taste  
chives

Preheat oven to 400 degrees.  
Wrap beets in aluminum foil and bake until tender, approximately 1 hour. Let cool.  
In a food processor mix beets, olive oil, tofutti, vinegar, garlic, salt and pepper. Mix until dip consistency. Transfer to a serving bowl and sprinkle with chives.

## Beets In Orange Sauce

Adapted from Bon Appétit, February 1996  
1 bunch beets, trimmed  
1 cup orange juice  
2 tablespoons sugar  
2 tablespoons (1/4 stick) butter  
1 tablespoon minced orange peel (orange part only)  
2 teaspoon red wine vinegar

Preheat oven to 400°F. Wrap 2 beets together in foil. Repeat with remaining beets. Place on baking sheet. Bake until tender, about 1 hour 15 minutes. Cool. Peel beets. Cut each into 8 wedges.

Combine beets and remaining ingredients in medium non-aluminum saucepan. Simmer over medium heat until sauce is syrupy, stirring often, about 8 minutes. Season with salt and pepper.

(Can be made 1 day ahead. Chill. Rewarm over low heat, stirring often.)  
Serve hot.

## Heirloom Tomato Basil Salad

By Heidi DeCosmo, TCSA  
Makes 8 cups  
6 cups cooked orzo pasta  
1 cup quartered baby heirloom tomatoes  
1 cup julienned (thinly sliced) red onion  
1 cup julienned (thinly sliced) spinach  
1/3 cup chiffonade (thin strips) fresh basil  
2 tablespoons crumbled feta cheese  
2 teaspoons olive oil  
1/4 cup flavored rice wine vinegar  
1/4 teaspoon sea salt  
In a mixing bowl combine all ingredients. Mix well; marinate at least 1/2 hour before serving.

## Quick Salsa Verde

Philippe, Tucson CSA

1 CSA portion tomatillos (husks removed), cut in quarters

1 fistful parsley or cilantro

1 shallot, or 1 small onion

¼ jalapeño or black pepper

salt to taste

Process all ingredients in food processor to desired consistency (I like it slightly chunky, others prefer it smooth).

## Tomatillo Soup

Sara, Tucson CSA

2-3 medium potatoes, chopped

3 tomatillos, peeled and cleaned, chopped

2 green chiles, preferably roasted, chopped

3 cloves garlic

1 teaspoon cumin

5 cups broth or water

Salt and pepper to taste

2 tablespoons cream, if desired

1 bell pepper, chopped finely

In a large soup pot, sauté potatoes, chiles, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Cook for 15 minutes, then add chopped tomatillos. Cook for about 10 more minutes until all ingredients are tender. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky. Garnish each bowl with the chopped bell pepper and serve hot or cold.

## About Eggplant

The eggplant is a member of the nightshade (Solanaceae) family so it is akin to the potato, tomato as well as the tomatillo and chayote. Although we use the eggplant as a vegetable it is really a fruit.

There are many variations of eggplant fruits in various colors, shapes and sizes. The English actually gave the fruit the name of “eggplant” referring to one variety shape which was similar to an egg. To much of Europe the eggplant is referred to as an “aubergine” and in Italy it is called melanzana.

Eggplant is a spongy, mild-tasting vegetable that's meaty yet low in calories. It's never eaten raw, but it can be baked, grilled, or sautéed. Smaller eggplants also tend to be less bitter. Freshness is important, so don't store them for very long.

## Eggplant, Tomato and Fennel

Submitted by Lorraine Glazar. Adapted from Microwave Gourmet

4 small Japanese eggplant (or other small eggplant), about 3 ½ inches long, and pierced with a fork four times

4 large plum tomatoes (about 2/3 pounds overall) , each pricked 4 times with a fork

½ bulb fennel, cored and quartered lengthwise

4 large cloves garlic, smashed and peeled \*

3 sprigs fresh basil

¼ teaspoon fresh thyme

2 tablespoons olive oil

1 tablespoon water

1 teaspoon kosher salt

Freshly ground black pepper

1. Arrange eggplants spoke-fashion, stems toward the center, around the inside rim of a 2-quart soufflé dish. Place tomatoes in center. Scatter fennel on top of eggplant. Tuck garlic, basil, and thyme between. Pour oil, water, salt, and pepper over all . Cover tightly with microwave plastic wrap (do not vent). Cook at 100% for 15 minutes.

2. Remove from oven. Uncover and let stand for 3 minutes before serving

From the source document, [The Microwave Gourmet](#): “This is a sensational first course, major vegetable course, or vegetarian main dish that could not be made anywhere as well as in the microwave oven, which permits the vegetables to stay whole and still blend their juices.”

This serves four as a first course or side dish, or two as a main dish. To make for one person, halve all ingredients except for the fresh herbs, and cook for 13 minutes.

## Caponata

Sara, Tucson CSA

There are many variations of Caponata, a traditional eggplant and tomato dish. It is often served cold as a topping for crusty bread or as a dip. This recipe is also good hot, served over pasta or a wheat berry or oat pilaf.

1 large or 2-3 small eggplant, diced

1 onion, diced

About 10 cherry tomatoes, halved

1 tablespoon olive oil

2 teaspoons crushed cumin seeds

1 teaspoon crushed coriander seeds

1 tablespoon balsamic vinegar

Salt and pepper to taste

Saute onion and spices in oil over medium heat to release fragrance. Add eggplant, cover, and cook for about 5 minutes. Reduce heat to low and stir in tomatoes and vinegar. Cover and cook until everything is tender and smooth. Add salt and pepper to taste. Serve hot or cold.