

WESTCHESTER CSA

OCT. 3, 2007
WEEK 17

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Stoneledge Farm News

Dear CSA Member,

The weeks are marching on and we have moved into the last season of our harvest for 2007. Winter Squash is a prominent this week with two different varieties in your share. Winter Squash is a general heading for all types of hard skinned, yellow or orange fleshed squash. Pumpkins are even a Winter Squash.

To cook Winter Squash, cut in half -usually the hardest part of the whole cooking experience-scrape out the seeds. The squash can be peeled, cubed and boiled or baked or the peel can be left on and the half baked. The hasten the baking process, turn the half upside down and place a small amount of water in the pan. At the end of cooking the squash, add a bit of honey or maple to the cavity. Just delicious. Winter Squash also makes the best Pumpkin Pie. Pumpkins now seem to be bred more for decoration than for cooking and so the flesh of a Winter Squash will make a much richer pie.

I encourage you to order honey and maple syrup if you are planning to. The end of the CSA year seems to jump at us and we start to run very low on our supply of honey and maple. Enjoy the changing of the seasons and enjoy the vegetables-Pete and Deb

WHAT'S IN THE SHARE?

- Acorn Winter Squash-2-green outside
- Kabocha Winter Squash-1-dark orange outside
- Yellow Carrots-1 bunch-use the yellow carrots like you would parsnips in soup and stews. If you have any orange carrots left from last week, mix the two colors when cooking. The two colors look great when served together.
- Cauliflower-1 head
- Collard Greens-1 bunch
- Diakon Radish-1
- Leeks-1 bunch
- Apple Mint-1 bunch

Fruit Share-

Anjou Pears, Honey Crisp, Cortland, Macoun Apples

SIMPLE WINTER SQUASH STEW from IIN website

1 winter squash, seeded, peeled, chopped (butternut, acorn, pumpkin, delicata)
1 onion
2 cloves garlic
Veggie or chicken stock
2 teaspoons curry powder
1 1/2 teaspoons cumin

Saute finely minced onions and minced garlic in a splash of olive oil. In a pot place squash and fill with stock until just covered then add spices, garlic and onion. Boil until tender. Mash or blend in blender until smooth and return to the pot to heat through. SERVES 4

Tips for Cooking with Leeks: Before preparing leeks, clean them thoroughly to remove any soil that may have gotten caught within the overlapping layers of this root vegetable. First, trim the rootlets and a portion of the green tops and remove the outer layer. For all preparations except cutting into cross sections, make a lengthwise incision to the centerline, fold it open, and run the leek under cool water. If your recipe calls for cross sections, first cut it into the desired pieces, then place the sliced leek in a colander and run under cool water.

Fusilli w/ Collards, Bacon & Garlic

1 pound collards, coarse stems discarded and the leaves washed well and chopped coarse
1/4 pound sliced bacon, cut into 1/2-inch pieces
4 large garlic cloves, chopped fine
1 large onion, sliced thin

1/4 teaspoon dried hot red pepper flakes
1/3 cup olive oil
3/4 pound *fusilli* (spiral-shaped pasta)
1 tablespoon red-wine vinegar
freshly grated Parmesan as an accompaniment

In a kettle of boiling water boil the collards for 10 minutes, drain them in a colander set over a large bowl, and return the cooking liquid to the kettle. In a large skillet cook the bacon over moderate heat, stirring, until it is just browned and transfer it with a slotted spoon to a small bowl.

Pour off the fat from the skillet and in the skillet cook the garlic, the onion, and the red pepper flakes in half the oil over moderately low heat, stirring, until the onion is softened and the garlic is golden brown. Bring the cooking liquid to a boil, in it boil the *fusilli* until it is *al dente*, and drain the *fusilli* well. To the skillet add the collards, the bacon, the *fusilli*, the remaining oil, and the vinegar and toss the mixture well. Season the *fusilli* with salt and pepper, divide among 4 bowls, and sprinkle each serving with some of the Parmesan. Serves: 4 Credits: Gourmet February 1992

THE DAIKON RADISH, also called the Chinese radish, is a popular Asian vegetable. It is a root that looks similar to a carrot except that it is typically white in color and large in size. For example, a Daikon radish is sized from approximately 5-20 inches in length and 2-4 inches in width. While most Daikon radishes are white, there are also some varieties that appear as yellow or black. They can be eaten raw; however, they have a hotter flavor than red radishes so be aware of this when using them in this manner. Daikon radishes can be added to salads or to relishes, and are also commonly used in stir-fries. Because the Daikon radish can be used as you would other radishes, it is cooked in a variety of ways. You can stuff it, bake it with cheese, or sauté it in oil. These and other options allow the Daikon radish a place among many households that appreciate the value of this diverse root vegetable.

Preparation: Scrub or peel removing only a thin layer of the outside. It can be grated, or cut into cubes, sticks, or thin slices. It can be eaten raw or cooked. Cooked daikon is used much like a turnip in soups and stews. Raw daikon can be used to add some crunch and spice to salads and relishes

BAKED RADISHES

½ lb radish, cut in half 1 tbsp butter 1 tbsp honey Dash of cinnamon

-**Steam** radishes for 5 minutes; drain and arrange in a shallow **baking** dish. Combine **honey**, **butter** and **cinnamon** in a small saucepan to make a **glaze**. Pour over radishes and **bake** uncovered at 350 until tender, about 30 minutes.

APPLE-FILLED ACORN SQUASH RINGS WITH CURRY BUTTER

Though not a traditional Thanksgiving spice, curry powder lends a wonderful and subtle flavor to this lovely side dish.

6 tablespoons (¾ stick) butter	2 Granny Smith apples, peeled, cored, diced (about 2 1/3 cups)
1 large onion, chopped	2/3 cup apple juice
1 1/2 tablespoons curry powder	1/2 cup dried currants
	8 1-inch-thick unpeeled acorn squash rings (from 2 medium), seeded

Melt 1 tablespoon butter in heavy large skillet over medium heat. Add onion and sauté until tender, about 12 minutes. Add 1 tablespoon curry powder; stir 1 minute. Add apples, apple juice, and currants. Sauté until liquid evaporates, about 6 minutes. Season filling to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.) Preheat oven to 350°F. Melt 5 tablespoons butter in small skillet over medium heat. Add 1/2 tablespoon curry powder; stir until fragrant, about 1 minute. Transfer curry butter to bowl. Brush 2 large rimmed baking sheets with some curry butter. Arrange squash in single layer on sheets. Sprinkle with salt and pepper. Scoop filling into center of rings. Drizzle remaining curry butter over squash and filling (mostly on squash). Cover with foil. Bake squash rings until squash is tender when pierced with skewer, about 40 minutes. Using spatula, transfer squash rings with filling to plates. Makes 8 servings. Bon Appétit November 2001

COLLARD POTATO SALAD WITH MUSTARD DRESSING

2 pounds small red potatoes, scrubbed	1/3 cup olive oil
1 pound collards, coarse stems discarded and the leaves washed well and cut into 1-inch pieces	6 slices of lean bacon, cooked until crisp, (drained, and crumbled)
2 tablespoons Dijon-style mustard	3 tablespoons thinly sliced scallion
2 tablespoons red-wine vinegar	

In a kettle combine the potatoes with enough water to cover them by 2 inches, bring the water to a boil, and simmer the potatoes 15 to 20 minutes, or until they are tender. Transfer the potatoes with a slotted spoon to a colander, reserving the cooking liquid, and in the reserved cooking liquid boil the collards, stirring occasionally, for 10 minutes. Drain the collards in a sieve, refresh them under cold water, and squeeze them dry in a kitchen towel. In a bowl whisk together the mustard, the vinegar, and salt and pepper to taste, add the oil in a stream, whisking, and whisk the dressing until it emulsified. Quarter the potatoes and add them to the dressing. Add the collards, pulling them apart to separate the leaves, the bacon, and the scallion and toss the salad well. Serves 6. Gourmet February 1992