

# WESTCHESTER CSA

OCT. 14, 2007  
WEEK 23

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

## Stoneledge Farm News

**NOTE TO MEMBERS: Early signups are highly recommended. Our site is filling up quickly. Hope to see you all next season.**

Dear CSA Member,

The fields are just about tucked away for the winter. The crops that can be harvested are safe in the barns or greenhouses, the greens that can withstand the cold are standing tall. All of the equipment has been cleaned, greased and neatly parked in one of the barns. The end of the 2007 season is almost upon us as next week will be the last distribution for this year.

What a great year it has been. We had a successful harvest through all of our seasons. A few of the vegetables have exceeded our expectations and I think that 2007 will go down as the "Year of the Beet". The Farm Visit was just wonderful and we thank everyone who was able to attend and hope that if you were not, you will put the visit on your calendar for next September.

We purchased a couple new pieces of equipment to make harvest, cleaning and distribution better. The most visible was the new delivery truck that has taken a bit of the weekly stress of worry off our shoulders. The other truck was just getting too old with a few too many miles to make the trips each week without one thing or another going wrong. We also had to purchase a new tractor half way through the summer. Our old tractor is still not back from being repaired. Hopefully we will be getting it back soon because it does have the loader attachment on it that Pete uses to attach the snow plow. Snow and greenhouses just do not go well. My favorite equipment addition was the barrel washer. We are now able to wash all of the root crops in a fraction of the time and with a great savings on water consumption. You will notice that even the potatoes are now washed.

Looking forward to next season, members have given us feedback and suggestions that we will be carefully considering when we order our seed. The 2008 seed catalogs are already here and we have been pouring over them. Our shares have been filling up quickly and so please sign up early for next season to reserve your share. Enjoy the vegetables-Pete and Deb

**SHARES INCLUDE:** Gold Beets-2 pounds      Carrots-2 pounds      Carnival-Sweet Dumpling Winter Squash-2      Garlic-2  
Green Cabbage-1 head      Winterbor Kale-1 bunch      Parsley-1 bunch      Celeriac-2      Turnips-1 pound  
*Fruit Share-1 bag with Bosc Pears, Golden Delicious Apples, Fuji Apples, Stayman Apples-an old variety*

## CIDER-ROASTED VEGETABLES

- 1 1/2 pounds beets (1 bunch), peeled and cut into wedges
- 1 1/2 pounds parsnips, peeled and cut into 2-inch chunks
- 1 1/2 pounds baby carrots, peeled (or 1 1/2 pounds carrots cut into 2-inch chunks)
- 4 tablespoons brown sugar
- 4 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 pound shiitake or cremini mushrooms, cleaned and stemmed

Heat oven to 450° F. Place the vegetables in two small roasting pans. In a medium bowl, whisk together the brown sugar, oil, and vinegar. Pour over the vegetables and toss to coat well. Cook until tender, about 1 hour, stirring halfway. Add the mushrooms during the last 10 minutes, toss to coat well, and finish roasting. Season to taste with salt and freshly ground pepper. Yield: 8 servings      REAL SIMPLE

## WILTED GREENS

- 2 large bunches Swiss chard, kale, or mustard greens, rinsed
- 1/4 cup olive oil
- 1 medium yellow onion, thinly sliced
- 1 1/2 teaspoons kosher salt

Tear the greens into pieces; discard stems. In a pot, over medium heat, heat the oil. Add the onion and cook for 7 minutes. Add the greens and toss to coat. Cover and cook, stirring once, until wilted, about 2 minutes. Add the salt and serve.

**Tip:** Rinse the greens in several changes of water to remove any grit.  
Yield: Makes 8 servings      REAL SIMPLE

## SAUTTED CELERY ROOT WITH SWISS CHARD

- 3 tablespoons olive oil
- 1 medium onion, coarsely chopped
- 2 garlic cloves, finely chopped
- 12 ounces celery root (celeriac), peeled, cut into matchstick-size strips
- 1 lb Swiss chard, stems trimmed, leaves cut into 1/2-inch-wide strips
- 2 teaspoons fresh lemon juice

Heat oil in heavy large pot over medium heat. Add onion and garlic; sauté 3 minutes. Add celery root and sauté until crisp-tender, about 8 minutes. Add chard; cover and cook until wilted and tender, about 5 minutes. Stir in lemon juice. Season with salt and pepper.

## Master Method for Roasting Squash

Ris Lacoste puts seeded (unpeeled) squash halves on a rimmed baking sheet. She rubs the flesh with softened butter, seasons with salt and pepper, drizzles with orange juice and maple syrup, and flips them over.

The squash roasts in a 400°F oven for 40 to 45 minutes, until the skin is blistered and browned and the flesh is tender; lift the squash with tongs and poke with a paring knife to check. When cooled, the skin will peel off easily.

To evaporate moisture and concentrate flavor, as for a ravioli filling, the roasted squash (and any cooking juices) may be sautéed in a dry pan for a few minutes.

## BAKED WINTER SQUASH WITH APPLE STUFFING

- 1 Sweet Dumpling squash
- 2 small apples, diced
- 2 stalks celery, diced OR CELERIAC
- 1 leek, minced or 1 cippolini onion, quartered and sliced thinly
- 1/4 cup chopped walnuts
- 2 Tbsp butter
- 2 Tbsp water
- Dash of salt

Sauté leeks and celery in butter until soft, then add apples and sauté a few minutes longer. Toss in walnuts, then add another tablespoon of butter, water and salt. Put in a small baking dish and cover. Bake squash and apple stuffing for 45 minutes or until tender. Remove from oven. Fill squash with apple mixture.

## STEAK AND ROOT VEGETABLES

4 8-ounce New York, strip, or sirloin steaks, about 1 inch thick  
2 teaspoons kosher salt  
1/2 teaspoon black pepper  
3 tablespoons olive oil  
2 carrots, cut into thin strips  
2 parsnips, cut into thin strips  
2 beets, cut into thin strips  
1 tablespoon finely chopped fresh tarragon

Season the steaks with 1 1/2 teaspoons of the salt and 1/4 teaspoon of the pepper. Heat 1 tablespoon of the oil in a large skillet over medium heat. Add the steaks and cook to the desired doneness, about 4 minutes per side for medium-rare. Transfer to a plate and cover loosely with foil.

While the steaks rest, wipe out skillet. Heat the remaining oil over medium-low heat. Add the vegetables. Cook until tender, about 7 minutes. Season with the remaining salt and pepper and the tarragon. Serve alongside the steaks.

**Tip:** To save a few minutes of prep time, slice the vegetables into thin coins instead of cutting them into strips. Yield: Makes 4 servings REAL SIMPLE

## ROOT VEGETABLES WITH VINAIGRETTE

6 medium beets, ends trimmed  
6 medium carrots, peeled  
2 large fennel bulbs  
4 tablespoons extra-virgin olive oil  
1 1/4 teaspoons kosher salt  
1/2 teaspoon black pepper  
1 tablespoon honey  
1 tablespoon Champagne vinegar  
1/4 cup fresh flat-leaf parsley leaves, chopped

Heat oven to 400° F. Wrap each beet in a sheet of aluminum foil. Roast for 1 hour.

Meanwhile, halve the carrots lengthwise, then cut them into 2-inch pieces. Cut each fennel bulb into eighths. In a roasting pan, combine the carrots, fennel, 2 tablespoons of the oil, 3/4 teaspoon of the salt, 1/4 teaspoon of the pepper, and enough water (about 3/4 cup) to measure 1/4 inch deep. Cover with foil and roast for 15 minutes. Uncover and cook until tender, about 15 minutes more; let cool.

Remove the skin from the beets, place them on a cutting board lined with plastic wrap, and cut into quarters. Transfer the vegetables to a platter.

In a small bowl, whisk together the honey, vinegar, and the remaining oil, salt, and pepper. Drizzle the vinaigrette over the vegetables and sprinkle with the parsley. Serve warm or at room temperature.

**In Advance:** Roast the vegetables and make the vinaigrette. Set them aside separately at room temperature for several hours. Combine just before serving.

Yield: Makes 8 servings REAL SIMPLE

## SAUTTED CELERY ROOT WITH SWISS CHARD

3 tablespoons olive oil  
1 medium onion, coarsely chopped  
2 garlic cloves, finely chopped  
12 ounces celery root (celeriac), peeled, cut into matchstick-size strips  
1 lb Swiss chard, stems trimmed, leaves cut into 1/2-inch-wide strips  
2 teaspoons fresh lemon juice

Heat oil in heavy large pot over medium heat. Add onion and garlic; sauté 3 minutes. Add celery root and sauté until crisp-tender, about 8 minutes. Add chard; cover and cook until wilted and tender, about 5 minutes. Stir in lemon juice. Season with salt and pepper.

## BRUSSEL SPROUTS, TURNIPS & BEETS with Hazelnuts

*You can use regular beets instead of golden, but they should be sautéed separately and combined with the other vegetables just before serving, or the beets will turn everything red.*

4 medium-size golden beets, tops trimmed  
1 1/2 pounds brussels sprouts, halved lengthwise  
1 1/4 pounds turnips, peeled, each cut into 8 wedges  
6 tablespoons (3/4 stick) unsalted butter  
1/3 cup minced shallots  
1/3 cup finely chopped hazelnuts  
3 tablespoons chopped fresh thyme  
3 large garlic cloves, minced

Preheat oven to 375°F. Wrap beets in foil; bake until center is tender when pierced with knife, about 1 hour 45 minutes. Cool. Peel; cut each beet into 8 wedges.

Cook brussels sprouts in pot of boiling salted water until crisp-tender, about 6 minutes. Using large slotted spoon, transfer brussels sprouts to bowl of ice water; cool. Drain. Add turnips to pot; boil until crisp-tender, about 7 minutes. Drain. Transfer to bowl of ice water; cool. Drain. (Can be made 1 day ahead. Cover; chill.)

Melt butter in heavy large deep skillet over medium-high heat. Add shallots and hazelnuts; sauté until nuts begin to brown, about 3 minutes. Add thyme and garlic; sauté until nuts are golden, about 2 minutes. Add all vegetables; cover and cook until heated through, stirring occasionally, about 5 minutes. Season with salt and pepper. Transfer to bowl and serve. *Bon Appétit*, November 1999, Jeanne Thiel Kelley

## SESAME CABBAGE

1/2 cup raw sesame seeds  
1/4 tsp salt  
1 dried red chili  
1 head Cabbage, chopped  
3/4 cup water  
1 tsp salt

"Popu"

1 1/2 tbsp oil (olive, sesame, canola, etc.)  
1 dried red chili, cracked  
1 pinch fenugreek  
1/4 tsp mustard seed  
1 tsp cumin seed

Dry roast sesame seeds and dried red chili in a pan over medium heat. Stir often until majority seeds are brown. Remove from heat and cool. Once cool, grind in a food processor or blender with 1/2 tsp of salt. Excess ground sesame can be stored in the refrigerator for further use. To cook cabbage over medium heat, add chopped cabbage to 3/4 cup boiling water + 1 tsp salt. Cook until cabbage is desired texture. Once cooked, drain excess liquid. Add 1/4-1/2 cup ground sesame. Turn off heat. Prepare the "popu" in a separate pan by combining all ingredients, heating over medium heat, and waiting for mustard seeds to crackle. Once ready, add to cabbage, stir and heat over low heat for 1 minute. The "popu" can be prepared when the cabbage is nearly finished.

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**Don't forget, the next order deadline is November 15th, and delivery is on November 21<sup>st</sup>**  
**Go to [www.csapasturedmeatandpoultry.com](http://www.csapasturedmeatandpoultry.com) to place your order.**

**First time order use the following:**

**Username- Buchanan**

**Password- Stoneledge**

**Site is Buchanan.**

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