

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

## Stoneledge Farm News

Dear CSA Member,

Still no frost. Almost unheard of. We feel that everything that we plan for the fall has been turned upside down. There are some vegetables like the Kale and Collards that really benefit from a good dose of cold weather. The plants are sweeter tasting after a frost. It has been cold at night but no frost so the Kale is delicious and looks beautiful.

The harvest plan will be re-evaluated for next season to make better use of the extended growing season that now seems to be the new norm. Feedback from members would be appreciated: what you really liked in your share, what you would like to see in your share and if you have any suggestions for vegetables that you are not currently receiving. We will consider all of your suggestions although not everything will be possible. Each year members ask for asparagus and that is one plant that is ready to harvest very early around here, too early for the CSA shares.

Only a couple of weeks left to gather up your shares until next spring. Most of the CSA sites are ready to take membership signups for next season. Membership shares sold out very quickly last season and so please signup early to avoid disappointment. Enjoy the vegetables

-Pete and Deb

### WHAT'S IN THE SHARE?

- Garlic-2
- Winterbor Kale-1 bunch
- Carrots-2 pounds
- Green Winter Cabbage-1 head-this is the sweetest cabbage.
- Red Ace Beets-2 pounds
- Carnival Winter Squash-1-beautiful bi or tri colored winter squash.
- Mint-1 bunch
- Celariac-2 bulbs
- Acorn Winter Squash-2-these are small but I have seen small winter squash like these used as a bowl for Winter Squash Soup.

### **KALE** [WWW.MERCOLA.COM](http://WWW.MERCOLA.COM)

- Kale eases lung congestion and is beneficial to the stomach, liver and immune system
- It contains lutein and zeaxanthin, which protect the eyes from macular degeneration
- It also contains indole-3-carbinol, which may protect against colon cancer
- Kale is an excellent source of calcium, iron, vitamins A and C, and chlorophyll

**KALE IS VERSATILE** Kale can be added to soups and omelets, can be braised or sautéed with onions and garlic, and, I've heard, even added to pizza toppings. If you own a juicer, you might try juicing kale in combination with other vegetables and fruit, such as carrot or apple. That way, you can take advantage of the enzymes that are lost when vegetables are cooked.

### **BEER-BATTERED FRIED KALE**

- 1 cup plus 2 tablespoons beer (not dark)
  - 1 cup all-purpose flour
  - 1/2 teaspoon table salt
  - 1/2 teaspoon freshly ground pepper
- vegetable oil for deep-frying the kale leaves  
12 small kale leaves, washed well and spun dry  
coarse salt for sprinkling the leaves  
lemon wedges as an accompaniment

1. In a blender blend the beer, the flour, the table salt, and the pepper for 20 seconds, or until the batter is smooth, transfer the batter to a bowl, and let it stand, covered, for 1 hour.
2. In a large deep skillet heat 1 inch of the oil until it registers 360°F. on a deep-fat thermometer.
3. Dip each leaf into the batter, coating it thoroughly and knocking off the excess batter on the side of the bowl, and fry it in the oil for 30 seconds on each side, or until it is golden.
4. Transfer the kale as it is fried to paper towels to drain and sprinkle it lightly with the coarse salt.
5. Serve the kale with the lemon wedges. **Credits:** Gourmet, Feb 1992

## CARROT, GINGER AND BEET SOUP

- 3 medium beets
  - 1 Tablespoon canola or corn oil
  - 1 cup chopped onion
  - 1 pound carrots, coarsely chopped
  - 1 Tablespoon minced fresh ginger
  - 1 large garlic clove, minced
  - 6 cups water or Basic Vegetable Stock
  - 1 teaspoon grated orange rind
  - 3/4 teaspoon salt
  - fresh ground black pepper to taste
  - 4 teaspoons sour cream ( optional)
1. 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.
  2. In a stockpot over medium heat, heat the oil. Saute the onion until it is translucent.
  3. Add the carrots, ginger, and garlic. Cook for 5 minutes, stirring frequently.
  4. Add the beets and the water or stock. Simmer the soup, covered for 50 minutes. Add the orange rind, and stir well.
  5. 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)
  6. 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..)

**Credits:** It is from the cookbook Vegetarian Planet by Didi Emmons. I have tried it both hot and cold and both ways are delicious!!

## HERBED BEETS with HORSERADISH SAUCE

Tamra Stallings via Prairieland Community Supported Agriculture

- 2 pounds beets, peeled, and chunked
  - 2 tsp fresh thyme
  - 1 tsp salt
  - 1/2 tsp black pepper
- For the sauce:
- 2 tbsp olive oil
  - 1 tbsp apple cider vinegar or other mild vinegar
  - 2 tbsp horseradish

Toss together and bake at 400 degree until tender. Smaller pieces will cook more quickly. Allow to cool. Meanwhile whisk together sauce ingredients. Toss with beets with sauce after they've cooled. Serve on top of a bed of arugula, or steamed beet greens. Top with toasted walnut halves or pieces. Optional: Add 2 T chopped chives and/or chopped prosciutto or shave serrano ham to taste.

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## 2008 EARLY ENROLLMENT DISCOUNT

**Anyone that wants to take advantage of the early enrollment discount needs to get their registration form and deposit in by Dec 31, 2007. Early signups are highly recommended. We know that some people were not able to join this year because the site filled up so quickly. Hope to see you all next season.**

### 2008 Share Prices:

Vegetable Share Price:

- \$440 for the season (24 weeks)  
with a \$100 deposit ***before*** Dec. 31, 2007

Fruit Share Price:

- \$210 for 20 weeks  
(only available with vegetable share)

Vegetable Share Price:

- \$465 for the season (24 weeks)  
***after*** Dec. 31, 2007 in full.