

WESTCHESTER CSA

OCT. 7, 2007
WEEK 22

WWW.WESTCHESTERCSA.ORG

Stoneledge Farm News

A NOTE-PLEASE SEND ME YOUR HONEY AND MAPLE ORDERS DIRECT SO THEY GET TO YOUR SITE BEFORE WE END THE SEASON. DEB

Dear CSA Member,

We are down to the last couple of weeks for the 2007 CSA season. I have been getting great feedback from members with suggestions for vegetables that we should consider. We would also like to know what you really liked and what you might not miss if we decided to discontinue growing it. Planning the next season is always a balancing act for us: trying to reach a mix of vegetables that members will generally like and use, vegetables that we can grow successfully using organic principles and vegetables that will fit in our crop rotation and acreage.

Growing brassicas organically is a challenge and we are constantly trialing new varieties to see how they respond to our growing conditions. Seed companies have responded to the growing demand for organic produce by offering more varieties of seed that are tailored to organic conditions. A cultivator that has been bred to respond to high levels of chemical fertilizer usually is not suited for our growing methods. We have trialed new brassicas this year that we will be growing for the 2008 season. They are white cauliflower, purple cauliflower, Romanesco. Members have commented that the brassicas we grow are smaller than they see in the market. I think that as consumers we have become accustomed to size over flavor for many crops. The crops that we trialed were smaller than some of the giants that I saw at the market-ours were grown organically and were delicious and we have decided that we will be adding these three to our harvest plan for 2008. Enjoy the vegetables-Pete and Deb

SHARES INCLUDE: Red Beets-2 pounds Rutabaga-1 Potatoes-2 pounds Butternut Winter Squash-1
Shallots-2-this is the first year that we have grown shallots from seed. They were a great success. Red Russian Kale-1 bunch
Purple Top Turnips-2 pounds Sage-1 bunch Red Cabbage-1 head Yellow Carrots-1 pound
Fruit Share-1 bag with Bosc Pears, Jona gold, Cameo and Mutsu Apples

Good Food Now! JUST Food's Regional Summit on Food, Farms and Community Health at the New schooling partnership with the Northeast Sustainable Agriculture Working Group's 15th Annual Resource Harvest December 1, 2007 8:45am – 6 pm Keynote Speakers: The makers of the soon-to-be-released film "King Corn" Ian Cheney and Aaron Woolf Workshop topics include: Climate Change and Agriculture The Future of Urban Agriculture School Food New York's Global Food Footprint Using Technology to Promote Local Food, Youth Curricula in Gardens and Schools Farm Bill Food Advocacy; Farm to Institution Connections between Racial Justice, Nutrition, Food and Neighborhood Health Eating Local Throughout the Year Growing Urban Farmers So You Think You Want to be a Farmer? For more information www.justfood.org

BUTTERNUT SQUASH WITH SHALLOTS AND SAGE

2 tablespoons olive oil
3 shallots, halved lengthwise, then cut crosswise into 1/4-inch-thick slices (3/4 cup)
1 (1 3/4-lb) butternut squash, peeled, halved lengthwise, seeded, and cut into 1/2-inch cubes (4 cups)
1/2 cup reduced-sodium chicken broth or water
1 tablespoon packed brown sugar
1/2 teaspoon finely chopped fresh sage
1/2 teaspoon salt
1 teaspoon balsamic vinegar
1/4 teaspoon black pepper

Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook shallots and squash, stirring, until shallots are softened, about 5 minutes. Add broth, brown sugar, sage, and salt, stirring until sugar is dissolved. Simmer, covered, stirring occasionally, until squash is tender, 8 to 10 minutes. Remove from heat and stir in vinegar, pepper, and salt to taste. Makes 4 servings. Gourmet October 2005

A soup this hearty calls for wedges of crusty country bread alongside. For the salad, arrange sliced pickled beets on romaine leaves and sprinkle generously with fresh dill. Apple strudel is just right to finish up.

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 3/4 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

NOTE TO MEMBERS: 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.

RED CABBAGE AND ONIONS

1 teaspoon olive oil
1 1/2 lb **red cabbage**, cored, cut into 2-inch pieces, and layers separated
1/2 lb red onions, cut into 1-inch pieces and layers separated

2 teaspoons finely chopped fresh thyme
1/2 teaspoon salt
1/4 teaspoon black pepper

Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté cabbage, onions, thyme, salt, and pepper, stirring, 3 minutes. Cover skillet and reduce heat to moderate, then cook, stirring occasionally, until cabbage is tender, about 12 minutes more. Each serving contains about 68 calories and 1 gram fat. Makes 4 servings. Gourmet December 2002

MASHED RUTABAGAS Serves 4

2 small rutabagas or 1 large rutabaga, trimmed and cut into chunks
1/2 cup milk
1/4 cup buttermilk

1/4 teaspoon balsamic vinegar
Dash of freshly grated nutmeg
Coarse salt and freshly ground pepper

In a pot of boiling salted water, cook the rutabagas until fork-tender, about 15 minutes. Drain, and mash, using a large fork or a potato masher. Add the milk, buttermilk, vinegar, and nutmeg, and mash until smooth. Season with salt and pepper, and serve.

TURNIP AND CARROT SALAD

3/4 lb. Baby turnips, peeled and coarsely grated
1/2 lb. carrots, peeled and coarsely grated
2 ribs celery diced
1/8 cup washed, dried and chopped fresh cilantro

2 tbsp. red wine vinegar
1/4 cup olive oil
1 head lettuce, leaves separated, washed and left whole.

In a bowl, whisk together vinegar, olive oil, salt and pepper. Just before serving, mix turnips, carrots, celery and cilantro dressed to taste – you can always add more if necessary. Serve a mound of salad on a lettuce leaf. **Credits:** Helen Baldus

CARROT BREAKFAST MUFFINS

1/2 tsp ginger
1 egg, beaten

2 cups whole grain pastry flour
1 cup finely grated carrot

1/4 cup canola oil
1/4 cup raisons

1/2 cup pure maple syrup
3/4 cup apple juice

-Preheat oven to 400 degrees. Oil a 12 cup muffin tin. In a large bowl mix ginger into flour. In another bowl, whisk oil and syrup. Mix in the egg, then add carrot, raisons, and juice. Fold dry and wet ingredients together until flour mixture is moistened. Spoon batter into muffin cups until 3/4 full. Bake 20 min. or until tester comes out clean.

WARM POTATO AND KALE SALAD

3 large potatoes (1 1/2 pounds), cut into half inch cubes
2 tsp sea salt, divided
2 Tbsp extra-virgin olive oil

1/2 cup chopped yellow onion
2 cloves garlic, sliced
4 cups kale, washed, drained, and chopped into thin strips
1 cup chopped tomatoes, seeded

Bring 6-8 quart pot of water to a boil, and add potatoes and 1 tsp salt. Cover, reduce to a simmer, and simmer for 15 minutes. Meanwhile, heat a large skillet over medium heat and add the oil. Sauté the onion, stirring often, for 5 minutes. Add garlic, stir well, and cook for 1 minute more. Add kale, tomatoes, and the remaining 1 tsp salt to the sautéed onions, stir well to combine, and cook for 2 minutes. Cover and remove from heat. Drain the cooked potatoes and add them to the sautéed onions and kale. Stir well to combine and serve. Yields: 4 1/2 cups

KALE WITH SAUTEED APPLE AND ONION

1 Granny Smith apple
1/4 teaspoon curry powder

2 tablespoons olive oil
1 lb kale, tough stems and ribs removed and leaves coarsely chopped

1 medium onion, cut into 1/4-inch wedges
1/2 cup water

Peel, quarter, and core apple, then cut into 1/4-inch-thick wedges. Heat oil in a 5-quart pot over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until golden. Add apple and curry powder and sauté, stirring, until apple is almost tender, about 2 minutes. Add kale and water and cook, covered, stirring occasionally, until kale is tender and most of liquid is evaporated, about 5 minutes. Season with salt.

APPLE AND PEAR FRUIT CRISP

1/2 cup rolled oats
1/4 cup of sunflower seeds
1 tsp cinnamon

2 TB whole grain pastry flour (whole wheat, etc.)
2 TB canola oil
1/4 tsp cardamon

1/4 cup of sesame seeds or your favorite nuts
1 TB pure honey (or rice syrup or pure maple syrup)
4-6 cups apples and pears (or your favorite fruits), chopped into bite size pieces

Preheat oven to 400 degrees. Place oats, flour, seeds, oil, honey, cinnamon, and cardamon in food processor and turn to meal. Cut all pieces of fruit and lay in approximately 8" glass or ceramic baking dish. Top the fruit with the mixture and gently pat down. Cover and bake on the center shelf until brown on top, approximately 30 minutes.

LOOKING FOR 2 NEW CORE MEMBERS FOR THE 2008 SEASON. EMAIL NICOLE AT NSCARTALEMI@AOL.COM IF YOU ARE INTERESTED.