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## Stoneledge Farm News

Dear CSA Member,

The calendar says that it is now fall and your share also tells the same story. What a variety of beautiful colors, textures shapes and sizes.

The Carrots are some of the best we have ever grown with their beautiful orange color. New this week, and for the first time growing for our farm, Blue Potatoes. I will admit they are really different and the color inside is beautiful. I had to keep telling myself they were a potato when eating them, though. The Green Cabbage is delicious, the Delicata Winter Squash is huge this year. This week we also picked Turnip Greens with small turnips on the ends. Use the greens like any cooked mustard family green. Enjoy the changing of the seasons and enjoy the vegetables-Pete and Deb

### WHAT'S IN THE SHARE?

- Delicata Winter Squash-2
- Carrots-1 bunch
- Red Ace Beets-1 bunch
- Scallions-1 bunch
- Genovese Basil-1 bunch-it is likely this is the last of the basil
- Cauliflower-1 head
- Turnip Greens-1 bunch
- Blue Potatoes-2 pounds
- Green Winter Cabbage-1 head
- Hot Peppers- Take them if you like. This will be the last of the hot peppers. They can be frozen whole for use later.

**HOW TO COOK DELICATA WINTER SQUASH:** One of the easiest ways to prepare this particular winter squash is to puncture with a fork once or twice and bake whole at 375 for 30-45 minutes or until soft. Cut lengthwise and let cool. Scrape out seeds and eat as you might a baked potato.

### GLAZED ROOT VEGETABLES

To cook root vegetables so they're coated with a savory and appetizing glaze, simmer them in a saute pan or skillet, on the stove, in just enough broth or water to come halfway up their sides. As the vegetables cook, they release flavors into the surrounding liquid and as the liquid evaporates it concentrates and coats the vegetables with a glaze of their own flavors. The vegetables can then be served immediately or they can be cooked slightly more so the glaze caramelizes. Glazed vegetables also can be finished with a little bit of cream, which converts the glaze into a small amount of delicious sauce, and the glazed vegetables can be sprinkled with finely chopped herbs such as parsley, chervil, basil, or mint to give them color and a fresh flavor.

Glazed vegetables can be served in dishes at the table, but they're especially dramatic when arranged on a platter with a roast. Try Glazed Beets made with beef broth, Glazed Carrots which can be made with sherry, red wine and broth or cream, Glazed Celeriac, Glazed Onions, Glazed Parsnips, Glazed Turnips or Glazed Turnips with Foie Gras, Shallots Glazed with Black Currant Liqueur and Mixed Glazed Root Vegetables. [James Peterson](#)

### **CARROT, GINGER, BEET SOUP**, Vegetarian Planet by Didi Emmons

3 medium beets	1 large garlic clove, minced
1 Tablespoon canola or corn oil	6 cups water or Basic Vegetable Stock
1 cup chopped onion	1 teaspoon grated orange rind
1 pound carrots, coarsely chopped	3/4 teaspoon salt
1 Tablespoon minced fresh ginger	fresh ground black pepper to taste 4 teaspoons sour cream ( optional)

- Under running water (this is very messy otherwise), peel the beets with a vegetable peeler. With a chef's knife, cut the beets in half, then lay them flat side down and cut them into large chunks.

- In a stockpot over medium heat, heat the oil. Saute the onion until it is translucent.
- Add the carrots, ginger, and garlic. Cook for 5 minutes, stirring frequently.
- Add the beets and the water or stock. Simmer the soup, covered for 50 minutes. Add the orange rind, and stir well.
- In a food processor or blender, puree soup to a large container, and stir in the salt and pepper. (my note—I use a hand blender and puree the soup right in the pot)
- Taste the soup, and adjust the seasonings, if you like. Serve the soup hot or chilled, garnished with dollops of sour cream. ( my note: I add some extra ginger juice at the end...but I love ginger..) Serve hot or cold, both ways are delicious!!

## SAUTEED TURNIP GREENS

1 lb. fresh turnip greens	1/3 c. minced green pepper	½ tsp. sugar
1 tsp. salt	2 tsp. fresh lemon juice	2 strips bacon
1 hard cooked egg	1/3 c. chopped onion	¼ tsp. black pepper

Wash turnip greens thoroughly. Trim off coarse stems. Fry bacon until crisp and remove it from the fat. Save for later use. Add onion and green pepper to bacon fat and sauté until limp. Coarsely chop turnip greens and add to onions and green pepper. Stir to mix well. Cover tightly and cook 10 – 15 minutes, or until tender. Add salt, black pepper, sugar and lemon juice. Toss lightly. Turn into serving dish and garnish with crisp, crumbled bacon and slices of hard cooked egg. Yield: 4 servings

## Chinese Scallion Pancakes recipe by Elsa Chen

-2 ½ cups flour, plus more for flouring the rolling surface    -1 cup water    -2 tsp oil    -1 bunch of green onions, green and white parts, chopped med. Fine

-A few tablespoons of oil to brush on pancakes (a mix of canola or corn oil and sesame oil is good)    -salt    -a few tbsp sesame seeds (optional)

- Mix together the first three ingredients by hand or in a food processor. Flour a surface and knead the dough. Let it rest for 20-30 minutes before continuing.
- With a rolling pin, roll the dough out on a well-floured surface into a big, flat square or rectangle 1/8 to ¼ inch thick. Brush the pancake with a bit of oil, and sprinkle with spring onion pieces and a little salt.
- Starting at one short end, roll up the dough tightly, jelly-roll style, so you have a “snake.”
- Cut the “snake” crosswise into 8 – 10 pieces. Then flatten each piece again gently with your palm and rolling pin to make a little rectangle. Don't flatten it too firmly, because you want a little air to remain trapped between the layers of the pancakes so they'll puff up a bit between the layers and be lighter.
- Press one or both sides in sesame seeds (optional).  
Heat a tablespoon or two of oil in a large skillet. Shallow fry the pancakes until both sides are golden brown and crispy. Drain on paper towels. Serve plain or with dipping sauce. An easy sauce can be made by mixing soy sauce with a little minced garlic, scallion, and rice vinegar.

## CABBAGE AND CELERY ROOT SLAW WITH CIDER-DIJON DRESSING

½ medium head green cabbage, thinly sliced (about 8 cups)  
 ½ small head red cabbage, thinly sliced (about 4 cups)  
 2 red bell peppers, cut into matchstick-size strips 3 cups matchstick-size strips peeled celery root (from 1 medium head)  
 2/3 cup mayonnaise  
 2 tablespoons Dijon mustard  
 2 tablespoons apple cider vinegar  
 4 teaspoons sugar  
 2 teaspoons celery seeds

Mix first 4 ingredients in large bowl. Whisk mayonnaise and next 4 ingredients in small bowl to blend. Pour dressing over vegetables. Season with salt and pepper. (Can be made 6 hours ahead. Cover; chill.) Makes 6 servings. Bon Appétit August 2000