

---

---

# WESTCHESTER CSA

---

---

*Dear CSA Member...this past week has brought a bit of rain and more moderate temperatures, both welcome. You will find that many vegetables are familiar this week as we finish picking most of the Oriental greens. When planning and planting the garden for CSA, we need to plant enough of each variety to feed everyone, and usually enough for a couple of weeks. Members will request that we skip a week and send a vegetable every other week-like the Bok Choy. The garden just doesn't grow like that. Once the plants start producing and are ready to be harvested, we need to keep picking them or they will pass their peak stage and we will not be able to use them.*

*There are some vegetables like the Bright Lights Swiss chard that will grow back after we cut it. We need to time the harvest out for this type of vegetable so there is enough time for re-growth before picking it again.*

*And then there are vegetables like the lettuce that when it is ready to be picked, has a much shorter window. This week there is a wonderful share of green and red leaf lettuces. There is nothing like a good head of mature lettuce for a salad. Those tiny greens that are promoted as gourmet greens may look nice on the plate, but when it comes to really having a delicious salad, there is no comparison to a real head of lettuce!*

*Enjoy the vegetables-Deb*

**NUTRITIONAL NOTES:** *This week's share is again rich in leafy greens. Brassica (or cruciferous) are a class of vegetables that includes this week's mizuna, Chinese cabbage and Bok Choy. Also in this group are radishes, mustards, beets, cauliflower, arugula, broccoli, turnips, collards, and many other delicious greens and roots. They are called "cruciferous" because the blossoms have four petals that form the shape of a cross (crux in Greek). Crucifers are rich in nutrients, including **vitamin C, folate, potassium, selenium, and antioxidants**. They also contain **isothiocyanates**, which have been found to help break down carcinogens and lower the risk of some cancers, particularly in the intestines or other digestive organs. Brassicas also help lower homocysteine levels and so may decrease the risk of cardiovascular disease.*

*As if that weren't enough, they are delicious! Keep in mind that longer cooking destroys nutrients and can bring out unpleasant flavors, so it's best to eat them lightly sautéed, stir-fried, or raw. Although not cruciferous, leafy green lettuce is also a great source of Vitamin A and C.*

## WEEK ONE

- ✓ Bok Choy -2 heads
- ✓ Chinese Cabbage -1 head
- ✓ Bright Lights Swiss Chard-1 bunch
- ✓ Grand Rapids Lettuce-1 head
- ✓ Red Sails Lettuce-2 heads
- ✓ Mizuna-1 bunch-this is the last of the Mizuna-good chopped fine and added fresh to a salad. Good substitute for Arugula. The Arugula was one of the victims of the heat-it bolted and was not suitable to send in the share. We will re-plant the Arugula and try again for the fall.
- ✓ Garlic Scapes-8
- ✓ Summer Savory-1 bunch



---

## RECIPES FOR THE WEEK

---

I hope some of you tried the pesto from last week's newsletter – it was wonderfully garlicky (not a surprise), and delicious! I used the pesto to make a wheat berry salad that was great warm or room at temperature – it held up nicely when prepared in advance for dinner on the patio Sunday evening. **TO PREPARE:** Rinse and cook 1 cup of wheat berries in 2 ½ cups of water over low heat until tender and the water is absorbed—about 45 minutes. Mix in garlic scape pesto to taste and add ¼ cup of sunflower seeds for a nice crunch. Here's another recipe for garlic scapes pulled from the New York Times last week:

### ***White Bean and Garlic Scapes Dip***

1/3 cup sliced garlic scapes (3 to 4)  
1 tablespoon freshly squeezed lemon juice, more to taste  
½ teaspoon coarse sea salt, more to taste  
Ground black pepper to taste  
1 can (15 ounces) cannellini beans, rinsed and drained  
1/4 cup extra virgin olive oil, more for drizzling.

1. In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough purée.
2. With motor running, slowly drizzle olive oil through feed tube and process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip. Add more salt, pepper and lemon juice, if desired.
3. Spread out dip on a plate, drizzle with olive oil, and sprinkle with more salt.

Yield: 1 1/2 cups.

### ***Sautéed Greens with Tofu***

I like to prepare the tofu first so I can really brown the sides for maximum flavor, and then cook the greens separately and serve with the tofu on top, with sprinkle of sesame seeds or Gomasio over rice or noodles as a base. Coconut oil is a nice substitute for canola, it works well with high heat and it lends a nice taste to this dish. NOTE: coconut oil is solid at room temperature.

1 pound extra firm tofu, cut into 1 inch pieces and drained on a paper towel  
2 tbsp coconut oil, separated  
Garlic salt  
6 cups thinly sliced Bok Choy or Chinese cabbage (or a combination). Wash thoroughly, slice the leaves thinly; cut the stalks into 1 inch pieces (keep stalks & leaves separate)  
1 yellow onion, sliced thinly  
2 tsp minced fresh ginger

### **A Note from Deb about Summer Savory...**

Although it's often referred to as "the bean herb"—being especially good with string beans, limas, navy beans, soybeans, and all types of broad bean—savory goes well with many other vegetables, such as cabbage, tomatoes, green peppers, asparagus, cauliflower, mixed greens, and rice. The versatile herb is also tasty in stuffings, sausages, and pork pie, and with chicken, fish, game meats, beef, lamb, and eggs (try it in scrambled eggs or omelets). Boiled with strong smelling foods like broccoli or sauerkraut, it helps prevent cooking odors. Steeped in vinegar or salad dressing, it lends an aromatic flavor. People on low-sodium diets may even find it an agreeable salt substitute.

Savory is cooperative about being dried (which it does quite rapidly). Simply tie the stems in bunches and hang them in an airy room for a couple of days. When the leaves are lightly crisp, strip them from the stems and store them in an airtight container, just as you would any other herb. The fresh leaves can also be preserved by freezing: Just put clean, small bunches into plastic bags, label them, pop them into the freezer, and—later—enjoy them (*from Mother Earth News Online*)



## ***Sautéed Greens with Tofu continued...***

1. Heat one tablespoon of the coconut oil in a large non-stick sauté pan or wok. When the oil is hot, add the tofu in a single layer (do this in batches if necessary) and sprinkle with garlic salt\*. Cook until the tofu is golden brown on one side; reduce heat if necessary to prevent splattering. Using tongs turn over the pieces of tofu and cook the other side until golden brown. Remove the tofu to a plate and set aside. Repeat until all the tofu is cooked.
2. Heat the remaining tablespoon of oil over medium high heat and add the ginger and cook for a few seconds. Then add the stalks and stir fry for about 30 seconds, add the leaves and continue to cook for about 2 minutes.
3. Serve the greens over brown rice or noodles, arrange the cooked tofu on top and season with a little shoyu or tamari. Sprinkle with sesame seeds or Gomasio (a mix of sesame seeds and sea salt available at Mrs. Greens and other natural foods stores or Asian markets).

Serves 4

\*it makes a difference to have good quality garlic salt. My family loves the Simply Organics brand (also available at Mrs. Greens) which has crushed dried parsley flakes in the mix.

## ***Beef and Chinese Cabbage Stir-fry***

Gourmet | December 2007

You don't need an endless supply of ingredients to create a flavor-packed stir-fry. Here, flank steak and fresh Chinese cabbage come together without fuss, thanks to a sauce that requires little work. Makes 4 servings

1 tablespoon soy sauce  
1 tablespoon rice vinegar (not seasoned)  
2 teaspoons oyster sauce  
1 tablespoon cornstarch  
1 pound flank steak  
3 tablespoons vegetable oil, divided  
3 garlic cloves, smashed  
1 (1-inch) piece peeled ginger, cut into 1/4-inch-thick slices  
1 pound Chinese cabbage, leaves and stems separated if desired, then cut into 1 1/2-inch pieces  
Equipment: a well-seasoned 14-inch flat-bottomed wok  
Garnish: chopped scallion

Stir together soy sauce, vinegar, oyster sauce, and cornstarch.

Pat steak dry, then halve lengthwise and cut crosswise into 1/4-inch-thick slices, toss with 1/2 teaspoon salt and 1 teaspoon pepper.

Heat wok over high heat until a drop of water evaporates immediately. Add 2 tablespoons vegetable oil, swirling to coat, then stir-fry garlic and ginger until golden and fragrant, about 30 seconds. Add beef, quickly spreading pieces in 1 layer on bottom and sides of wok. Cook, undisturbed, 2 minutes, and then stir-fry until meat is just browned but still pink in center, about 1 minute. Transfer to a bowl.

Wipe wok clean, then swirl in remaining tablespoon oil and stir-fry cabbage stems over high heat until crisp-tender, about 2 minutes.

Add cabbage leaves and beef with juices, then stir soy mixture and add. Stir-fry until sauce is simmering and slightly thickened, 1 to 2 minutes. Discard ginger if desired; season with salt.

### ***Sautéed Rainbow Chard***

Wash 1 bunch rainbow chard, and tear the leaves from the stems. Slice the stems diagonally into ½ inch-wide pieces if stems are wide, longer if they are skinny, and roughly chop the leaves.

Heat 1 Tablespoon of olive oil in a large pan, stir in the stems, and cook covered on low heat until almost tender, about 4 minutes. Add leaves, and cook on moderate heat until tender, another 3 or 4 minutes. Add salt and pepper to taste, and drizzle with lemon juice and a little more olive oil. Makes 2 servings.

### ***Roasted Garlic Dressing***

This dressing is worth the extra time involved in roasting the garlic. Try it on any salad with bold-flavored greens or ingredients and make extra! It keeps nicely in an airtight container in the fridge, and it is delicious on whole-grain salads or bean salads as well.

1 large head or 2 small heads garlic  
4 tablespoons extra-virgin olive oil, divided  
2 tablespoons balsamic or red-wine vinegar  
1 tablespoon lime juice  
1/8 teaspoon salt  
freshly ground pepper to taste

1. Preheat oven to 400°F.
2. Rub off the excess papery skin from garlic without separating the cloves. Slice the tips off the head (or heads), exposing the ends of the cloves. Place the garlic on a piece of foil, drizzle with 1 tablespoon oil and wrap into a package. Put in a baking dish and bake until the garlic is very soft, 40 minutes to 1 hour. Unwrap and let cool slightly.
3. Squeeze the garlic pulp into a blender or food processor (discard the skins). Add the remaining 3 tablespoons oil, vinegar, lime juice, salt and pepper and blend or process until smooth.

### ***Basil Vinaigrette***

From Body & Soul  
Makes 1 1/4 cups.

#### Ingredients

1 1/2 cups firmly packed fresh basil  
1/4 cup fresh lemon juice  
2 tablespoons Dijon mustard  
1/3 cup extra-virgin olive oil  
Coarse salt and ground pepper

#### Directions

Blend on high speed until completely smooth. With the motor running, add oil in a steady stream, blending until incorporated; season with salt and pepper to taste.



#### WEEKLY PICKUP INFORMATION

Pickup location: Door #25,  
Suite 138-a  
Pickup times: 4:00pm - 6:30pm

#### SUBMIT A RECIPE

Send recipe ideas or requests to  
Sarah Murphy at  
skmurphy56@gmail.com

