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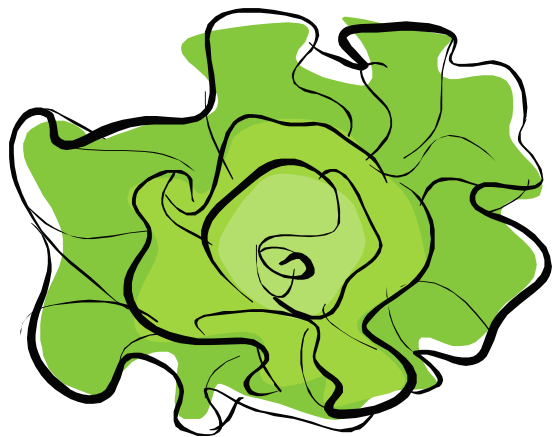
# WESTCHESTER CSA

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*Dear CSA Member,*

*The lettuce is impressive this year. You may need to get out your largest salad bowl and invite a couple of neighbors over! For years members asked for more salad greens and we have increased our lettuce plantings. This year the heads are enormous. We had such a difficult start to the season with excessive heat and drought conditions here at the farm. I know that many of the areas south of here received torrential down pours during that time, but we had no rain. We were concerned that the lettuce would bolt, but were able to keep it irrigated. Now with the milder weather and afternoon rains, the lettuce is in its' glory.*

*Most of the greens grow in an upright fashion and stay relatively clean during the rains. We do rinse all of the greens right after we pick them to get off the field heat and to wash any major soil from the leaves. You will most definitely need to wash the greens well before using them. If you are new to CSA, you will see that the vegetables are just about as close to having your own garden as you can get. With the fresh, just picked vegetables may also come some of the fertile soil that produced them. Some members have found that loosening the greens from the bunch and giving them a soaking and then repeating works well.*



*Enjoy the vegetables-Deb*

## WEEK THREE

- ✓ Scallions-1 bunch
- ✓ Ty Fon Mustard Greens-1 bunch
- ✓ Romaine Lettuce-1 head
- ✓ Red Tide Lettuce-1 head
- ✓ Grand Rapids Lettuce-1 head
- ✓ Perpetual Spinach-1 bunch
- ✓ Baby Red Ace Beets and Greens-1 bunch
- ✓ Genovese Basil-1 bunch (its summer and what is better than fresh basil?)
- ✓ Red Vein Sorrel-1 bunch

## NOTES & TIPS for this week's harvest:

1. The scallions are young and very tender – you can use both the white and the green.
2. The Ty Fon mustard greens were a request from a member (Frances) who grows this variety in her city garden with great success. It is milder than many other mustard varieties, quite delicious, and very large. You will see that the flea beetles are fond of it as well.
3. The perpetual spinach is the only variety of spinach that will grow successfully in the warm conditions on the farm.
4. Many members from last year may just be recovering from the onslaught of 2007 beets and I hope these are a welcome addition to your share this week
5. Sorrel is a lemony flavored green that goes well with chicken or chopped very fine in a salad. This is a new variety that we tried this year it is beautiful.

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## RECIPES FOR THE WEEK

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### **About Beets**

*From Body & Soul Magazine*

Red beets get their garnet color from antioxidants called betalains. These vivid pigments help your body detoxify potentially cancer-causing substances; studies show that betanin, one type of betalain, is effective in preventing lung, liver, and skin cancer.

Beets are also a good source of fiber, including a type of soluble fiber called pectin, beets keep your digestive system running smoothly. They also contain iron, essential for red blood cell production, as well as potassium and folate, known respectively for regulating blood pressure and protecting your heart. Whatever you do, don't discard the greens. They also contain folate and plenty of fiber, potassium, beta-carotene, and vitamin K, which is necessary for proper blood clotting.

### **Preparing Beets**

Beets are notoriously messy – and their beautiful purple color can get everywhere if you aren't careful. Cooking with the skins on helps reduce the mess as beets are easier to peel when cooked. I have always found that if you scrub your hands promptly after handling beets you can get most of the color out.

**Steam:** Set a steamer basket in a large saucepan with a lid. Fill with enough water to come just below basket; bring to a boil. Place beets in steamer basket, cover pot, and reduce water to a gentle simmer. Steam until beets are tender, 30 to 35 minutes

**Roast:** scrub the beets to remove the loose dirt and trim (but save!) the greens, leaving about 1" of the stem intact. Place the beets on a sheet of aluminum foil and sprinkle with a teaspoon of olive oil. Fold the foil and seal it, creating a pouch around the beets. Roast in a 400 degree oven for about an hour or until tender.

### **Beet Salad 2 ways**

I happen to love beets, so I eat them whenever I can. They make delicious and beautiful salads – these are two of my favorite variations, both starting with roasted beets.

#### **Roasted beet salad with oranges**

6 medium beets with beet greens attached  
2 large oranges

*Get the most out of your lettuce!*

*Cleaning and storage tips...*

There is nothing I hate more than having to toss unused produce that has gone bad because I haven't had a chance to eat it. Smart storage will help avoid this unfortunate situation.

- Unwashed lettuce or other salad greens may be stored in a plastic bag\* in the crisper drawer of your refrigerator. Lettuce will keep for about a week.
- To store lettuce or greens that you have already washed and dried, roll the leaves loosely in a kitchen towel, put the towel in a plastic bag, and place the package in the vegetable crisper. (Wet greens will spoil quickly so make sure they are truly dry before refrigerating.) If you have a salad spinner, wash and spin the greens before refrigerating them.

\* I have had some success with the "green" bags now available at many supermarkets. These produce bags claim to offer a natural way to absorb the enzyme producing gases that cause vegetables to deteriorate. (When produce ripens it emits ethylene which speeds up the ripening / rotting process).

The best part about the bags is that they are reusable—simply rinse with water only (no soap) and let thoroughly dry (turning inside out to dry will help)

One company (Evert-Fresh) suggests that after 8-10 uses the effectiveness degrades and that the bags will not have the same effect.

1 small red onion, cut through root end into thin wedges  
1/3 cup red wine vinegar  
1/4 cup extra-virgin olive oil  
2 garlic cloves, minced  
1/2 teaspoon grated orange peel  
Optional: walnuts & crumbled blue cheese make a great addition

Coarsely chop greens and set aside. Roast the beets as directed above, then cool and cut each into 8 wedges. Place beets in medium bowl. Cook beet greens in large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets.

Cut peel and white pith from oranges. Working over another bowl and using small sharp knife, cut between membranes to release segments. Add orange segments and onion to bowl with beet mixture. Whisk vinegar, oil, garlic, and orange peel in small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour. Serve, adding walnuts and blue cheese if desired, just before serving.

### ***Roasted beet and sugar snap pea salad***

Adapted from Bon Appétit | August 1995

Dill and arugula complement this lovely salad. Serves 4.

3 medium beets, trimmed  
1/2 pound sugar snap peas, trimmed  
1 tablespoon plus 1 teaspoon Dijon mustard  
1 tablespoon plus 1 teaspoon cider vinegar  
1/4 cup olive oil  
3 tablespoons chopped fresh dill or 1 tablespoon dill weed.  
1 1/2 teaspoons sugar  
Fresh arugula, trimmed.



Roast beets as directed above. Cool. Peel and cut into wedges. Cook sugar snap peas in large saucepan of boiling salted water until crisp-tender, about 1 minute. Drain. Rinse with cold water; drain well. Pat dry.

Mix mustard and vinegar in small bowl. Gradually mix in oil, then dill and sugar. (Can be prepared 4 hours ahead. Cover sugar snap peas and chill. Cover dressing and beets separately and let stand at room temperature.)

Line platter or plates with arugula. Mix beets, sugar snap peas and dressing in medium bowl. Season with salt and pepper. Spoon atop arugula.

### ***Sorrel & Garlic Soup***

*From Martha Stewart Living*

I haven't tried this recipe, but this soup seems like it would make a nice meal paired with a nice big salad – and we've got plenty of that this week! Sorrel -- a tart spring herb rich in vitamins A and C -- paired with garlic for an elegant soup. A bulb of garlic may seem like a lot, but the flavor mellows as the soup cooks. Serves 4.

#### FOR THE SOUP

1 large onion, coarsely chopped  
1 garlic bulb (about 16 cloves), cloves lightly crushed with the flat side of a large knife

1 medium russet potato (about 1/2 pound), peeled and cubed  
1/2 teaspoon saffron threads  
1 bay leaf  
Pinch of crushed red-pepper flakes  
1 teaspoon coarse salt  
2 ounces fresh sorrel leaves, cut into 1/2-inch strips  
4 1/2 teaspoons fresh lemon juice (or to taste)

#### FOR THE BAGUETTE

1 teaspoon extra-virgin olive oil  
Freshly ground pepper

#### Directions

Combine 7 cups water, the onion, garlic, potato, saffron, bay leaf, red-pepper flakes, and salt. Bring to a boil in a medium saucepan. Reduce heat to medium; simmer, partially covered, 30 minutes. Pour soup through a fine sieve into a bowl, pressing on solids with a ladle to extract all the liquid and force through 1/2 cup solids. Return liquid and puree to pan; bring to a simmer over medium-high heat. Stir in sorrel; cook until wilted, about 3 minutes. Stir in lemon juice. Preheat oven to 375 degrees. Arrange bread slices on a rimmed baking sheet. Using 1 teaspoon oil, lightly brush one side of each slice. Season with pepper. Bake until golden brown, about 8 minutes. Divide soup among 4 bowls. Drizzle each serving with 1/2 teaspoon oil. Serve soup with baguette croutons.

### ***Sautéed Spinach with Garlic***

#### Ingredients

Serves 4.

2 tablespoons olive oil  
2 cloves garlic, peeled and thinly sliced lengthwise  
2 pounds fresh spinach, washed and leaves damp  
Olive-oil cooking spray  
Salt and freshly ground pepper to taste

In a large sauté pan, heat the olive oil over medium heat. Add the garlic, and sauté gently until golden brown, 2 to 3 minutes. Using a slotted spoon, transfer garlic to paper towels; reserve. Save the garlic flavored oil for use in salad dressings, it's delicious.

Spray pan with cooking spray, and heat over medium heat. Coarsely chop the spinach and stalks. Working in batches, add the damp spinach to the pan. Cover, and cook until spinach just begins to wilt, 4 to 5 minutes. Transfer the cooked spinach to a metal bowl, and cook the remaining spinach.

Season with salt and pepper. Sprinkle the reserved garlic over spinach, and serve warm with a wedge of fresh lemon.



#### 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](mailto:skmurphy56@gmail.com)

