

WESTCHESTER CSA

OCT. 24, 2007
WEEK 20

WWW.WESTCHESTERCSA.ORG
Stoneledge Farm News

Dear CSA Member,

About this time of year we start to get really tired. Everything seems to be twice as heavy, twice as dirty and our reserves are running low. Then along comes warm weather, trees in full color and sunshine and we count our blessings. We have observed over the years that cold weather just does not come to our farm as early as it has in the past. It makes it easier to work when it is not as cold, but it is a bit unsettling. We are thankful for the sunny weather and appreciate the rain when it comes.

We are in the final couple of weeks for our CSA distribution and we are emptying the fields of what can be harvested and stored, surveying the rows of Kale and Collards that will remain until we pick and sorting through the stores of Garlic, Shallots and Winter Squash so that everything possible goes into your share. Some items like the Winter Squash can be stored for a couple of months outside of the refrigerator. Other vegetables like the beets and potatoes will do better if you keep them in a cold place.

There are four weeks remaining not counting this week. If you would like to order maple syrup or honey, please send me your order to make sure it is delivered to your site. Enjoy the vegetables-Pete and Deb

WHAT'S IN THE SHARE?

- Potatoes-2 pounds
- Shallots-2
- Beets-2 pounds
- Delicata-2
- Turnips with Greens-1 bunch- the greens are still very nice and can be removed from the roots and used as a cooked green.
- Collards-1 bunch
- Parsley-1 bunch
- Red Meat Radish-1
- Broccoli-1 bunch

Mutsu-green apple, multi purpose
Bosc Pears-rusty brown pear, multi purpose
Empire Apples-small, red really crispy-good eating
Jona Gold Apples-large, red and gold tinge-good cooking

NOFA NY has requested that we pass the following information along.

NOFA-NY's 26th Annual Organic Farming and Gardening Conference

Organic Solutions! How Farmers, Gardeners, and Consumers Nurture our Environment

When: January 25-27, 2008 Where: The Saratoga Hotel and Conference Center, Downtown Saratoga Springs, NY The conference will feature over 90 workshops of interest to farmers, gardeners, green businesses, food system activists, teens and children! For a full conference program and to register online, click on the link above or visit www.nofany.org.

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**

ROASTED ROOT VEGETABLES: Root vegetables combine harmoniously both with each other and with many meat or fish dishes. Choose the ones you like best but remember that variety lends both complex flavor and appealing color to the mixture. The vegetables also make a very good puree (see end of recipe). *Makes 8 servings*

Ingredients: Use a few of these vegetables, or some of each

1 parsnip	1/2 rutabaga	Olive oil
2 carrots	1 turnip	1 cup chicken stock, heated
1 celery root	3 thin salsify roots, blanched	2 tablespoons unsalted butter, cut into pieces, optional

For a Puree

- A pinch nutmeg
- 3 tablespoons unsalted butter
- 1/4 cup heavy cream

Method: Preheat the oven to 350F. Peel the vegetables and cut them into 1/2-inch dice. Choose a roasting pan or casserole that will hold the vegetables in a 1 1/2-inch-deep layer. Film the pan with olive oil, add the vegetables, and toss them in the oil. Roast the vegetables, turning once or twice, for about 1/2 hour. Pour the hot stock over the vegetables and dot them with butter. Cover the pan, raise the temperature to 375 degrees F, and continue to roast for about 1 hour, or until the vegetables are soft. Uncover the pan and continue to cook until all the liquid has evaporated. If necessary, reheat the vegetables in a 350F oven or toss them in a sauté pan with a little chicken stock. To puree the vegetables, put them through a food mill or puree them in a food processor, adding nutmeg, butter, and cream to taste. Put the puree in a casserole and reheat in a 350F oven. **Waldy Malouf's Homepage**

GARLIC ROASTED POTATOES

Do not use a dark aluminum baking pan (including nonstick) for this recipe because the potatoes will burn.

3 tablespoons olive oil
1 tablespoon minced garlic
4 1/2 lb large yellow-fleshed potatoes such as Yukon Gold
1 teaspoon kosher salt

Preheat oven to 375°F. Stir together oil and garlic in a large bowl. Peel potatoes and diagonally cut crosswise into 1/2-inch-thick slices, discarding ends. Toss slices with garlic oil, then arrange in 1 layer in a large shallow baking pan (1 inch deep) and sprinkle with kosher salt. Roast potatoes in lower third of oven until undersides are golden brown and crisp, about 1 hour. Turn potatoes over with a metal spatula and roast until tender, about 15 minutes more. Season potatoes with salt and transfer, crusted sides up, to a platter. Makes 8 servings.
Gourmet

GLAZED BABY TURNIPS AND CARROTS

1 pound baby turnips (about 2 pounds with greens attached) or regular turnips
3/4 pound baby carrots (about 2 pounds with green attached)
1 1/2 tablespoons unsalted butter
1/2 teaspoon sugar

Trim baby turnips and carrots, leaving about 1/2-inch stems if green were attached, and peel if desired. If using regular turnips, peel and cut into 1-inch pieces. In a steamer set over boiling water steam turnips and carrots separately, covered, until just tender, 6 to 8 minutes. Vegetables may be prepared up to this point 1 day in advance and kept covered and chilled. In a large heavy skillet cook vegetables in butter with sugar and salt and pepper to taste over moderately low heat, stirring, until heated through and glazed, about 4 minutes. Serves 6. Gourmet April 1994

POTATO AND TURNIP GRATIN

4 cups heavy whipping cream
2 cups low-salt chicken broth
6 large fresh thyme sprigs
4 large fresh sage sprigs
2 large fresh rosemary sprigs
2 large garlic cloves, pressed
1 Turkish bay leaf
1 tablespoon coarse kosher salt
1 teaspoon ground black pepper
1/4 teaspoon ground nutmeg
1/4 teaspoon cayenne pepper
3 1/2 pounds russet potatoes
2 pounds turnips
1 cup freshly grated Parmesan cheese

Position rack in top third of oven and preheat to 350°F. Bring first 11 ingredients to boil in large saucepan. Reduce heat and simmer until mixture is reduced to 33/4 cups, about 35 minutes. Strain cream mixture into large bowl. Peel potatoes; cut into 1/8-inch-thick rounds, adding immediately to cream mixture to prevent discoloration. Peel turnips; cut into 1/8-inch-thick rounds. Add to potato mixture; stir to coat. Pour vegetable mixture into 15x10x2-inch glass baking dish and press to even layer. Cover dish with foil. Bake 1 hour. Uncover; sprinkle with cheese. Bake until top is golden brown, potatoes are tender, and most of cream mixture is absorbed, about 25 minutes longer. Makes 12 servings.
Bon Appétit